

AN

INTRODUCTION

TO



GOJU RYU KARATE DO
SEISHIKAN
A U S T R A L I A

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P r e f a c e

The intention of this pamphlet is to give those interested in studying Karate a basic overview of the fundamentals of Seishikan Goju Ryu Karate-Do. We also hope that new members will use this booklet as a resource material during the initial stages of Karate training.

It is in no way a comprehensive examination or explanation of Seishikan Karate-Do. One would have to question, even if we had the skills and knowledge necessary to undertake such a task, whether such a book would be possible to write. For the only way to truly learn Karate, or any other sport for that matter, is to actively participate. A book is no substitute for quality time spent learning in the dojo (training centre)

Subsequently, we have tried to focus on the fundamentals of Seishikan Karate - in essence, the basics. The first stage elements of knowledge and training required before student's advance to higher mental and physical levels.

We hope the following information is of assistance.



An Introduction from Kancho Sensei

Originally Karate was developed in Okinawa, Japan, as a weaponless art of self-defence. The spirit of "Defensive action unless attacked" is still alive. The key to Karate is personal safety; to attack or be attacked is not the answer as the solution to trouble often can be found beforehand.

However, through diligent Karate practice we can quickly acquire the "ichigeki-hissho" (or one strike self-protection) technique. The essence of, this technique is that when we are confronted with a dangerous situation we can protect ourselves by responding quickly and correctly to the danger and then, retreat safely. The tools of Karate's self-defence are our arms and legs.

Karate practitioners can acquire numerous karate techniques and also the following virtues through Dojo (place of practice) training; diligence, patience and decisiveness. The development of an individual's strong will is also a key element of Karate. The old saying, "I shall choose my path even though tens of thousands of people choose to go against me", best describes the strength of character that a Karate practitioner develops.

A student of Karate should be modest, polite and well-mannered. A student should know the way nature and life should be. I think that this is Karate-do.

Regardless of age and sex, anybody can practice Karate. Minimal equipment is necessary and a dojo can be anywhere. Recently more and more people enjoy Karate as a safe sport. However, students should never forget Karate's fundamental spirit.

Seishikan was established in 1949 - soon after World War II - as part of the effort to re-build Japan. At the time, the aim was to give young Japanese the opportunity to develop confidence. Since then, we have achieved many of the goals and contributed to the increase in physical strength, education and development of not only Japanese students but also many non-Japanese.

Karate practice is, of course, not so easy. However, there are many benefits in studying Karate. By challenging oneself through Karate, students can also find meaning in life.

I hope to see you in one of our dojo's learning our way of life -Karate.

Heiji Tada
Chief Instructor
Seishikan Goju Ryu Karate-do



An Introduction from Shihan Phil Bates

The reasons for training in karate-do are many and varied. Many people train for self defence and many train because they believe it will give them a higher level of fitness. Many students train for the enjoyment of the sporting side of karate and many are also sent to us (by their parents) to learn self discipline.

Occasionally among each year's intake of new students there are those who are after all of these things and more. These students are quite rare and nearly always they are the students who will be in it for the rest of their lives.

These are the students who you will see at the head of each karate branch in the Seishikan school in Australia and Japan. They have arrived at this position after many years, by persistence, hard work and dedication to the process of karate-do. The "do" in karate-do means the way, the way of life, or the path and it is always used in the spiritual sense.

In a practical sense, our instructors in Seishikan are constantly undergoing training to learn more about karate-do and the different ways to teach it. Most of the instructors have completed the Seishikan Instructors Accreditation Course and all of them are Level One Coaches with the Confederation Of Australian Sport.

In Seishikan Australia we have realised the need to always aim higher and higher in improving our skill levels and knowledge, and we have put in place procedures to make sure this is ongoing for all instructors.

When you first train in Seishikan Karate you will probably have many different goals. Gradually these fall by the wayside (over many years) until one reaches the point of simply training for the love of training because we know it is doing us good mentally, physically and spiritually.

This is the reason each of our instructors is still there. The goal now is to pass on the knowledge to a new generation so that they too can enjoy the benefits of our way of karate.

We welcome you to our organisation and have confidence that you too will find what we have found. "A way of life."

**Shihan Phil Bates 7th Dan
Seishikan Australia Kaicho**

A brief history of Seishikan Australia

Seishikan Karate was founded in 1949 by Kancho Heiji Tada 8th Dan Black Belt. The first training hall was at Obaku Zen Temple in Kyoto, Japan. Part of the agreement allowing the hall to be used for karate training was that the students and their teachers must sit in zazen meditation for half an hour each training night. As the school grew, Kancho Tada sought new premises and eventually a training hall was built in the Fushimi area of Kyoto and this became the Hombu Dojo (headquarters) until the present time. Seishikan was a very strong school from the outset and has always done well in tournament karate. In 1963, Shihan Masao Tada (Kancho Tada's younger brother) came second in the All Japan Gojukai Tournament, losing only to his own student.

Shihan Tada, was the original Seishikan instructor sent to Australia in March of 1972 to instruct at a privately owned karate school run by Mr Frank Griggs at Kent Town in Adelaide, South Australia. The Kent Town school played host to a visit by Kaicho Gogen Yamaguchi 10th Dan, Shihan Shuji Tazaki 7th Dan, Sensei Isao Hirata 3rd Dan and Shihan Tino Ceberano 5th Dan in June of 1972. The previous weekend was the first Australian Gojukai Karate Tournament at which Victoria had been victorious with South Australia coming second. A strong relationship was built between Shihan Ceberano and Shihan Masao Tada from that time and has endured until this day.

After some disagreements about the direction that the school was heading, Shihan Masao Tada was released from his contract at the Kent Town School and with the financial backing of Mr Don Bates and the support of all of his students; a new school was started at 16 Gunson Street Adelaide. This became the headquarters for Seishikan Australia and it was here that the real foundations of our organization were laid and built upon.

At first the school struggled to remain financial and was losing money, although still being reasonably well attended. John Plant, one of the original students, had trained in Shotokan karate in England and suggested that we followed their methods of having beginner's classes. We began these in December of 1972 and they were immediately successful bringing 30 new students in the first month and building to an amazing 120 by February of 1974.

The first Seishikan grading was held in December of 1972 and from the original 26 students, 5 were graded to 1st Dan Black Belt. All of those students were already Black belts in other schools and had successfully made the change to the Goju style of karate.

In June of 1973, Seishikan Karate was host to the Australian Gojukai Karate Tournament and for this occasion Kancho Heiji Tada and an assistant instructor were brought to Adelaide to officiate. The tournament was an enormous success with 2300 spectators in Apollo Stadium to witness the event. The very best of Australian karate fighters were there and the instructors all gave their services as referees for the day. Seishikan was victorious in the Kyu Grade event when Peter Hudson took the trophy. In the Team event, Seishikan was the winner from Merv Oakley's Gojukai. As in Japan, the stage had been set for Seishikan to be a force in Tournament Karate and this has endured to this day. The second grading for Seishikan was held during this visit of Kancho Tada at which Phil Bates and John Plant were both graded to 2nd Dan.

The tournament had drawn spectators from all over South Australia and Australia and was attended by karate students from Whyalla and Millicent/Mount Gambier in South Australia. These students made contact with Mr Don Bates about the possibility of joining Seishikan as branch schools, and this, after a baptism of fire, was agreed to by Shihan Tada for both of those schools to join Seishikan.

These schools exist to this day and still turn out quality karateka in both tournament and traditional forms of the art. Two of the early students of Seishikan from these dojos were John Hart, and John Ingham. Both of these students have continued to train in the same manner as was taught by Shihan Tada and although Shihan Ingham has now joined with Ryushinkan he still regards and is regarded by Seishikan with

great honour. Phil Bates and John Hart have since achieved the rank of Shihan with Seishikan, Phil is ranked 7th Dan while John is ranked 6th Dan. These are the highest rankings in Seishikan outside Japan.

In April of 1974 the Gunson Street dojo arranged for a replacement Sensei from Kyoto to come to Australia for 2 years. Kancho Heiji Tada sent Sensei Kyoshi Tsujimoto 5th Dan, and his family to teach the Seishikan method to what had now become a large number of Australian students. Sensei Tsujimoto was an extremely popular teacher and was responsible for introducing the new style of Japanese sport fighting to South Australia. He is held in high regard by senior Seishikan members as is Shihan Masao Tada; both still visit Australia regularly and in turn are visited by us when in Japan.

In 1974 the Federation of Australian Karatedo Organisations (South Australia) was formed after a meeting between Phil Bates and Grant Gepp from Seishikan, Tom Halliday from Shotokan, and Ron Sneath from Wado Ryu. The first South Australian Karate Championships under the name of the Federation was held in March of 1974. Schools from Whyalla, Millicent/Mount Gambier, and Adelaide A and B teams competed for Seishikan, along with two schools from Shotokan and two from Wado Ryu. The Seishikan A team was victorious winning 15 fights out of 15 bouts.

Seishikan has been the school for many students to attain international success in karate tournaments, the first major success was in 1984 when Alba Kraatz achieved a 4th place in the WUKO World Championships and the following year placed 3rd in both the 1985 World Games and the Womens World Cup. This was followed by success at the Asian Pacific Karate Tournament on several occasions and ultimately at the All Japan Gojukai Tournament in the early 90s. Carl Driessener 4th Dan and Steven Wise 4th Dan placed 8th and 3rd in the same tournament one year later. Alba is now the highest ranked woman in Seishikan Karate in the world.

In the late 90s Ayesha Susic placed 2nd in the World Shito Ryu Championships and the following year was 4th in the World Shito Ryu Championships mainly due to the fact that she had to fight in the age division above her due to a lack of numbers in her own division. Her sister Adina Susic competed in the All Japan Gojukai Tournament in August 2005 and was awarded 3rd place, having beaten every Japanese fighter that she fought.

In recent times, 2 time National Kumite Champion Shannon Barton, 4th Dan from Adelaide, proudly represented Australia at the 2006 WKF World Championships.

For many years John Newman, 5th Dan, from Smithfield Dojo in NSW was the president of Seishikan Australia and the president of the Australian Karate Federation at the same time. John was tragically killed in 1994 and from that time Phil Bates has been the President of Seishikan Australia.

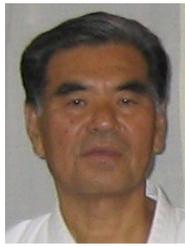
The Head Instructors of Seishikan Australia's Dojo's are all students who have a long history with Seishikan or are students of some of the original Seishikan students. Dojos are located in South Australia, N.S.W, Victoria and West Australia.

The Goju system of karate as practiced by Seishikan is strictly adhered to in all of these Dojos. The Instructors have all trained in Japan and most have taken part in the annual Seishikan Summer Camp held in the oppressive heat of a Japanese summer. The executive of Seishikan Australia has endeavored to bring high ranking Japanese instructors to Australia over the last 16 years to ensure that the standards of Seishikan Australia have remained high.

Seishikan has maintained a strong and positive influence on karate in Australia. We teach karate in the same manner as the headquarters in Japan and believe this to be the main reason for our continuing success.

Please come and join us in following the Seishikan Goju Ryu Karatedo.

Shihan Phil Bates 7th Dan



Kyoshi Tsujimoto Shihan
6th Dan



Masao Tada Shihan
7th Dan



Heiji Tada Kancho 8th Dan



Shohei Tada Shihan
7th Dan



Seiro Itoka Shihan
6th Dan



Anraku Sensei
4th Dan



Imamura Shihan
5th Dan



Phil Bates Shihan
7th Dan



John Hart Shihan
6th Dan



Matsui Sensei
4th Dan



Fujimoto Sensei
5th Dan



Shimada Sensei
5th Dan

New South Wales

South Australia

West Australia

Victoria



Frank Aguis
5th Dan



George Wilson
5th Dan



Derek Martin
5th Dan



Alba Kraatz
5th Dan



Shaun Kirkby
4th Dan



Judy Angeles
4th Dan



Johnny Alam
2nd Dan



Tan Truong
4th Dan



Mark Purvis
4th Dan



Shannon Barton
4th Dan



Carl Driesner
4th Dan



Mark Azzopardi
2nd Dan



Kerrie O'Sullivan
2nd Dan



Wade Von Stanke
3rd Dan



Adina Susic
3rd Dan



Tom Mc Cluskey
3rd Dan



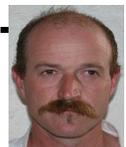
Mark Kranz
2nd Dan



Phil Wells
2nd Dan



Tyrone Johnstone
Shodan



Roland Poth
Shodan

Michael Tajnikar 3rd Dan - Fraser Lyons 2nd Dan - Fiona Unger 2nd Dan - Karl Unger 2nd Dan - John Heesman 2nd Dan
Kara Knowles 2nd Dan



SEISHIKAN AUSTRALIA DOJOS

SOUTH AUSTRALIA - Dojos and instructors

Mount Gambier: Phil Bates 7th Dan and Alba Kraatz 5th Dan

Whyalla: John Hart 6th Dan

Salisbury: Derek Martin 5th Dan

Adelaide: Carl Driessener 4th Dan

Port Adelaide: Tom McCluskey 3rd Dan

Kongorong: Phil Wells 2nd Dan and Mark Kranz 2nd Dan

NEW SOUTH WALES - Dojos and instructors

Smithfield: George Wilson 5th Dan and Frank Agius 5th Dan

Buddhist Temple: Tan Truong 4th Dan

Fairfield: Johnny Alam 2nd Dan

Wagga Wagga: Kerrie Sullivan 2nd Dan

VICTORIA - Dojos and instructors

Ballarat: Judy Angeles 4th Dan

Ballarat: Mark Azzopardi 2nd Dan

Werribee: Roland Poth Shodan and Tyrone Johnstone Shodan

WEST AUSTRALIA - Dojos and instructors

Karratha: Shaun Kirkby 4th Dan.



RULES OF SEISHIKAN AUSTRALIA

- The Kaicho (regional head) of Seishikan Australia, as appointed by Meiyo Kancho Heiji Tada, has veto over all decisions relating to Seishikan Australia
- Seishikan Australia is a non political / non sectarian organization
- All members are to conduct themselves with dignity and respect while representing Seishikan Australia
- All students must bow on entering and leaving the Dojo
- Never enter a Dojo with shoes on, always remove them at the door
- Watches, rings and other jewelry shall be removed prior to training
- Fingernails and toenails to be kept clean and tidy at all times
- No training under the influence of drugs or alcohol
- No swearing
- All students not to leave the Dojo without the instructor's permission
- All students will show respect for the instructor, senior students and each other
- If you have an injury you should not train until you have completely recuperated. If you are feeling unwell, or suffer an injury during training, you must inform the instructor immediately
- No emblems other than the official Seishikan emblem to be worn on the Dogi (brand names excluded)
- An attendance book and up to date records must be kept by the instructor
- Members may be disciplined for any activity which brings Seishikan Australia into disrepute
- Members may be disciplined for any serious breach of etiquette



DOJO ETIQUETTE

DOJO All members will show respect for ones seniors, respect for fellow students and respect for oneself
No student should approach higher grades without first bowing
No idle chatter during training

DOGI Should always be clean at start of training
Frayed collars and cuffs OK, but not gaping holes
SEISHIKAN emblem on left chest – straight

OBI Tied properly - reef knot and both ends level
Name on left, Seishikan on right
Frayed knot is acceptable, but not to the extent that belt is falling apart

ENTERING THE DOJO Proper bow at the door - a nod of the head is not good enough
Upon entering the dojo whilst training in progress students must wait for acknowledgement to start from instructor

LINING UP Kancho or Kaicho or most senior rank in front centre
Shihans, Sensei's and Sempais line up in front row in order of seniority from front right
Students line up in order of seniority starting from the right
Note: Length of time in rank equates to seniority, if two people graded to same

SEIZA Onto left knee first, then right knee to ground
Left hand to left thigh under Dogi, then right hand to right thigh
Insteps to the floor, left big toe over right big toe, keep a straight back
Men have knees apart, women have knees together
To stand up, repeat the process of sitting down in reverse

MOKUSO Shoulders relaxed, chin in, head straight, eyes closed and face expressionless

MOKUSO NAOTE Immediately alert, eyes open, stiffen body

ORDER OF REI Shomen ni rei - Everyone facing front centre bows to flag
(Kancho, Kaicho, Shihan, Sensei) ni rei - Most senior person in front centre position turns to face others and everyone bows to him/her

Sensei ni rei - Black belts Sandan & above turn to face class and bow

Otegai ni rei - Bow to each other, all except most senior person facing front centre

Stand up in order of seniority, ie wait until next most senior person rises before you do

Foundations

In order to progress in Karate it is vital that a student learns the foundations or fundamentals. Following we look at the basic foundations of Seishikan Karate-do;

1 . Rei (Bowing)

There are two forms of bowing used in the Seishikan dojo; the standing bow and the sitting bow. As Karate is a respectful sport, bowing in the dojo is frequent (so much so that, although at first you may feel a little awkward, after a while you will unconsciously bow).

Some of the times bowing occurs are when you enter and leave the dojo, before the shrine, towards the instructor or a senior after receiving guidance and before practicing or sparring with a fellow dojo member.

An understanding of Rei

"Shomen ni Rei, the student should have a deep respect for the masters throughout time who have created and continued Budo to the point where the student can now make it an important part of his or her life. It is also an acknowledgement of our founder, Meiyō Kancho Heiji Tada, and those things fundamental to serious training in karate-do.

"Kancho ni Rei", **"Kaicho ni Rei"**, **"Shihan ni Rei"**, **"Sensei ni Rei"** the student should be showing deep respect for his or her instructor and the instructor will be feeling respect for his or her teachers.

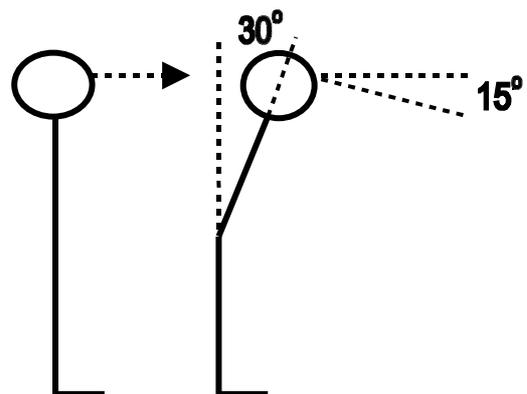
"Otagai ni Rei," is a promise to train hard and with purpose while respecting fellow students.

"Otagai ni Rei," (bow to each other) At the end of class on the final bow students will say "Domo arigato gozaimashita, sensei." Translation: "Teacher thank you for teaching me." These short ceremonies reinforce the traditional roots of Karate. This shows thanks for the privilege of learning.

Following are instructions on how to bow correctly.

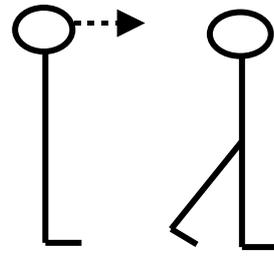
The standing bow

1. Stand in Musubi dachi (see below for detailed explanation of this stance.)
2. Bow 30 degrees directly forward from the waist
3. Keeping your hands by your sides. Keep your neck at the same angle as your body with your eyes facing forward.
3. Return your body to the original Musubi dachi stance.

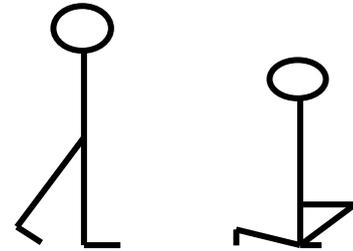


The sitting bow

1. Stand in Musubi dachi.

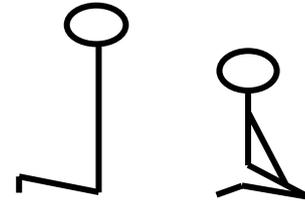


2. Pull your left foot back.
(Note the position of the toes in the illustration)
Drop slowly onto your left knee.

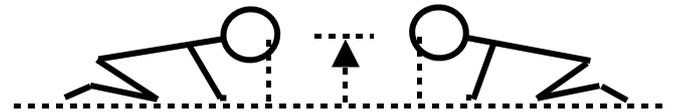


3. Place your right knee on the ground next to your left knee.

4. Sit back on your haunches. The back should be kept straight and the distance between the knees should equal to two fists.



5. When the instructor says "Rei" (bow) first place your left hand and then your right hand in front of you (forming a triangular shape) and bring your head down. Stop your head approximately 25cm from your hands.



6. When the instructor call "Naote" return to the position described in Number 4.

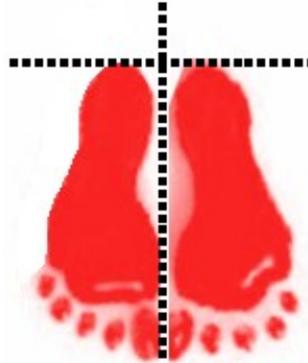
7. To stand up, repeat the process of sitting down in reverse.

2. Basic stances

There are a great number of stances used in the dojo. In the beginning stages of training the following stances should be perfected

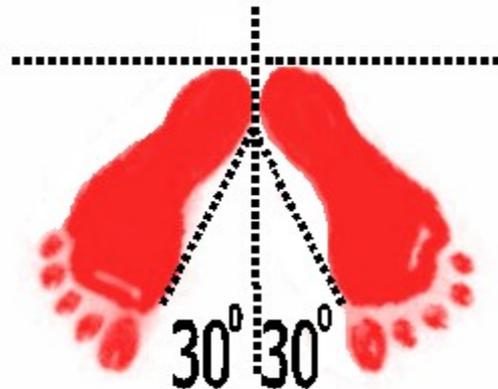
Heisoku dachi

The feet must be parallel to each other. The knees should be straight but relaxed. Keep the chest open, the back straight and your hands firmly by your sides.



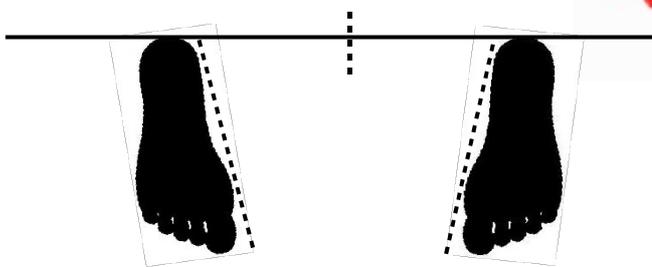
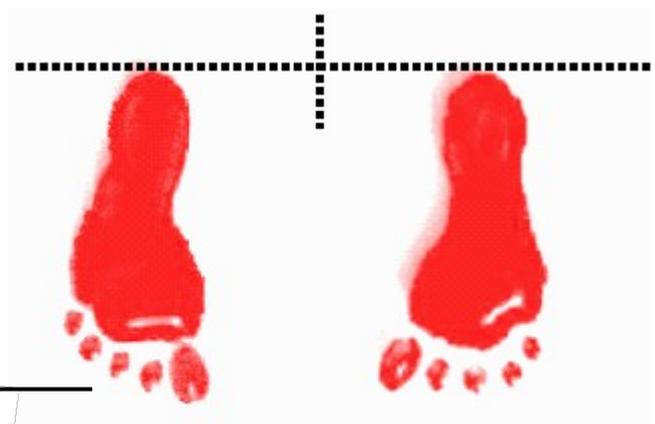
Musubi dachi

Stand with shoulders and legs relaxed. Keeping the heels together, point the feet diagonally outward. As seen in the diagram, the angle of the feet should be 60 degrees.



Heiko dachi

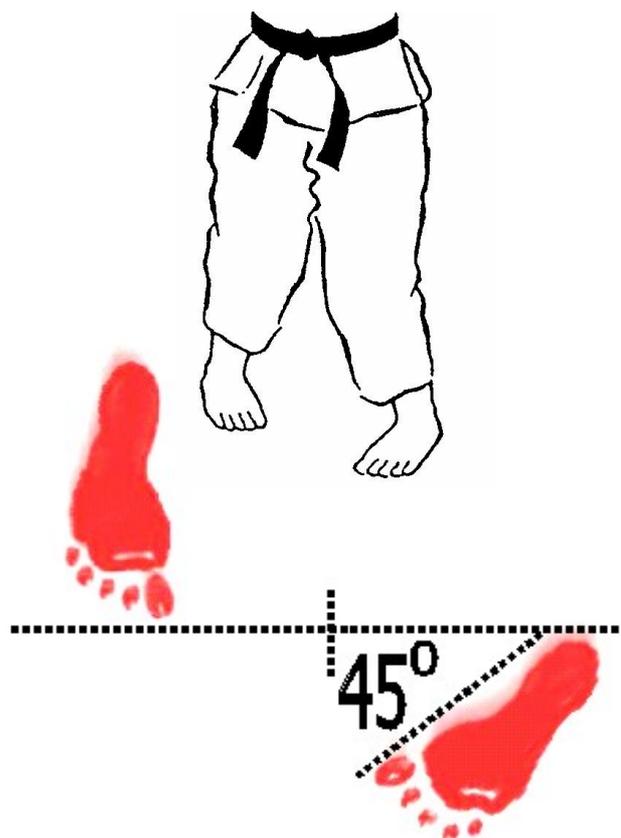
From Musubi dachi leave the toes where they are and turn the heels out. The toes of the feet are pointed directly forward. The feet should be shoulder width apart and the body weight evenly distributed. Centre of gravity should be at a point midway between both feet. The knees are straightened naturally but tensed.



Sanchin dachi

One of the most important fundamental stances of Seishikan Karate-do as it is extremely stable from all directions if correctly executed. This stance is best used when you are at close-quarters with your opponent.

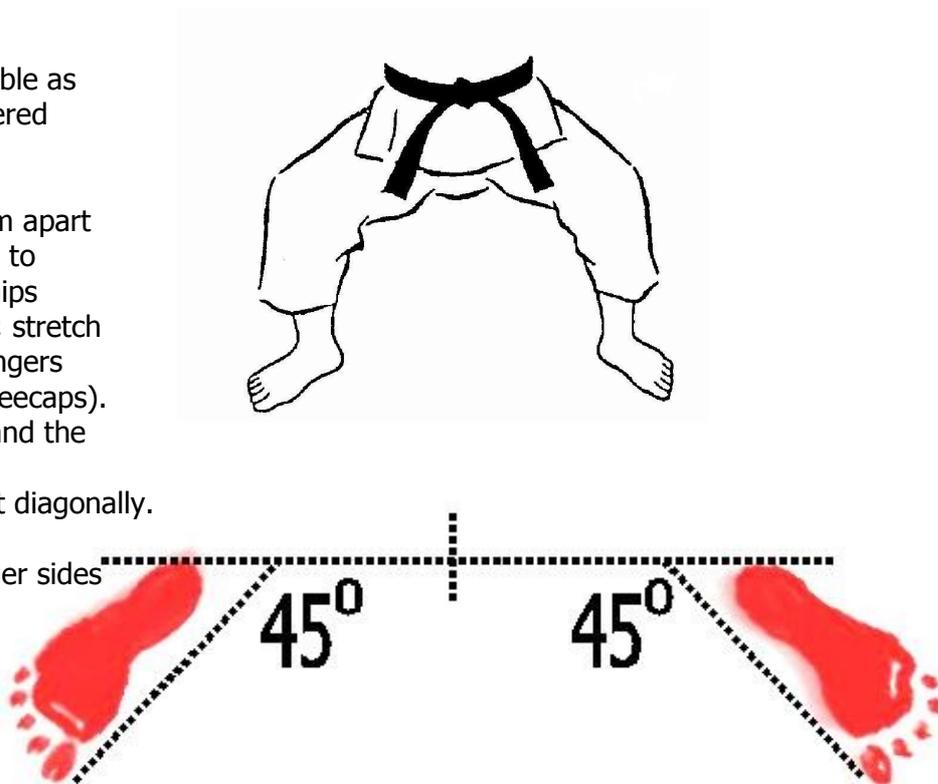
From Heiko dachi step forward with the right foot, so that the left foot is diagonally behind the right. Front foot heel must be directly in line with the toes of the back foot. In this stance, the muscles of the inner thigh are tensed. Pull the hips upward and tense the buttocks at the same time. From the diagram notice how the centre of gravity is located at a mid-point between the feet.



Shiko dachi

This straddle leg stance is very stable as the body's centre of gravity is lowered considerably.

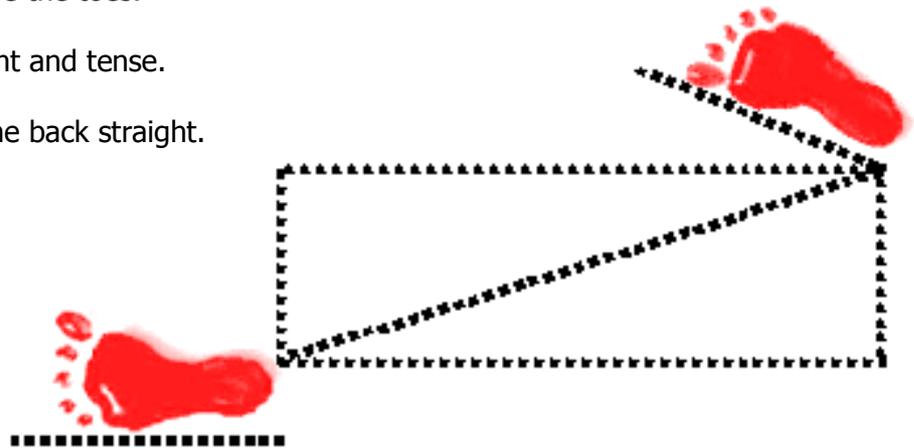
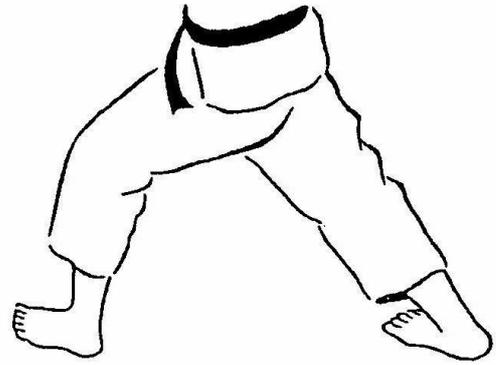
Feet should be approximately 65cm apart although distance varies according to each student's height. Lower the hips deeply (to check for correct depth; stretch your arms along your legs, your fingers should extend precisely to your kneecaps). The back should be kept straight and the shoulders open. The big toes should be pointed out diagonally. Knees outward. Although feet are kept flat, the inner sides support most of the weight.



Zenkutsu dachi

As seen in the diagram, Zenkutsu dachi is a stance used when body weight (power) is being pushed forward.

From Heiko dachi pull one leg fully to the rear.
Feet should remain shoulder width apart.
Turn the back foot diagonally outward.
Bend the front knee forward to the point that you cannot see your toes.
The front knee should remain above the toes.
The front shin should be vertical.
The back leg should be kept straight and tense.
Don't raise the back heel.
The hips should be kept low and the back straight.

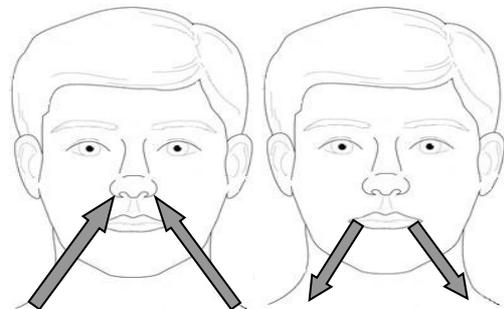


3. Kokyuhō (breathing)

Correct breathing is a very important part of Seishikan Karate-do. Breathing should be done utilising the diaphragm as such deep breathing provides much needed oxygen to the whole body, allowing the system to recuperate at a faster rate.

Stand in Heiko dachi and hold your belt. Take a deep breath through the nose and opening your mouth breath out strongly until all air has left your lungs. During the final stage of expelling air, clench your diaphragm to expel any remaining air. Repeat the process until the instructor calls the exercise to a halt.

Breathe in – tongue behind top front teeth
Breathe out – tongue behind bottom front teeth



4. Kiai

The Kiai, defined in the dictionary as a yell or a cry, is often heard in the Karate dojo. The Kiai is the result of Focused energy being forced out of the system. Subsequently, the source of the cry or shout is from the stomach, rather than the throat. An individual with a strong Kiai usually is a strong Karate practitioner.

The Kiai is difficult to explain in words as it can only truly be understood and learnt through practicing all the other elements of Karate. Suffice to say, the more effort and energy you put into your Karate study, the faster a strong, natural Kiai will develop



Belt System

Seishikan Goju Ryu Karate-Do has an established grading system based on experience and skills at Karate.

Beginning at 10th Kyu - the starting point for all new students - through to 8th Dan (the current ranking of Kancho Tada Sensei, the founder and Head Instructor of Seishikan).

Following is an outline of the Kyu / Dan system and the corresponding belts worn by students.

10 th Kyu		White	Ju Kyu	Entry level	
9 th Kyu		White	Ku Kyu		
8 th Kyu		White	Hachi Kyu		
7 th Kyu		Yellow	Nana Kyu		
6 th Kyu		Yellow	Ro Kyu		
5 th Kyu		Green	Go Kyu		
4 th Kyu		Green	Yon Kyu		
3 rd Kyu		Brown	San Kyu		
2 nd Kyu		Brown	Ni Kyu		
1 st Kyu		Brown	Ik Kyu		
1 st Dan		Black	Shodan		
2 nd Dan		Black	Nidan		
3 rd Dan		Black	Sandan	Sensei level	
4 th Dan		Black	Yondan		Entry to 4 th Dan, 5 th Dan level is extremely difficult requiring complete dedication to training over many years.
5 th Dan		Black	Godan		
6 th Dan		Black	Rokudan		
7 th Dan		Black	Nanadan		
8 th Dan		Black	Hachidan		

Please note

*Some Dojos may use the Orange belt as a buffer between White and Yellow belts

**Junior Grades are usually denoted by a white stripe through the centre of the coloured belt.

Pronunciation guide

This guide provides a Karate related vocabulary for the student's use in the Dojo. Do not feel overwhelmed at having to learn these terms, they will become familiar through constant usage in the Dojo. The serious student of Karate will find that knowledge of the language, history and culture of Japan are useful to further study.

Many Japanese words do not have a word for word translation; therefore, more than one translation may be given. For example, the word *kokoro*; can be defined as spirit; heart; will; mood; and intention.

Vowels

The key to correct pronunciation of Japanese lays in the five vowel sounds.

A as in **f**ather

I as in **u**nique

U as in **r**ude

E as in **y**et

O as in **h**ope

Consonants

Consonants are pronounced the same as in English with the following exceptions:

G is always hard as in **g**o.

R is halfway between the English **R** and **D** sounding something like **L**.

Long Vowels

Long vowels like Karate-**Do**, are pronounced the same only held longer.

Double Consonants

Double consonants are both pronounced. For example, the word **tettsui**; is pronounced **tet-tsui** with both **t's** enunciated.

Muting

Vowels are frequently muted after a soft consonant. Examples are:

Mokuso = mok'so desuka = des' ka

Sound Changes

The pronunciation of some consonants changes when combining words and when shifting to the combining form of verbs. Some examples are:

Keri = mae-geri tachi = yoi-dachi mawasu = mawashi

Key Karate Terms

New students should make an effort to learn at a minimum the basic terms used in the Karate dojo as most of the instructions in a normal training session will be in Japanese. Listed below are some of the key terms used.

Counting:

ichi	one
ni	two
san	three
shi	four
go	five
roku	six
shichi	seven
hachi	eight
ku	nine
ju	ten
niju	twenty
sanju	thirty
yonju	fourty
goju	fifty

General:

jodan	upper area
chudan	middle area
gedan	lower area
kamae	combative posture
hajime	begin
yame	stop
kime	focus
rei (<i>katakana phonetic symbol</i>)	bow
yoi	ready
hidari	left
migi	right

Stances:

dachi	stance
heisoku dachi	closed foot stance (feet together)
musubi dachi	formal attention stance (heels together, feet at an angle)
heiko dachi	parallel stance (feet shoulder width apart)
sanchin dachi	hourglass stance
shiko dachi	straddle leg stance
zenkutsu dachi	front stance
han zenkutsu dachi	half front stance
hachiji dach	natural stance (feet shoulder width apart, toes slightly pointed out)
fudo dachi	free stance
neko ashi dachi	cat foot stance
kiba dachi	horse riding stance
kokutsu dachi	back stance
renoji dach	the letter 'Re' stance
sesan dachi	side facing straddle stance

Hand techniques:

tsuki (zuki)	punch or thrust
uchi	strike
gyaku tsuki	reverse punch
shita tsuki	inverted punch
heiko tsuki	parallel punch
choku tsuki	straight punch
hasami tsuki	scissors punch
awase tsuki	u - punch
kizami tsuki	leading punch jab
oi tsuki	lunge punch
nagashi tsuki	flowing punch
seiken tsuki	fore fist strike
age tsuki	rising punch
kagi tsuki	hook punch
yama tsuki	mountain punch
empi	elbow strike
ko uchi	bent wrist strike
ura-ken uchi	back fist strike
furi uchi	circular strike
shuto uchi	knife hand strike
hiji ate	elbow strike
nakadaka ken	middle finger knuckle fist
kuma-te	bear hand
washi-te	eagle hand

Foot techniques:

keri (geri)	kick
mae geri (keage)	front snap kick
mae geri (kekomi)	front thrust kick
mawashi geri	round house kick
yoko geri(keage)	snap kick to the side
kansetsu geri	stamping joint kick
hiza geri (or ate)	knee kick
agumi geri	stomp kick

Blocking techniques:

uke	block
age uke (jodan)	rising block
shomen uke (chudan)	inside circular block
harai uke (gedan)	downward block
chudan uchi uke	outside forearm block
gedan uchi barai	outside downward block (open hand)
ura uke	back hand block
hiji _uke	elbow block
hiza uke	knee block
mawashi uke	round house block
uchi uke	inside forearm block
morote uke	augmented block

Practice fighting:

kumite	sparring
sanbon kumite	three step sparring (3 jodan, 3 chudan, 3 gedan)
ippon kumite	one point sparring where (lie attacker defends and counters after the attack)
sandan kumite	three step, three level sparring (1 jodan, 1 chudan, 1 gedan)
sanbon zuki (kumite)	three step sparring, blocking with one hand against a three punch combo.
kihon ippon	basic one step sparring
jiyu ippon	one step sparring from free stance
randori	slow and soft free style with emphasis on technique
jiyu kumite (or tegumi)	hard and fast controlled free style fighting

Kamae:

kamae	combative posture
jodan no kamae	upper level combative posture
morote no kamae	augmented hand combative posture
gedan no kamae	lower level combative posture
shizen dachi no kamae	natural combative posture
hanmi no kamae	half forward facing combative posture

Additional vocabulary:**Foot movements:**

tsuru ashi	sliding step
tsuri ashi	shuffling step
ayumi ashi	natural stepping
yori ashi	dragging step
keri ashi	kicking foot
tenshin	moving, shifting
chakuchi	replacing

Basic Japanese phrases:

o-genki desu ka?	how are you?
arigato gozaimashita	thank you very much. (More polite)
arigato	thank you
dô itashimashita	not at all. You are welcome.
dômo arigato gozaimashita	thank you very much (most polite form).
dômo	thanks. [Very casual form]
dôzo	please (do this). [Very casual form]
genki desu, arigato.	i am fine, thank you.
gomen-nasai	excuse me
hajime	permission to begin, please.
konban wa	good evening or Hello, when used as a greeting.
konnichi wa	good afternoon.
kudasai	please give me the favor of. [Polite form]
ohayô-gozaimasu	good morning.
omedeto-gozaimasu	congratulations.
onagai-shimasu	i humbly request. Please teach me.
oyasumi-nasai	good night. (when going home for the night.)
sayônara	good bye
shitsurei, shimasu	excuse me. Good bye (To a senior).

Body parts:

ago	jaw	ashi	leg or foot
ashikubi	ankle	ashiyubi	toes
atama	head	hana	nose
hara	abdomen	hiji (empi)	elbow
hiza	knee	kami no ke	hair
kao	face	koshi	hips
kata	shoulder	kuchi	mouth
kubi	neck	me	eyes
mimi	ears	mune (kyobu)	chest
nodo	throat	senaka	back
sune	shin	te	hand
tekubi	wrist	ude	arm
yubi	fingers	kakato	heel
josokutei	ball of the foot	haisoku	instep
sokuto	foot edge	hiza	knee
tsumasaki	tip of the toes		

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