

Terminology

© May 2001
S. Leijenhorst
(Fifth English Edition)

First Dutch edition: 1992 (Leijenhorst, De Spa, Ter Veer).
First English edition: September, 1994 (Leijenhorst, De Spa).

No part of this publication may be stored in a retrieval system, transmitted, or reproduced in any way, including but not limited to photocopy, photograph, magnetic or other record, or be in your property without donating to either TERA (Tibetan Education and Relief Foundation) or Ta Mo.

For more information:
S. Leijenhorst, Johan Buziastraat 61, 6708 NR Wageningen, The Netherlands, Phone: +31-(0)317-415883;
Fax: +31-(0)317-416959; E-mail: tamo@planet.nl;
Homepage: <http://home.wxs.nl/~tamo>

Contents

PREFACE.....	V
DONATIONWARE PROJECT.....	1
TERA	1
TA MO	1
REFERENCES	3
INTRODUCTION.....	5
Kanji	5
Kana.....	5
Romanisation (Romanji).....	5
HISTORICAL TERMS.....	7
BASIC CONCEPTS.....	10
ORGANISATION & ETIQUETTE	13
TRAINING	15
SUPPLEMENTARY TRAINING.....	18
STANCES	19
FOOTWORK & BODYWORK.....	22
FIGHTING POSTURES	23
ANATOMICAL WEAPONS	25
KYUSHO	28
Leg.....	28
Backside trunk	29
Frontside trunk.....	29
Neck/Collar.....	30
Head.....	31
Arm.....	31
BLOCKING TECHNIQUES.....	32
PUNCHING AND STRIKING TECHNIQUES	37
KICKING TECHNIQUES.....	40
GRAPPLING TECHNIQUES	42
Throwing techniques	42
Joint techniques	43
Strangulations	44
Kyusho Waza.....	45

FIGHTING PRACTICES	46
KATA.....	47
CONTEST RULES AND REGULATIONS.....	49
INDEX.....	51

Preface

In front of you is the final English edition of the manual 'Terminology'. The Dutch version of the manual was produced in 1992 by Harry de Spa, former Chief-Instructor for Holland & Germany, and myself. Substantial help was given by André ter Veer, one of the senior instructors from IOGKF-Nederland. Corrections on the first English version I received from the late Harry de Spa, Garry Malone, Peter Lembke and Remco van der Kieft. Corrections on Japanese language for this first English edition were made by Higaonna Sensei. Future versions will contain more Japanese.

I hereby would like to thank all these people for helping me to produce these editions.

I hope much of the readers will make an effort to inform me about mistakes or missing information. In that way I will be able to produce another 'upgrade' of this manual on 'terminology' in the future and we will be of more help to our fellow Karate practitioners.

The terms in this manual were abstracted for 75% from IOGKF sources. These sources include Higaonna Sensei's books, videos, interviews, official IOGKF publications, seminars, etc.

I hope this manual on terminology will help the Karate practitioner in its attempt to gain clarity on the Way of Karate-Do. Even though the content is rather down to earth, I believe a clear and correct terminology will be of additional help in learning, understanding and transmitting Okinawa Goju-Ryu Karatedo.

This public version was produced as **donationware**. It is meant to be copied and spread. New owners are asked to consider giving a donation or other form of support to TERA (Tibetan Education & Relief Association). TERA is a registered charity in the U.K.¹ You can contact the treasurer, Richard Hartree, through e-mail (106517.2024@compuserve.com); telephone (+44-(0)1295-788215 or send a check to the treasurer: Stables Cootage, Sibford Ferris, Banbury, Oxon OX15 5RE, Great Britain. You can also transfer money to TERA's bank account directly → Lloyds Bank, 3 King Street, Saffron Walden CB10 1HF, Great Britain, accountnumber: 7123466, Sortcode: 30-97-24. Alternatively you can contact the founder of TERA, Chrissie Coburn Krzowska (chrissie@yeshe.demon.co.uk)/+44-(0)1270-874085).

Wageningen: August 1995/January 2002.

Sydney Leijenhorst

k

¹No 802974.

Donationware project

This text has been published on the internet to benefit you and to collect financial support for two organisations in order to benefit more people:

1. TERA: Tibetan Education and Relief Foundation.
2. Ta Mo, school for martial, healing and meditative arts.

You can consider this booklet yours if you have given a donation to any of these two organisations. How much you contribute is entirely up to your own heart.

This is how you can do it:

TERA (TIBETAN EDUCATION AND RELIEF FOUNDATION)

- A. Send a check to the treasurer: Richard Hartree, Stables Cootage, Sibford Ferris, Banbury, Oxon OX15 5RE, Great Britain. E-mail: 06517.2024@compuserve.com
- B. Transfer money to TERA's bank account directly → Lloyds Bank, 3 King Street, Saffron Walden CB10 1HF, Great Britain, accountnumber: 7123466, Sortcode: 30-97-24

TA MO (SCHOLL FOR MARTIAL, HEALING AND MEDITATIVE ARTS)

- A. Send a check or cash money to: Ta Mo, Johan Buziastraat 61, 6708 NR Wageningen, Netherlands (phone: +31-317-415883; Fax: +31-317-416959; tamo@planet.nl)
- B. Transfer money Ta Mo's bank account directly: ABN-AMRO Wageningen, account nr. 44.70.28.286

May you and many others benefit from this!

Sydney Leijenhorst

References

The information and images for this booklet are taken from the sources mentioned below. The images are not ment to be used for further distribution without asking permission from the authors, producers, etc.

(Pictures & Literature)

Berk, William R. / Chinese Healing Arts, internal kung-fu / 1979 / 0-915238-29-2
Peace Press - Culver City, CA, USA

Bishop, Mark / Okinawan Karate, teachers, styles and secret techniques / 1989 / 0-7136-5666-2
A & C Black (Publishers) Limited

Draeger, Donn F. / Oosterse vechtkunst / 1975 / 90-60193830
Uitgeverij Bert Bakker - Den Haag

Ellis, A./Wiseman, N./Boss, K. / Grasping the wind, an exploration into the meaning of Chinese acupuncture point names. / 1989 / 0-91211-19-4
Paradigm Publications - Brookline, Massachusetts

Ellis, Andrew - Wiseman, Nigel - Boss, Ken / Fundamentals of Chinese Acupuncture / 1988 / 0-912111-18-6
Paradigm Publications

Flaws, Bob / Tie Ta Ke / 1985 /
Blue Poppy Press

Habersetzer, R. / Wado-Goju-Shito Kata / 1991 / 2-85180-216-X
Editions Amphora – Paris

Higaonna, Morio / Traditional Karate, fundamental techniques, volume 1 / 1985 / 0-87040-596-0
Minato Research/Japan Publications - Japan

Higaonna, Morio / Traditional Karate, performances of the Kata, volume 2 / 1986 / 0-87040-596-9
Minato Research/Japan Publications - Japan

Higaonna, Morio / Traditional Karate, applications of the Kata, Volume 3 / 1989 / 0-87040-596-7
Minato Research/Japan Publications - Japan

Higaonna, Morio / Traditional Karate, applications of the Kata - part 2, Volume 4 / 1990 / 0-87040-596-8
Minato Research/Japan Publications - Japan

Kawaishi, Mikonosuke / Ma Methode de Self-defense / ? / -
Judo International

McCarthy, Patrick / Bubishi / 1995 / 0-8048-2015-5
Charles Tuttle Company Inc.

McCarthy, Patrick / Karatedo, development, essence and aims (European lecture) / 1995 / -
IRKRS

Nagamine, Shoshin / The Essence of Okinawan Karate-Do, Shorin-Ryu / 1976 / 0-8048-1163-6
Charles E. Tuttle Company - Tokyo, Japan

Ratti, Oscar & Westbrook, Adele / Secrets of the Samurai, a survey of the martial arts of feudal Japan / 1973
0-8048-0917-8 / Charles Tuttle Co., Inc.

Reid, Howard & Croucher, Michael / De Oosterse Krijgskunst / 1986 (Dutch edition); 1983 (English edition)
90-328-0430-8 / Uitgeverij Rostrum B.V.

Shanghai College of Traditional Medicine / Acupuncture, a comprehensive text. / 1981 / 0-939616-00-9
Eastland Press, Incorporated - Seattle/Washington

WHO/Wang Deshen / Standard acupuncture nomenclature / 1994 / - /
World Health Organisation

Yang, Jwing-Ming / Shaolin Chin Na, the seizing art of kung-fu / 1980 / 0-86568-012-4
Unique Publications

Introduction

When a westerner first observes the Japanese language he will encounter a variety of unknown symbols that mean even less to him than ancient Egyptian hieroglyphs. However, in a short time he will find out that there are largely two groups of symbols used, simple ones and more complex ones.

Kanji

The complex ones are called the 'Kanji' which in fact are Chinese characters. These Kanji generally have the same meaning as they would have in China, however they are often pronounced differently. For example the word 'Kara' (空) from 'Karate' (空手) is pronounced as 'Kong' in (mandarin) Chinese. Sometimes the pronunciation shows more resemblance, as in the word 'Do' (道) from 'Karatedo' (空手道), which is pronounced as 'Dao' in Chinese. Actually, most Kanji have at least two ways of pronunciation in Japanese, which can differ radically from each other. These two different pronunciations are called the 'On' pronunciation, which is close to the original Chinese pronunciation, and the 'Kun' pronunciation, which is an added Japanese pronunciation. For example the character: 手 is pronounced both as 'Shu' (in 'Shuto' = 'hand sword/knife') or as 'Te' (in 'Karate' = 'empty hand').

浄曙景栓椀梁梢棋椅根

The Kanji were originally so-called 'pictograms', just like the ancient Egyptian hieroglyphs, or simply speaking: 'drawings'. In some of the old Chinese characters most of us can recognise the meaning without having any understanding of the Chinese language. The oldest Chinese characters date from at least 1600 BC and arrived Korea and Japan in the fourth century.

Kana

The generally more simple symbols are called 'Kana' and are actually divided into two groups, the 'Katakana' characters and the 'Hiragana' characters (see below). Hiragana is used for creating Japanese sentences with kanji. Katakana is used for expressing foreign words like 'Holland' (Oranda; オランダ)

Hiragana

ははむやらろめがるよひゃあか

Katakana

レロワエムメヤユザグジズ

Romanisation (Romanji)

For the romanisation of the Japanese language to our western alphabet (the roman letters), several systems have been developed. These romanisation systems are a guide to how we have to pronounce the Japanese words, written in our own alphabet. Below you will find the 'Hepburn system' as an example. In this system, the vowels are pronounced as in the Italian language, the consonants English language.

Writing

a²
e
o
yo
ju
ja
shi
sha
chi
cha
tsu
etc

Pronunciation

aa
ee
oo
as in yoga
as in juice
as in jazz
as in sheep
as in shag
as in chinchilla
as in chachacha or charleston
tsu
etc.

The Chinese words used in this syllabus are rendered in Mandarin dialect, according to the Pinyin transcription. Words in Chinese and Okinawan dialect are rendered in italics.

² Vowels with a short sound (a, e, i, o and u) can be separated from vowels with a long sound (4, o, r, p, ö).

Historical terms

Daruma; 達磨

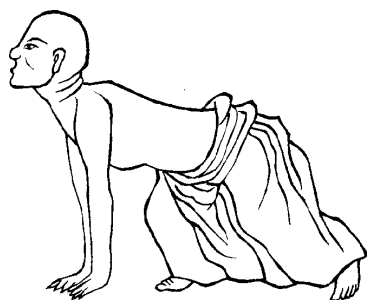
Japanese name of the Indian monk Bodhidharma (Chinese: Ta Mo). According to Chinese mythology, Daruma founded the Chinese martial arts when living in the Shaolin (Japanese: Shorin) monastery, where he taught the Ekkinkyo and the Senzuikyo (see below).

Ekkinkyo; 易筋經

Literal: 'classical text on transforming the tendons'³. The Ki-exercises derived from these texts bear the same name or are called 'Ekin Kiko' (易筋氣功).

Senzuikyo; 洗髓經

Literal: 'classical text on washing the marrow'. The Ki-exercises derived from these texts bear the same name or are called 'Senzui Kiko' (洗髓氣功).



Three Kiko exercises from the Ekkinkyo⁴.

Shorinji; 少林寺

Literal: 'Young Pine' monastery; the monastery where Daruma lived when residing in China and teaching the monks the basics of health-gymnastics and martial arts. The monastery still exists and is located in Henan province, near Dengfeng county. Several other monasteries have existed with the same name, e.g. in Fujian. It is said that the latter has played an important role in the development of martial arts in this area and is therefore of historical importance for Goju-Ryu Karate.

Bubishi; 武備志

A classical Chinese text on martial arts, containing the principles of Okinawan Karatedo.

Okinawa; 沖縄

Japanese island where Karatedo originated.

Fujian; 福建

Chinese province where Karatedo has its roots, particularly in the area of the town Fuzhou.

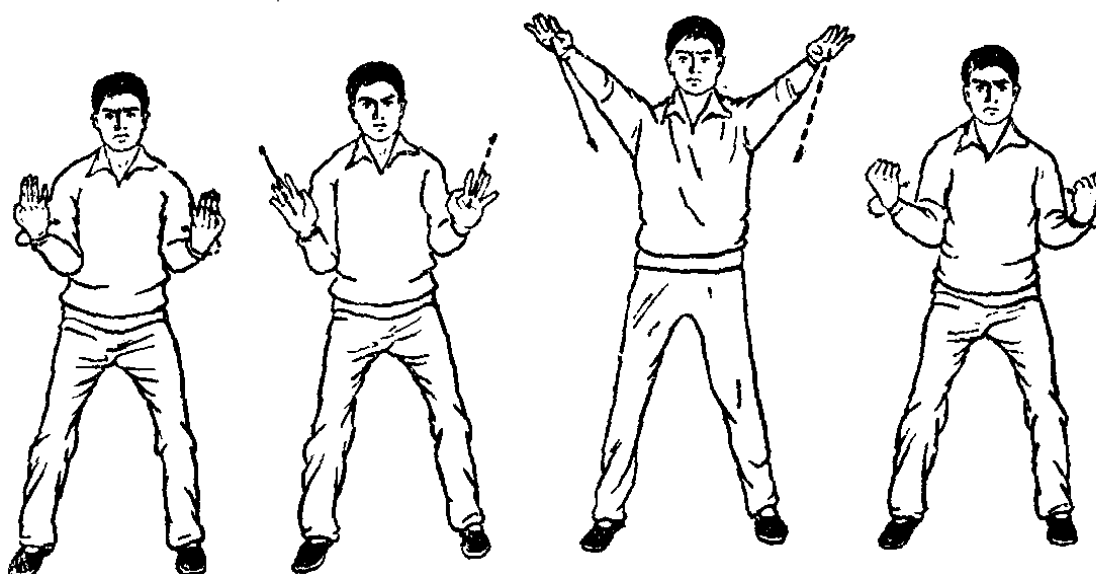
Fuzhou

Capitol of the Chinese province Fujian. The town where both Higashina Kanryo and Miyagi Chojun studied Chinese martial arts.

³ These texts are attributed to Ta Mo (± 500 AD) and contain health-gymnastical exercises which, according to the legends, were the basis of the Shaolin Quan that was developed later. And thus also considered as the roots of Karate which partially evolved from the Chinese martial arts. However most historians agree that this link is not very substantial. Nevertheless the concepts behind these exercises are similar to Shaolin Quan and Karate. Namely, they are physical exercise as a basis of spiritual training.

⁴ This version of the Ekkinkyo is sometimes said to be developed by the famous marshall Yue Fei.

<i>Ti</i> or <i>Te</i> ; 手	Literal: 'hand(s)', old name for the martial arts of Okinawa.
Nahate	Old name for the martial art from the town Naha in Okinawa.
Shurite	Old name for the martial art from the town Shuri in Okinawa.
Tomarite	Old name for the martial art from the town Tomari in Okinawa.
Kenpo ⁵ ; 拳法	Japanese name for the Chinese martial arts in general.
Hakatsuru Kenpo ⁶ ; 白鶴拳法	White crane boxing; white crane fighting method; white crane fist..
Tora Kenpo ⁷ ; 虎拳法	Tiger boxing; tiger fighting method; tiger fist.
Rakan Kenpo; 羅漢拳法	Monk boxing ¹¹ ; monk fighting method; monk fist.



Movements from the 'Wooping crane boxing'⁸ Kata: 'San Zhan or San Qian'⁹ (Okinawa: Sanchin), also referred to as: 'Happoren'¹⁰.

Tode; 唐手	Old name for Karate, Literal: 'Chinese hand(s)' or 'Tang hand(s)' ¹² .
Todejutsu; 唐手術	Same as Tode. Jutsu means art or technique(s).
Karate; 空手	Literal: 'empty hand'. Modern name for Tode.
Karatedo; 空手道	Same as Karate. Literal: 'empty hand way'. The suffix 'do' usually added to

⁵ Chinese: Quanfa. Other, frequently used Chinese terms for martial arts or martial art systems in general are: Wushu (武術), Gongfu (功夫), Quanshu (拳術) and Guoshu (國術).

⁶ Chinese: Baihe Quanfa or simply: Baihe Quan.

⁷ Chinese: Hu Quanfa or simply: Hu Quan.

⁸ Chinese: Minghe Quan; 鳴鶴拳.

⁹ 三戰

¹⁰ 八步練

¹¹ Chinese: Luohan Quanfa or simply: Luohan Quan. Also translated by 'arhat boxing', using the original Indian word 'arhat'.

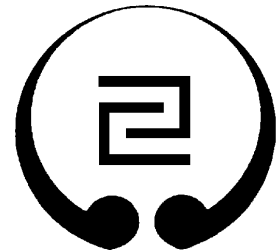
¹² Originally the word Karate at Okinawa was written as: 唐手. The first character is an old name for China, that was used during the Tang dynasty. So Karate originally was named 'Tang hands' or 'Chinese hands'. 'Te' of 'hands' is a symbolic word for martial art. Later the first character was replaced by: 空. This word is also pronounced as 'Kara' in Japanese, however it means: 'empty'. The word 'empty' refers one the one hand to the fact that Karate is mainly an unarmed form of combat, on the other hand it refers to the Buddhist philosophy, that inspired the development of Karate, in which 'emptiness' is the essence of (an enlightened) mind.

	emphasize the spiritual meaning of the art.
Budo; 武道	The 'way of the warrior' as a philosophy of life (literal: martial way).
Bu Jutsu; 武術	Martial art.
Bushi; 武士	Knight; warrior.
Bushido; 武士道	The samurai's code of chivalry.
Ryu; 流	Literal: current; style; large community with a collective dedication. E.g. as in Okinawa Goju-Ryu.
Kan	School; group.
Kai; 会	Association; club; group.
Waza; 技	Technique; ability.
Jutsu; 術	Technique; art.

Basic concepts

Gokui (Gokuhi); 極秘	Essential teachings; ultimate secrets.
Kukuchi	Keypoint; key concept.
Hidden; 秘伝	Secret or hidden techniques.
Okuden; 奥伝	Highest teachings.
Shido Taikei; 指導体系	Curriculum; literal: guidance system.
Shu Ha Ri; 守破離	The three phases through which the martial artist develops, i.e. becomes an enlightened martial artist or being.

Kenkon	Literally: 'heaven' and 'earth'; the symbol of Okinawa Goju-Ryu karate (I.O.G.K.F.).
In Yo (Chinese: Yin Yang); 陰陽	The two primordial polar and complementing forces, responsible for the creation and ongoing evolution of the universe. Comparable to Go & Ju ¹³ .



Tanden; 丹田	Energetical or psycho-physical centre of the human body. In a natural posture the Tanden is located in the physical centre of gravity. Literal: cinnabar field ¹⁴ .
Kikai Tanden; 氣海丹田	Alternative name for Tanden. 'Kikai' means 'ocean of vital energy'. Kikai is also an important acupuncture point that has a direct connection to the Tanden.
Seika Tanden; 臍下丹田	Alternative name for Tanden. 'Seika' means 'lower abdomen'.
Hara; 腹	Literally: (lower) abdomen. Generally speaking the same as Tanden.
Haragei; 腹芸	The art of using the Hara as one's psycho-physical center; the art of using the lower abdomen as the center of power/movement, breath and concentration (Sanchin).
Shisei; 姿勢	Posture; attitude.
Ki ¹⁵ ; 氣; 気	Life force; breath; vital energy; breath-energy; breath-power; etc (氣). Also translated as 'spirit' (氣).
Gen Ki; 元氣	Primordial energy; the vital energy produced in and circulated by the Tanden (can also mean: health, vigour, pep, spirit, etc.)

¹³ Two other similar terms used in the Chinese martial arts (and Chinese medicine) are 'Kyo' (虚) and 'Jitsu' (實), meaning 'empty' and 'full' (Chinese: 'Xu' and 'Shi').

¹⁴ Cinnabar, or Tansha in Japanese (丹砂) was used in China by alchemist as one of the main ingredients in herbal decoctions (elixirs) for enhancing vitality and prolonging life. The Tanden plays a similar central role in oriental martial arts and healthgymnastics.

¹⁵ Chinese: Qi.

Keiraku ¹⁶ ; 経絡 (経絡)	Meridians and collaterals; pathways of the vital energy (Ki) in the body.
Kokyu Donto; 呼吸吞吐	Inhalation and exhalation; respiration; breathing ¹⁷ .
Iki; 息	Breathing; respiration.
Ibuki; 息吹	Breath.
Fukushiki Kokyu; 腹式呼吸	Abdominal breathing.
Noon Di	Breathing method in which the exhalation takes place after the application of force. This method of breathing is useful in close combat because it makes the body less vulnerable to an attack. <i>Noon</i> is e.g. practised in Sepai Kata and Suparinpei Kata.
Kiai (or Yagui); 気合	Shout, scream in which all your power is concentrated and directed. (Literal: unifying or harmonizing the life force or spirit).
Kisoku No Donto; 規則の吞吐	Regulating the breathing.
Chu Iki; 調息	Tuning the breathing; regulating the breathing.
<i>Chinkuchi Kakin</i> (≡ Kime)	Focus of power; short and directed contraction of muscles (muscle-chains).
<i>Muchimi</i>	Slow, heavy, sticky and concentrated movement.
<i>Chiru Nu Chan Chan</i>	Spring power, coming from an optimal attunement of tension and relaxation in relationship to the movements of the opponent; possible through a high level of sensitivity; leading to a fast reaction to the movements/attacks of the opponent ¹⁸ .
<i>Ni</i> (Ne): 根	Rooting.
<i>Gyame</i>	Opening the joints (similar to 'extending ki').
<i>Shimeijurasan</i>	The perfect performance of a kata.
Chikara; 力	Power; force. Sometimes used as the opposite of internal power.
<i>Chikara Nu Nujisashi</i>	Alternation between tension and relaxation; the alternation between power going out and power coming back.
Chikara No Kyojaku 力の強弱	Proper application of force in each technique ¹⁹ .
<i>Te No Omoi</i> ; 手の重味	Literal: 'heavy hands'. Term to denote a skilled application of power that goes along with the feeling of 'heavy hands'.
(Te No Omomi)	
Bu No Chikara; 武の力 or	Literal: martial power. Term to denote a skilled application of power as used in Karatedo.
Buryoku; 武力	
Kiryoku; 気力	Literal: breath power. Term referring to a skilled application of power, based on the use of Ki. Can also mean 'will power'.
<i>Chii kara</i>	Okinawan term referring to a skilled application of power, based on the use of Ki. Similar to Kiryoku.
Tai No Shinshuku; 体の伸縮	Expanding and contracting the body.

¹⁶ Chinese: *Jingluo*.

¹⁷ Donto literally means: 'swallow and spit'. Together they mean breathing. This term is also used in the martial arts of Fuzhou (China) to describe certain moving- and fighting abilities.

¹⁸ About *Chiru Nu Chan Chan* it is said that when it is developed to a high level, the body changes; the muscles become strong, yet flexible and covered by a protective layer of fat (see Traditional Karatedo, Volume 2, page 27).

¹⁹ 'Kyo' and 'Jaku' mean 'weakness' and 'strength'. 'Kyojaku' can even be translated as 'strength', expressing the idea comes from balance, not just from action. In other words: Kyo & Jaku are similar to Go & Ju or Yin & Yang.

Tai Gatame	Tightening the body according to the principles inherent to Sanchin Kata.
Sundome	Arresting a technique at one inch distance of the target.
Hyoshi; 拍子	Rhythm.
Waza No Kankyu; 技の環球	Literal: ring and ball technique.
Heiho; 兵法	Strategy; tactics (also: art of war).
Go No Sen	Taking the initiative later.
Sen No Sen	Taking the initiative earlier.
Sen	Taking the initiative during the initiative of the opponent.
Ma Ai; 間合い	Fighting distance.
Omote; 表	Front side; front entrance. Referring to the 'side' of the technique or force that is encountered by the defensive manouvre.
Ura; 裏	Back side; back entrance. Referring to the 'side' of the technique or force that is encountered by the defensive manouvre.
Nin; 忍	Endurance; perserverance; tolerance; patience combined with mental stamina ²⁰ .
Zanshin; 残心	Literal: 'remaining heart'. Continuous physical-mental presence, alertness and domination ²¹ .
Heijoshin; 平常心	Placid or balanced mind; mindful but undisturbed by the restlessness in your surroundings.
Mushin; 無心	Literal: no mind.
Muishiki; 無意識	State of pure consciousness in which one's actions are not hindered by thoughts or emotions concerning the actions.
Yoi No Kishin; 用意の鬼神	Mental preperation ²² .
Seishin; 精神	Spiritual body energy; integrated mental and physical energy; body-mind.
Seishin Tanren; 精神鍛錬	Literal: forging of spiritual body-energy.
Seishin (O) Choetsu; 生死超越	Transcending thoughts of life and death.
Kokoro; 心	Heart, mind or 'spirit'.
Kokoro Gamae; 心構え	Mental 'posture' or attitude.
Shiai Kokoro Gamae; 試合心構え	Fighting 'posture' or attitude. Preparedness to face a confrontation in a contest as a chance to learn and improve to handle other stressful situations.

²⁰ The pictogram 'Nin' is build up from a sword or knife, the heart and a drip of blood. This expresses the ability to uphold our strong and joyous spirit, despite the hardships of life or training.

²¹ Zanshin is the opposite of Isshin, which means 'one heart'; more freely translated it can mean things as: 'decisiveness' or 'one-track mind'.

²² 'Kishin' is a 'fierce god', a superior being with qualities that are relevant to martial arts.

Organisation & Etiquette

Hoshin	Purpose and aims
Dojo; 道場	Practise hall; literally 'place of the way' ²³ .
Dojo Kun; 道場訓育	Dojo rules.
Shomen	Front; front side of the Dojo; symbolic residence of the forefathers of Okinawa Goju-Ryu Karate.
Shinden	Altar; symbolic or sacred place for the ancestors of the style / school ²⁴ .
Shihan	Master; example.
Renshi	Instructor; technical teacher; technical expert.
Kyoshi	Master.
Hanshi	Grandmaster.
Sensei	Instructor; teacher ²⁵ .
Senpai (Sempai).	Senior student; assistant.
Kohai	Beginning student.
Dan ²⁶ ; 段	Step; grade.
Kyu ²⁷ ; 級	Class; rank; grade.
Mudansha	Karateka without a Dan-grade; beginner.
Yudansha	Karateka with Dan-grade.
Reigi; 礼儀	Etiquette; courtesy; manners.
Shugo !	Gather!
Ki O Tsuke !	Attention!; literal: collect your vital energy (Ki).
Seiza !; 正座	Kneeled sitting position; literal 'correct sit' ²⁸ ; sit down (in kneeled sitting position)!
Anza; 安座	Crossed leg sitting posture. Literal: relaxed or peacefull sitting posture.
Renge Za; 蓮華座	Lotus sitting posture.
Han Renge Za; 半蓮華座	Half lotus sitting posture.



from Do-in 2 by
Jacques de Langre,
ISBN: 0-916508-02-1

²³ 'Do' literally means 'way' or 'path'. It has the connotation of 'path of life'; 'spiritual discipline', 'spiritual path', etc.

²⁴ Sometimes 'Shinzen' (神前) is used in stead of 'Shinden' (神殿). 'Shinzen' means: 'pay respect to the spirit(o) or god(s)'. 'Shinden' means: 'altar' or 'sacred place'.

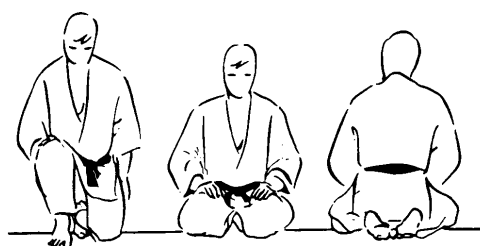
²⁵ 'Sen' means 'before', 'previous' etc.; 'Sei' means 'to be born' or 'birth'.

²⁶ Shodan, Nidan, Sandan, Yondan, Godan, Rokudan, Shichidan, Hachidan, Kudan, Judan.

²⁷ Jukyū, Kukyu, Hachikyu, Shichikyu, Rokkyu, Gokyu, Yonkyu, Sankyu, Nikyu, Ikkyu.

²⁸ The word 'Sei' means 'just', 'positive' of 'correct', also: 'upright' ('right-up').

Zazen; 座禅	(Zen) meditation.
Mokuso!	Literal: no thoughts; calming the stream of thoughts; emptying the mind; meditation ²⁹
Mokuso Yame!	Stop the meditation!
Rei!	Bow!; salute!
Shomen Ni Rei!	Salute the frontside of the Dojo ³⁰
Shinden Ni Rei!	Salute the altar! ³¹
Sensei Ni Rei!	Salute the teacher!
Sempai Ni Rei!	Salute the assistant (senior)!
Otagaini Rei!	Salute each other!
Onegai Shimasu!	Please, help me!
Arigato Gozaimashita!	Thank you very much!
Osu	Expression of understanding and loyalty.
Shitsurei Shimasu	Excuse me.
Tatte! Or Ki Ritsu!	Stand up!; rise!
Yoi!	Ready! ³²
Karategi	Karate suit.
Kimono or Uwagi	Jacket.
Zubon	Pants.
Obi	Belt; girdle.
Zabuton	Meditation cushion.
Tatami	Japanese straw floor covering; often used in Dojos for training (Judo, Aikido, Ju Jutsu, etc.).



Figuur 1: from Aikido, the dynamic sphere from A. Westbrook/ O. Ratti; Charles E. Tuttle Company; ISBN: 0-8048-0004-9

²⁹ 黙思. 'Moku' means: 'keep still'; 'So' means 'thoughts'.

³⁰ The Shomen is the symbolic residence of the forefathers of Okinawa Gojuryu Karate, sometimes an actual 'residence' in the form of an altar (Shinden) is placed here.

³¹ 'Shin' means 'Spirit' or 'God'; 'Den' means 'hall' or 'palace'. The Shinden is the symbolic residence of the forefathers of Okinawa Goju-Ryu Karate. Bowing to the Shinden is not an act in which one conforms oneself to a religious group but is a personal expression of thankfulness and a quest for inspiration by the life and insights of these masters.

³² 'Yo' means 'work'; 'I' means 'will' or 'intention'.

Training

Hajime!	Begin!
Yame!	Stop!
Yasume !	Relax!

Yobi Undo; 予備運動	Preparatory exercises; warming-up; old name for Junbi Undo.
Junbi Undo; 準備運動	Preparatory exercises; warming-up.
Kokyu Undo 呼吸運動	Breathing exercises.
Junan Undo; 柔軟運動	Stretching exercises.
Seiri Undo; 整理運動	'Cooling down'; literal: regulating exercises.
Hojo Undo; 補助運動	Supplementary training.
Kiko (Undo); 氣功 (運動)	Ki-exercises.

Neko Undo; 猫運動	Cat exercise.
----------------	---------------

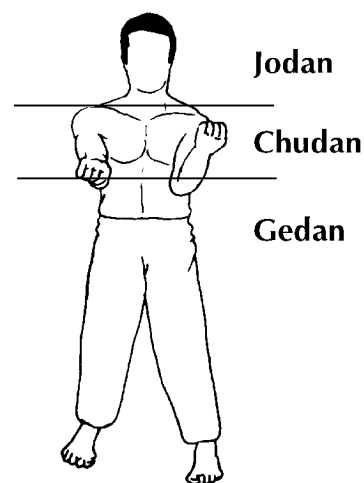
Kata; 型	(Solo)form; style exercise.
Kumite; 組手	Fighting exercise.

Semete ³³	Attacker.
Ukete ³⁴	Defender.

Jodan; 上段	Upper body; head; neck; lower area; above the collar bone.
Chudan; 中段	Middle area; from solar plexus to collar bone.
Gedan; 下段	Lower body; upper area; from ground to solar plexus.

Hidari	Left.
Migi	Right.

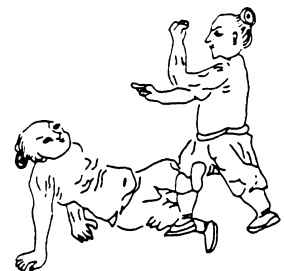
Ichi	One.
Ni	Two.
San	Three.
Shi	Four.
Go	Five.
Roku	Six.



³³ Same as 'Tori' (e.g. used in Aikido, Judo, Ju Jutsu, etc.).

³⁴ Same as 'Uke' (e.g. used in Aikido, Judo, Ju Jutsu, etc.).

Shichi	Seven.
Hachi	Eight.
Ku	Nine.
Ju	Ten.
Mawatte	Turn.
Ashi O Kaete	Change legs
Te O Kaete	Change arms
Kihon; 基本	Basic; elementary ³⁵ .
Kihon Gijutsu	Basic techniques; 'basics'.
Sonoba Kihon Gijutsu	Static basics (executed from a standing position).
Ido Kihon Gijutsu	Moving basics (executed with steps).
Tachi (Dachi) Waza;	Standing techniques.
Ne Waza;	Ground techniques.
Suwari Waza;	Ground techniques; sitting techniques.
Go Waza; 剛技	'Hard' techniques: punches, strikes and kicks.
Ju Waza; 柔技	'Soft' techniques: throws, joint-locks, strangulations and vital point attacks.
O Waza; 大技	Execution or training of techniques using large movements of the body, limbs and/or center of gravity.
Ko Waza; 小技	Execution or training of techniques using small movements of the body, limbs and/or center of gravity.
Tsuki Waza;	Punching techniques.
Ate or Uchi Waza	Striking techniques.
Keri (Geri) Waza	Kicking techniques.
Uke Waza	Blocking techniques.
Morote Waza	Double handed techniques.
Kawashi Waza	Evasion techniques (Tai Sabaki, Tenshin, etc. ³⁶)



Ground technique from the
Bubishi: Ashi Hasami, leg scissor.

³⁵ 'Ki' means 'fundament' or 'basis'; 'Hon' means 'root' or 'origin'.

³⁶ See footwork & bodywork.

Gyakute³⁷; 逆手

Grappling; wrestling (see Ju Waza).
Referring to grappling techniques in general (armlocks, strangulations, throws, etc) or armlocks in particular; literal: reversing the hands.



Tuidi or Tuite (Torite)³⁸;
捕手

Grappling; wrestling; similar to Gyakute.

Kansetsu Waza³⁹; 関節技

Joint-manipulation techniques.

Nage Waza; 投げ技

Throwing techniques.

Shime Waza; 絞め技

Stangulation techniques.

Kyusho Waza; 急所技

Vital point techniques.

Kyusho Jutsu; 急所術

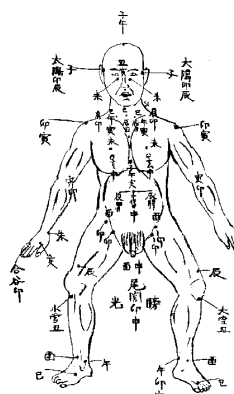
The art of attacking the vital points.
Similar to Kyusho Waza, but the suffix 'Jutsu' suggests that it is an art of it's own as well.

Chibu Jutsu (Tsubo Jutsu);
壺術

The art of attacking the vital points. Other word for Kyusho Jutsu used on Okinawa.

Atemi Waza; 当て見技

Literal: striking techniques. Used in e.g. Aikido and Ju Jutsu do denote strikes and blows to vital areas.



Ukemi Waza;

Breakfall techniques.

Renraku Waza

Combination techniques⁴⁰.

Henka Waza

Changing techniques; adapting a specific technique to the circumstances or changing it into another technique, according to the changing circumstances.

Kyusho chart from the Bubishi.

³⁷ 'Gyaku' means 'reverse'. The Chinese term for grappling or grappling techniques is 'Qin Na' (擒拿).

³⁸ 'Tui' (from 'Toru' or 'Toraeu') means 'to catch' or 'to grasp'.

³⁹ Hiji Kansetsu Waza, Hiza Kansetsu Waza, Yubi Kansetsu Waza, etc.

⁴⁰ 'Ren' means 'Connect'.

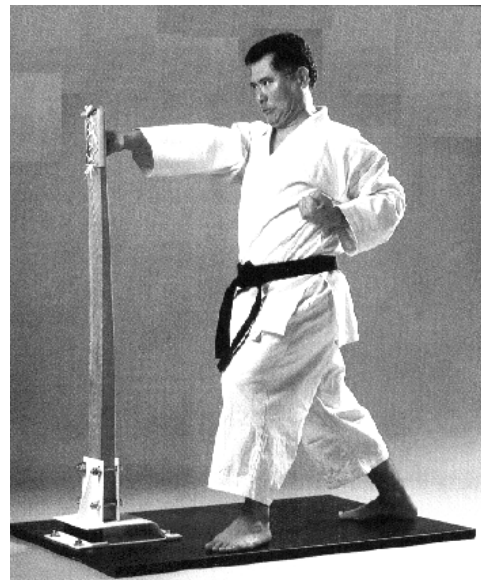
Supplementary training

Chishi; 鎚石
Ishi Sashi; 差し石
Sashi Ishi
Nigiri Game; 握甕
Kongoken; 金剛圈
Tan
Suna Bako; 砂箱
Jari Bako; 砂利箱
Tou; 簾
Tetsu Geta; 鉄下駄
Makiage Kigu; 巻揚器
Tetsuarei; 鉄垂鈴
Makiwara; 巻藁
Temochishiki Makiwara; 手持式巻藁
Fukushiki Makiwara
Sagi Makiwara
Keetaiyo



Nigirigame .

Stone hammer.
Stone padlock.
Natural stone weight.
Gripping jars.
Oval metal weight; literal: 'Iron circle'.
Barbell.
Sand box (stone or bean box).
Gravel box.
Bamboo bundle; cane.
Iron slippers.
Wrist roller.
'Dumbbells'.
Striking post. Literal: rolled-up straw.
Moving Makiwara; carrying makiwara.
Fixed Makiwara.
Punching / kicking bag.
'Wooden dummy' wooden post makiwara.



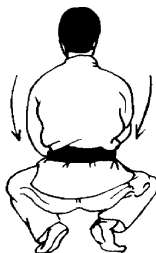
Fukushiki Makiwara. .

Stances

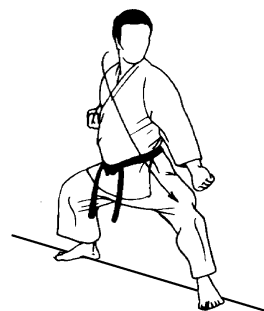
- Tachi (Dachi)	Stance.
Heisoku Dachi	Closed foot stance.
Musubi Dachi	Closed stance (with heels touching); used as formal attention stance.
Heiko Dachi	Parallel stance.
Hachiji Dachi	Natural stance; literal: Japanese character 'Hachi' stance ⁴¹ .
Koshi Dachi	Squat stance.
Naihanchi Dachi	Straddle stance
Kiba Dachi	Horse riding stance.
Shiko Dachi	Literal: square stance; straddle leg stance.
Hikui Shiko Dachi	Deep straddle leg stance (thighs horizontal).
Naname Shiko Dachi	Diagonal square stance; diagonal straddle leg stance.
Yokomuki Shiko Dachi	Sideward square stance; sideward straddle leg stance.



Hachiji Dachi (as in Saifa).



Koshi Dachi (as in Kururunfa).



Naname Shiko Dachi. (as in Seiyunchin).

⁴¹ The Japanese character 'Hachi' is: 八

Sanchin Dachi
 = Heishugata Sanchin Dachi
 Kaishugata Sanchin Dachi
 = Migi/Hidari Heiko Dachi
 = Ashi Mae Heiko Dachi⁴²

Literal: three battles stance; also known as 'hourglass stance'.
 = Literal: 'closed hand three battles stance'
 Literal: 'open hand three battles stance'.
 = Right/left parallel stance.
 = Parallel stance with one foot in front.



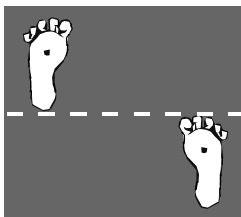
Heishugata Sanchin Dachi .



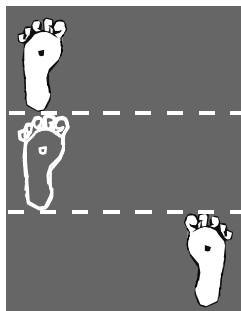
Kaishugata Sanchin Dachi.

Han Zenkutsu Dachi
 Zenkutsu Dachi
 Hikui Zenkutsu Dachi

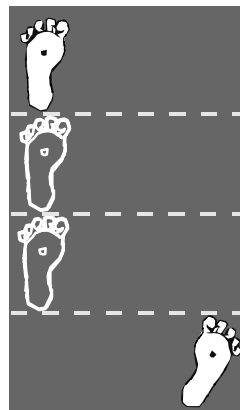
Half-forward stance; half 'front stance'
 Forward stance; 'front stance'
 Deep forward stance (as e.g.. in Kururunfa).



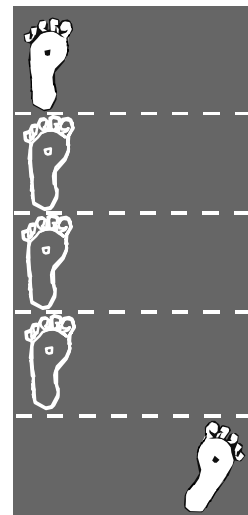
Kaishugata Sanchin Dachi.



Han Zenkutsu Dachi.



Zenkutsu Dachi.



Hikui Zenkutsu Dachi .

Moto Dachi
 Fudo Dachi
 Sesan Dachi
 Kokutsu Dachi

Basic stance.
 Immovable stance; 'free stance'⁴³.
 Stance from Sesan Kata; a sideward straddle leg stance; literal: '13 Stance'.
 Backward stance; back stance.

Neko Ashi Dachi Cat foot stance; 'cat stance'

⁴² Also called 'Hitoji Dachi'.

⁴³ Fudo Dachi is both translated as 'free stance' and 'immovable stance'. This seemingly contradiction can be understood when one knows that the center of gravity in this stance is in the middle of the supporting-plane, the plane below and between one's feet. Because of this one's body can move relatively free in all directions, without losing balance.

Renoji Dachi Japanese character 'Re' stance⁴⁴.

Bensoku Dachi 'Scissors stance'.

Sagi Ashi Dachi⁴⁵ Heron stance; 'one leg stance'.



Neko Ashi Dachi
(as in Gekisai Dai Ni).



Renoji Dachi
(as in Seiyunchin).



Bensoku Dachi
(as in Sepai).



Sagi Ashi Dachi
(as in Saifa).

The first three major abilities one has to acquire in practising stances are grounding, rooting and centering.

Grounding can be divided into:

- . keeping the body upright.
- . keeping the center of gravity above the supporting plane (between and below the feet).
- . aligning the body with the force of gravity.
- . relaxing the body downward.
- . lowering the breathing.
- . extending your feeling attention into the ground.

Rooting adds the following aspects to this:

- . pushing the feet into the floor.
- . grabbing the floor with the toes and sides of the feet.
- . imagining your feet are like roots, sticking deep into the ground (mind projection).

All these actions originate from the lower abdominal region (Tanden).

Centering consists of:

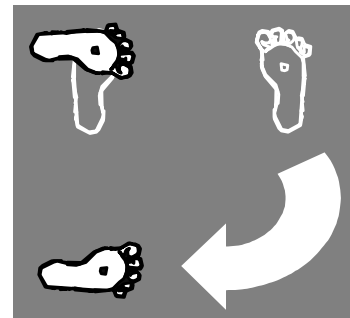
- . positioning the spine on top of the lower abdomen.
- . abdominal breathing - centering the breathing in the lower abdomen.
- . centering the mind in the lower abdomen.
- . being ready to move from the lower abdomen.

⁴⁴ The Japanese character 'Re' is written as 𠂔. The position of the feet is similar to this Japanese character 'Re'.

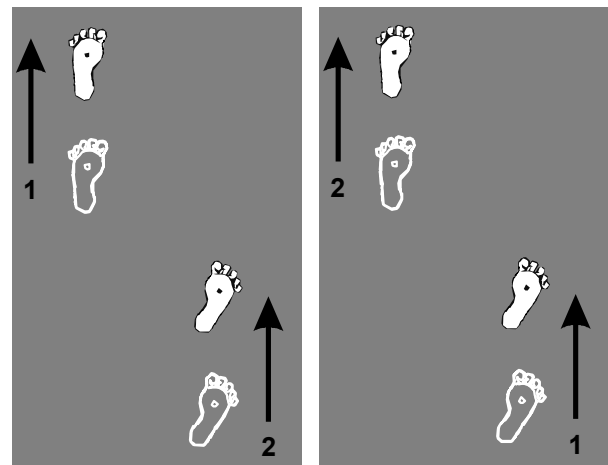
⁴⁵ Also called 'Tsuru Ashi Dachi' or 'crane leg stance'.

Footwork & Bodywork

Unsoku Ho	Basic foot movements.
Tako Ashi	'Octopus foot'.
Tenshin	Movement; moving. Used to denote evasion techniques based on foot movements.
Tai Sabaki	Generally: body shift. Literal: handling the body. Usually used to denote evasion techniques in which a combination of foot movements and turning of the body is used.
Tai Hiraki	Body evasion.
Happo Sabaki	Movements in 8 or all directions.
Ashi Sabaki	Foot shift.
Jun Kaiten	Regular turn (of the hips).
Gyaku Kaiten	Reversed turn (of the hips).
Zenshin	Forward.
Kotai	Backward.
Sa Yu	Sideward.
Sa Yu Zenpo Naname	Diagonal forward.
Sa Yu Kotai Naname	Diagonal backward.
Issoku Cho	One foot distance.
Suri Ashi	Sliding step.
Tsugi Ashi	Shuffling step.
Ayumi Ashi	Natural step.
Yori Ashi	Dragging step.
Keri Ashi	Kicking foot.
Hiki Ashi	Pulling back the leg.



Example of Tai Sabaki.



Suri Ashi.

Tsugi Ashi.

Fighting postures

- Kamae (Gamae)
Hanmi

Fighting posture.
Half turned.

Ai Hanmi

Both Karateka face each other with the same foot in front.

Gyaku Hanmi

Both Karateka face each other with another foot in front (L & R or R & L).

Yoi No Kamae

(Formal) alert posture

= Musubi Dachi No Kamae

= Closed stance fighting posture

Morote Gedan Heiko No Kamae

Double low block fighting posture in parallel stance.



Yoi No Kamae.

Shizentai No Kamae

Natural fighting posture⁴⁶.

Hanmi Shizentai No Kamae

Half turned natural fighting posture.

Gedan No Kamae

Low fighting posture.

Chudan No Kamae

Mid-level fighting posture.

Chudan Morote No Kamae

Fighting posture with two hands at mid-level



Gedan No Kamae.

Tateken Morote No Kamae

Fighting posture with double vertical fists.

Morote Chudan Yoko Uke No Kamae
= Morote Chudan No Kamae

Fighting posture with double sideward block at mid-level.

Morote Chudan Sanchin No Kamae

= Double fighting posture at mid-level.
Double fighting posture at mid-level (block) in 'three battles' (stance).

Morote Chudan Nukite No Kamae

Mid-level double spear hand fighting posture.



Morote Chudan Nukite No Kamae.

Hiki Uke No Kamae

Pulling block fighting posture.

Tora No Kamae

Tiger fighting posture.

Jodan Kaisho No Kamae

High open hand fighting posture.

Jodan Seiken No Kamae

High fighting posture with fists.

Tenchi No Kamae

Heaven and earth fighting posture.

Neko Ashi No Kamae

Cat leg stance; 'cat stance'.

⁴⁶ 'Shi' means 'self'; 'Zen' means 'resembling' or 'alike'; 'Tai' means 'body'.

Ninōji no Kamae
= Morote Ninōji Kamae

Character 'Ni'⁴⁷ fighting posture.
Double handed character 'Ni' fighting posture.

Sagi Ashi no Kamae

Heron leg stance⁴⁸.

Mu Kamae

Literal: 'no' fighting posture; fighting posture without a specific form.

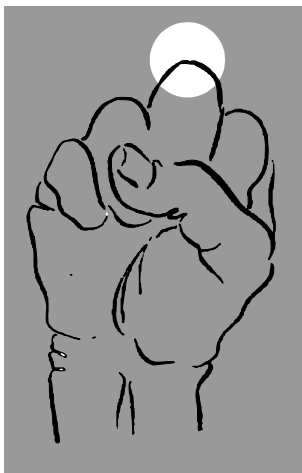


⁴⁷ Japanese character 'Ni' is: 𐤎

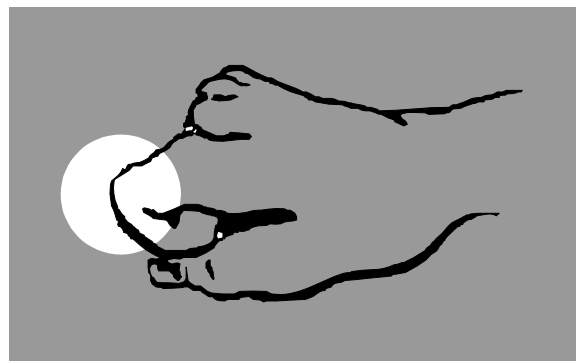
⁴⁸ Also known as 'Tsuru Ashi Dachi' or 'crane leg stance'.

Anatomical weapons

Daikento	Contact area of the knuckles of the index and middle finger.
Seiken	Fist.
Tateken	Vertical fist.
Uraken	Backside of the fist; 'back fist'.
Heiken	Flat fist.
Tettsui	Iron hammer (fist).
Kaikoken	Crab fist.
Kumade	Bear hand.
Nakadakaken	Middle finger-knuckle fist.
= Nakadaka Ipponken	= Middle finger single knuckle fist.
Keikoken	One knuckle fist; literal: chicken beak fist ⁴⁹ .



Nakadakaken (Nakadaka Ipponken).



Keikoken.

Shuto	Literal: sword or knife hand; 'ridge hand'.
Haito	Literal: blunt side sword or knife hand; 'Ridge hand'.
Shotei	Palm (root of the palm).
Haishu	Back (of the) hand.
Nukite	Literal: penetrating hand ⁵⁰ ; 'spear hand'.
Nihon Nukite	'Two-finger spear hand'; Literal: twofold penetrating hand.
Ippon Nukite	Single 'spear hand'; literal: 'single penetrating hand'.
Boshi Ken	Thumb fist.
Yubi Hasami	Pinching fingers; finger pinch; literal: finger scissors.
Washide	Eagle hand

⁴⁹ In China sometimes called: 'phoenix eye fist'.

⁵⁰ 'Nuki' comes from 'Nuku' (= 'penetrate').

Koken

Kote

Ude

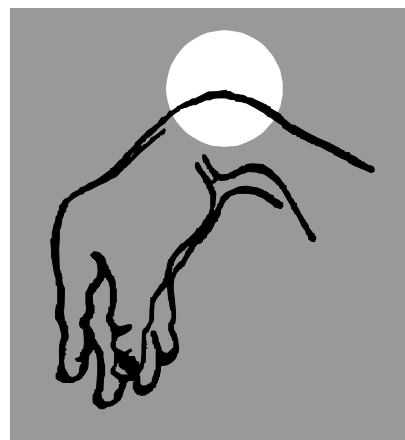
Bent wrist.

Forearm; wrist.

Forearm.



Yubi Hasami.



Koken.

Empi or Hiji

Kata

Elbow.

Shoulder.

Kotou or Zu 頭

Sokutei

Josokutei

Tsumasaki

Kakato

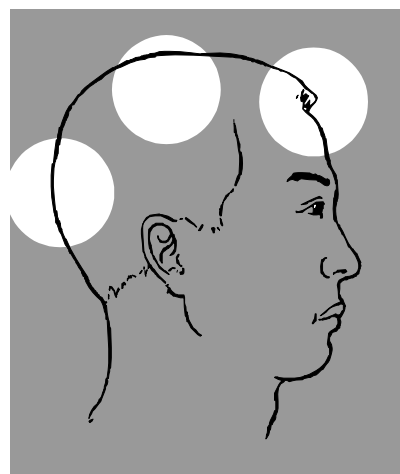
Head.

Sole of the foot.

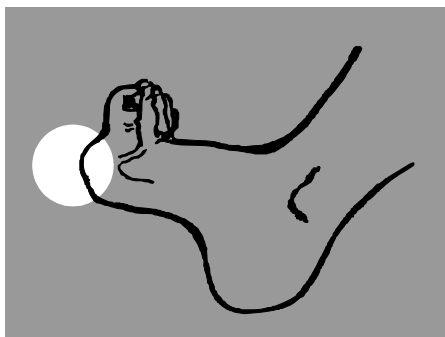
Ball of the (sole of the) foot.

Toe tips.

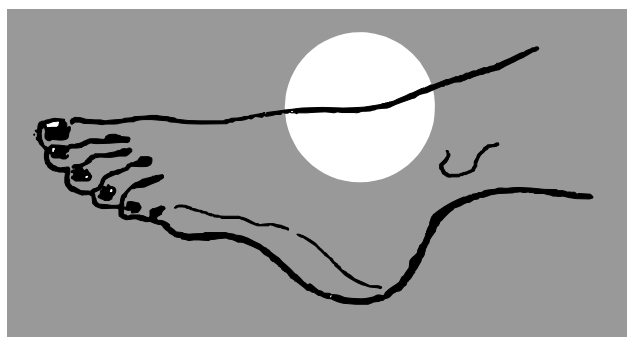
Heel.



Kotou.



Josokutei



Sokko

Sokko
= Haisoku

Instep.
= Back of the foot.

Sune
Sokuto
Kasokutei
Hiza

Shin.
Sword foot (side of the foot).
Side of heel / ankle.
Knee.



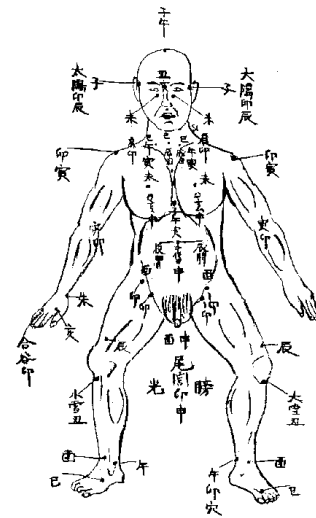
Hiza.



Sune.

Kyusho

The Kyusho listed below are taken from charts from the book ‘Traditional Karatedo, Volume 1’ by Higaonna Sensei. The Kanji, translations, anatomical descriptions and suggested relationships to acupuncture points are based on other sources and my own research. Since the book, mentioned above, does not contain the Kanji, it is likely that some of the Kanji given below may be incorrect. The Kanji below are based upon my minimal knowledge of Japanese and Chinese language and other literature on martial arts and oriental medicine. Apart from that, the transmission of knowledge also suffered from language barriers in the past (analphabetism, oral transmission, different dialects, different languages, etc.). Some names of vital points used today, may be quite different from the one’s used in the past. They may sound the same but have a different meaning. For that reason some names of vital points may be incomprehensible simply because their original meaning is lost. The selection of related acupuncture points is based on a large list of sources, both from martial and traditional medical literature. However in some cases, because of inadequate descriptions or drawings in martial arts literature (and even in some modern acupuncture manuals), they are only estimations. It should be noted that, despite the relations between the Chinese martial and traditional medicine in the past, the names of the vital points used in Karatedo and other martial arts mostly differ from those used in acupuncture, Shiatsu, etc.



General localisation & Name	Translation	Related Acupuncture meridian & points
Leg		
Kori; 高利	‘High advantage’.	Liver 3 ⁵¹ .
Soin ⁵² ; 草隠	‘Hidden in the grass’.	Gallbladder 41.
Naira (Naika ?); 内踝	‘Inner ankle’ ?	Spleen 5 (kidney 3 - 6).
Kokotsu; 向骨	‘Shinbone’; literal: frontal bone.	-
Soma ; 草靡	‘Were the grass yields to the wind’ ? ⁵³ .	Bladder 57 ?
Fukuto; 伏兎	‘Crouching hare’ ⁵⁴ .	Spleen 10 (stomach 32-34; gallbladder 31) ⁵⁵
Yako; 夜光	‘Nocturnal Luminescence’.	Liver 10 (liver 11 and 12; spleen 12) ⁵⁶

⁵¹ If the word ‘high’ refers to a high part on the foot than the related acupuncture point would be stomach 42 (Shoyo 冲陽, Chinese: Chong Yang). Liver 3 is generally known to be one of the most vulnerable points on the dorsum of the foot. However, it is much harder to attack than stomach 42 which is, being the joint the between the tarsus and metatarsus, vulnerable as well.

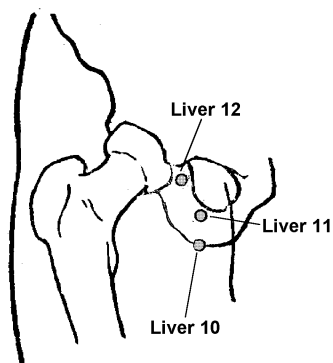
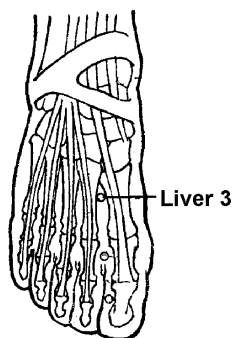
⁵² Also called: Kusagakure.

⁵³ Chinese: Cao Mi.

⁵⁴ This name refers to the similarity between a crouching hare and a contracted quadriceps muscle.

⁵⁵ In acupuncture the point Fukuto only refers to stomach 32 (Chinese: Fu Tu). Possibly it is used in martial arts to denote several points on the thigh, because the thigh as a whole (m. quadriceps femoris) looks like a crouching rabbit, not just one point. In Higaonna’s ‘Traditional Karatedo, volume 1’ the point Fukuto is located on the lower inside of the thigh, in the area of the acupuncture point spleen 10 (Kekkai; 血海, Chinese: Xue Hai) which is generally known to be a very vital point. Gallbladder 31 is located on the lateral side of the thigh and is also known as Fushi (風市, Chinese: Feng Shi) or Fushito.

⁵⁶ Yako usually refers to the inguinal area. Several vital points are located here. It is an area were the main arteries, veins and nerves of the leg cross this area, without being covered by a thick layer of muscles.



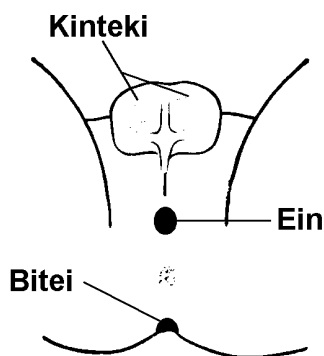
Backside trunk

Ushiro Inazuma; 後ろ稲妻
Ein; 会陰
Bitei⁵⁸; 尾てい
Ushiro Denko; 後ろ電光
Wakikage; 脇陰?

Kassatsu; 活殺
Hayauchi; 早打

'Rear lightning'
'Gathering of Yin'; perineum.
'Tail'; coccyx.
'Rear lightning'.
'Flank's Yin'; 'Flank's
shadow' ?
'Life and death'.
'Early striking'; 'fast striking'.

Bladder 36 (50)⁵⁷.
Conception vessel 1.
Governing vessel 1.
Bladder 49 (44).
Spleen 21 ?; gallbladder 22 ?⁵⁹.
Governer vessel 11 or 12.
Bladder 43 (38)⁶⁰.



Frontside trunk

Kinteki; 金玉
Tanden; 丹田

Testicles; literal: 'iron balls'.
'Cinnabar field'.

(Liver channel)
Conception vessel 4⁶¹.

⁵⁷ There two main systems of point numbering, used in the acupuncture world. In the other this point would be classified as: bladder 50.

⁵⁸ Also called: Kamen (亀尾) or 'turtle tail'.

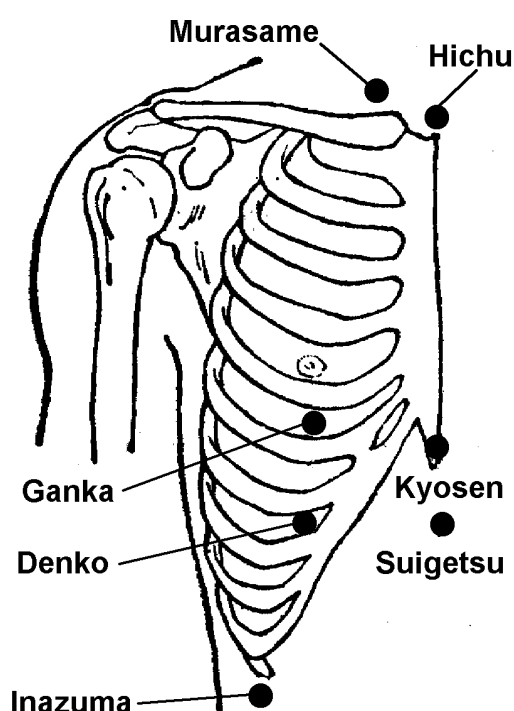
⁵⁹ The ribcage below the armpit is not protected by muscles and is therefor a vulnerable area, spleen 21 and gallbladder 22 are the two main acupuncture points in this area but not necessarily the only vital points.

⁶⁰ There two main systems of point numbering, used in the acupuncture world. In the other this point would be classified as: bladder 38.

Myosho; 明星	‘Morning star’ (Venus).	Conception vessel 7 ⁶²
Inazuma; 稲麦	‘Lightning’.	Liver 13.
Denko; 電光	‘Lightning’.	Gallbladder 24.
Suigetsu; 水月	‘Water moon’ ⁶³	Conception vessel 15.
Ganka; 雁下	‘Below the wild goose’ ⁶⁴ .	Stomach 18.
Kyosen; 胸尖	‘Chest point’; xiphoid.	Conception vessel 16.
Danchu; 臆中	Center of the chest (bone)	Conception vessel 20 ⁶⁵ .

Neck/Collar

Murasame; 叢雨	‘Passing shower’.	Stomach 11
Keichu; 頸中	‘Middle of the neck’.	(Governing vessel)
Dokusen; 独占 ? ⁶⁶	?	Triple burner 17.
Hichu; 秘中	‘In secret’.	Conception vessel 22.



⁶¹ In Chinese medicine and healthgymnastics the word Tanden is generally used to denote a deep energetical center, rather than a more superficial acupuncture point. The acupuncture point at the level of the Tanden is ‘Ganken’ (Chinese: ‘Guan Yuan’ (關元); ‘passage to the origin’ (of vital energy)).

⁶² Based on the description given by Funakoshi, G. and Harrison, E.J. (see references). The point ‘Kikai’ (氣海) is generally considered to be the most important point in the area directly below the umbilicus and is located 1 1/2” below the navel.

⁶³ Commonly known as the ‘solar plexus’ (plexus solaris).

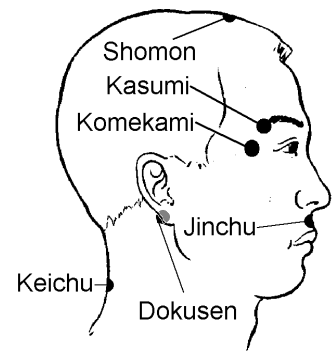
⁶⁴ This point is below the nipple, just below the pectoralis muscle, between the 5th and 6th rib. Maybe the lower ridge of the pectoralis muscle reminded people of a wild goose’s belly.

⁶⁵ The name ‘Danchu’ (Chinese: *Tan Zhong*) is used in acupuncture for vital point between the nipples (Conception vessel 17). In most Karate sources the point Danchu is located slightly higher, between the manubrium sternum and corpus sternum. In acupuncture the latter point is called Kagai (Chinese: *Hua Gai*).

⁶⁶ Another name for this point is ‘Dokuko’ (or Dokko); 独古. The second pictogram of this name shows great similarity to ‘Sen’ in ‘Dokusen’. Possibly one of these, or even both, is a misinterpretation. It is not uncommon that names of acupuncture points, Kata, movements, etc. changed through history. Practitioners of martial arts, as many other citezins, were not always literate and the exchange of knowledge between different countries was a language barrier on its own.

Head

Mikatsuki; 三日月	‘Half moon’; jaw.	(Stomach channel)
Kakon; 下昆	‘Lower descendent’ ?	Conception vessel 24.
Jinchu; 中人	‘Middle of man’.	Governing vessel 26.
Seimo; 眼星	‘Eye star’; eyeballs.	(Liver, heart)
Komekami; こめかみ	‘Temples’.	Miscellaneous Head/Neck 9 ⁶⁷ .
Kasumi; 霞	‘Haziness’; ‘mist’.	Triple burner 23.
Uto; 鳥兎	‘Bird & rabbit’ ?	Non-meridian point: M-HN-3.
Shomon;	‘Front gate’ ⁶⁸	Governing vessel 22.



Arm

Ude Narashi; 腕平均	‘Middle of the arm’.	Large intestine 14
Hijitsume; 肘詰	‘Elbow pressing’	Heart 3 ⁶⁹ .
Uchi Shakutaku; 内尺沢	‘Inner forearm swamp’ ⁷⁰	Lung 7.
Soto Shakutaku; 外尺沢	‘Outer forearm swamp’	Triple burner 5.
Shuko; 手後	‘Back of the hand’.	Large intestine 4 ⁷¹ .

⁶⁷ Taiyo (太陽; Chinese: *Tai Yang*).

⁶⁸ Frontal fontanel. The crown of the head and the frontal fontanel are often mixed-up. The crown of the head corresponds with the acupuncture point ‘Hyakue’ and is located on the line connecting the ear tips (when the neck is straight). The frontal fontanel is closest to the acupuncture point ‘Xin Hui’ (‘fontanel closing’) and lies 3” in front of Hyakue (百会; Hundred meetings; Chinese: *Bai Hui*). Shomon usually refers to the frontal fontanel.

⁶⁹ Heart 3 corresponds with the chart. Other vital points in the area were the elbow is ‘pressed together’ (‘Tsume’) are large intestine 11 & 12, lung 5, pericardium 3, small intestine 8. Some authors differentiate between Uchi Hijitsume and Soto Hijitsume.

⁷⁰ ‘Shaku’ is a unit of length of 30 cm. This is approximately the length of a forearm. As such ‘Shaku’ is a symbolic term for ‘forearm’. The word ‘Taku’ means ‘swamp’. Words like ‘swamp’, ‘creek’, ‘sea’, etc. were, and still are, used in acupuncture to denote vital points (accumulations of vital energy or ‘Ki’). Water is often used as a metaphor for vital energy, the life force.

⁷¹ There are a few other vital points on the back of the hand. The one on Higaonna Sensei’s chart appears to be Large intestine 4, also known as Gokoku (合谷; uniting valley; Chinese: *He Gu*) or Koku (or Tora Guchi; tiger mouth; 虎口; Chinese: *Hu Gu*)

Blocking techniques

Jodan Age Uke
Haiwan Age Uke⁷²

High rising block; high upward block.

High rising block with the outside of the forearm, with the hands rising vertically up..

Jodan Soto Yoko Uke
= Jodan Yoko Uke
= Jodan Soto Uke

High outward-sidward block.

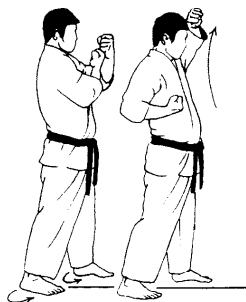
= High sideward block.

= High outward block.

Jodan Uchi Yoko Uke
= Jodan Uchi Uke

High inward-sidward block.

= High inward block.



Age Uke (as in Gekisai Dai Ichi & Ni).



Haiwan Age Uke
(as in Sesan Kata).

Chudan Soto Yoko Uke
= Chudan Yoko Uke
= Chudan Uke
Morote Chudan Yoko Uke
Hojo Uke⁷³

Mid-level outward-sidward block.

= Mid-level sideward block.

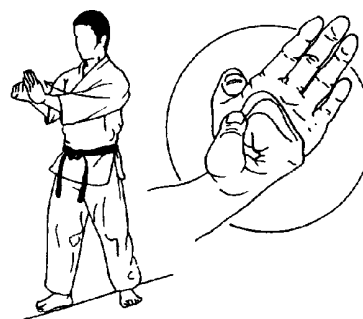
= Mid-level block.

Double handed mid-level sideward block.

Augmented block.



Chudan Soto Yoko Uke.



Hojo Uke.

⁷² Appears e.g. in Sesan Kata.

⁷³ Appears e.g. in Seiyunchin Kata.

Chudan Uchi Uke

Mid-level inward block.

(Seiken) Gedan Harai Uke

= Gedan Uke

= Gedan Barai

Morote Gedan Harai Uke⁷⁵

Shotei Gedan Harai Uke

Gedan Shotei Osae Uke

Low sweeping block with the fist..

= Low block.

= Low sweep⁷⁴.

Double handed low sweeping block.

Low sweeping block with the palm.

Low controlling block with the palm.

Doji Uke

Combination of Chudan Yoko Uke and Gedan Barai Uke.

Uchi Gedan Harai Uke

= Uchi Gedan Barai

= Gedan Uchi Uke

Inward low sweep block.

= Low inward sweep.

= Low inward block.

(Ryo-ken) Kosa Uke

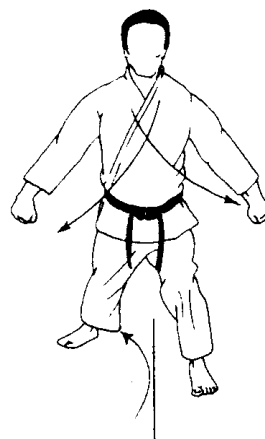
= Juji Uke

(Double fist) cross block.

Cross block; Literal: character 'Ju' block⁷⁶.



Doji Uke



Morote Gedan Harai Uke.

Hiki Uke

Pulling block; grasping block.

Ura Hiki Uke

Reversed pulling block.

Yoko Hiki Uke⁷⁷

Sideward pulling block.

Morote Hiki Uke

Double handed pulling block.

Kake Uke

Hook block.

= Ura Te Kake Uke

= Hook block with reversed hand.

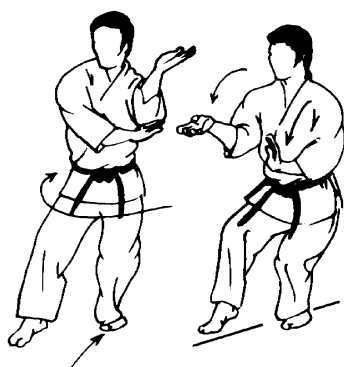
⁷⁴ Harai or Barai are the same words, it is a difference in pronunciation due to grammar.

⁷⁵ Appears e.g. in Seiyunchin Kata and Shisochin Kata.

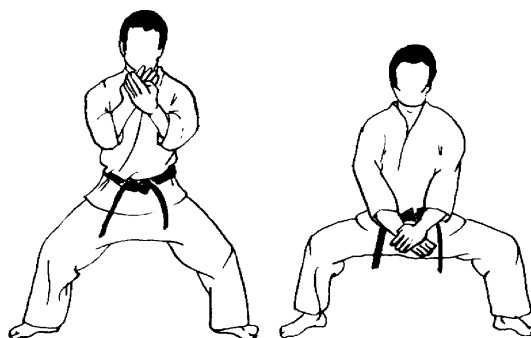
⁷⁶ The character 'Ju' means ten and is written: 十.

⁷⁷ Appears e.g. in Shisochin Kata.

Ura Kake Uke	Reversed hook block.
Uchi Kake Uke	Inward hook block.
Chudan Ushiro Kake Uke	Mid-level backward hook block.
Haishu Mawashi (Osae) Uke ⁷⁸ = Ura Uke	Circular (controlling) block with the back (of the) hand. = Reversed block
Shotei Yoko Uke	Sideward palm block
(Chudan Shotei) Otoshi Uke ⁷⁹	(Mid-level) dropping block.
(Chudan Shotei) Nagashi Uke	Mid-level) flowing block.
(Chudan Shotei) Osae Uke ⁸⁰ = Chudan Shotei	(Mid-level) controlling block. = Mid-level control.
Morote Osae Uke	Double handed controlling or controlling block.
Ryusho Gedan Osae Oshi ⁸¹	Double handed low push.



Haishu Mawashi Osae Uke.



Ryusho Osae Uke.

Sukui Uke	Scooping block.
Morote Sukui Uke	Double handed scooping block.
Nagashi Sukui Uke ⁸²	Sliding scooping block ⁸³ .
Shuto Uke	Sword hand- of knife hand block.
Nagashi Uke	Sliding block.

⁷⁸ Appears e.g. in Kururunfa Kata.

⁷⁹ Most often executed with the palm. Depending on what part of the body is used, different terms are added. E.g. 'Tettsui' when the contact is made by the bottom of the fist (hammerfist).

⁸⁰ These three blocks are almost the same, depending on the way the attack is 'handled' it is called either Otoshi, Nagashi or Osae.

⁸¹ Appears e.g. in Kururunfa Kata.

⁸² Appears e.g. in Sesan Kata and Suparinpei Kata.

⁸³ 'Nagashi' comes from 'Nagasu' (= 'drift away', 'float away').

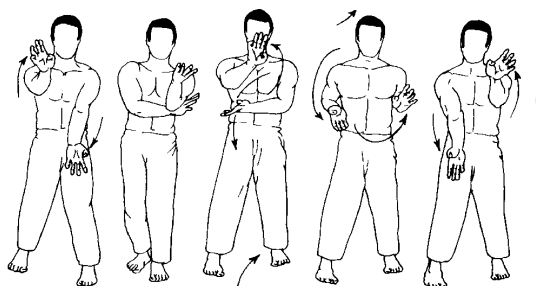
Jodan Ko Uke	High wrist block
Yoko Ko Uke	Sideward wrist block
= Chudan Ko Uke	= Mid-level wrist block
Morote Ko Uke ⁸⁴	Double handed wrist block.

Hasami Uke	Scissors block.
------------	-----------------

Hiji Uke	Elbow block.
Kuri Uke	Elbow block, as in Seiyunchin and Kururunfa.

Tora Guchi	Tiger mouth (block).
= Mawashi Uke	= Circular block.
= Jodan Haishu Osae Uke ⁸⁵	= High controlling block with the back (of the) hand.
+ Gedan Oshi/Uchi Kake Uke	+ Low push / Inward hook block.
+ Jodan Oshi	+ High push.

Morote Mawashi Uke	Double handed circular block.
Hari Uke	Bow and arrow block.
= Shotei Gedan Harai Uke /	= Low sweeping block with the palm /
= Haishu Jodan Age Uke	= High upward block.



Tora Guchi



Hari Uke.

Hiza Uchi Uke	Inward knee block ⁸⁶ .
Hiza Soto Uke	Outward knee block.

Sokutei Osae Uke	Controlling block with the sole of the foot.
------------------	--

Sokutei Harai Uke	Sweeping block with the sole of the foot.
-------------------	---

⁸⁴ Appears e.g. in Sanseru Kata.

⁸⁵ Also called: Jodan Mawashi Tekubi Osae Uke.

⁸⁶ The block as actually made with the shin and not with the knee. It could therefore also be called Suna Uke.

Haisoku Barai

Instep sweeping (block).

Punching and striking techniques

Hikite; 引手

Pulling back the opposite hand / arm.

Choku Tsuki

Straight punch; forward punch.

Seiken Tsuki

Fist punch⁸⁷.

Nukite Tsuki

Literal: penetrating thrust; 'spear hand thrust'.

Hira Nukite Tsuki⁸⁸

Literal: flat penetrating thrust; 'flat spear hand thrust'; 'horizontal spear hand thrust'⁸⁹.

Oi Tsuki

Lunge punch.

Yoko Oi Tsuki

Sideward lunge punch.

Gyaku Tsuki

Reverse punch.

Sun Tsuki

1 'inch' punch.

Yoko Sun Tsuki⁹⁰

Sideward 1 'inch' punch.

Kizami Tsuki

'Leading jab' punch.

Jun Tsuki

'Leading punch'.

Maeken Tsuki

Punch with the front fist (Jun Tsuki or Kizami Tsuki).

Ura Tsuki

Turned punch; 'short punch'; Literal: 'turned or reversed punch'.

Yoko Ura Tsuki⁹¹

Sideward turned punch.

Age Tsuki

Rising punch; upward punch; 'uppercut'.



Hira Nukite Tsuki
(as in Seiyunchin Kata).



Yoko Ura Tsuki
(as in Saifa Kata).



Age Tsuki
(as in Kururunfa Kata).

⁸⁷ Depending on the type of anatomical weapon used with the punch, other adjectives are used, e.g. Shotei Tsuki, Nukite Tsuki or Nakadaka Ippon Ken Tsuki.

⁸⁸ Appears eg. in Seiyunchin Kata.

⁸⁹ In Seiyunchin Kata this technique is executed slightly downward as if one attacks the inguinal area (Yako) of the opponent.

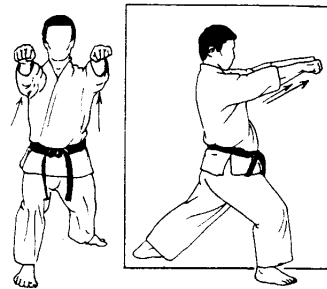
⁹⁰ Appears eg. in Sesan Kata.

⁹¹ Appears eg. in Saifa Kata.

Mawashi Tsuki	Roundhouse punch; circular punch.
Furi Tsuki	Swing punch.
Kagi Tsuki	Hook punch.
Yama Tsuki	Mountain punch.
Nagashi Tsuki	Flowing punch.
(Morote) Awase Tsuki	(Double handed) combined punch.
Nigiri Awase Tsuki	Joined punch.
Heiko Tsuki	Parallel punch.



(Morote) Awase Tsuki
(as in Gekisai Dai Ichi Kata).



Heiko Tsuki (as in Saifa Kata).

Sanren Tsuki	Three consecutive punches.
Sambon Tsuki	Threefold punch; triple punch.
Haito Uchi	Literal: blunt side sword/knife hand strike.
Shuto Uchi	Literal: sword/knife hand strike.
Shuto Mawashi Uchi	Roundhouse sword/knife hand strike.
Shuto Hasami Uchi	Scissoring sword/knife hand strike ⁹² .
Furi Uchi ⁹³	Swing strike.
Tettsui Uchi	Hammer strike.
Gedan Tettsui Uchi	Low hammer strike.
Morote Mawashi Uchi ⁹⁴	Double handed circular strike.
(Jodan) Uraken Uchi	(High) turned fist strike ⁹⁵ .
Ura Uchi	Turned strike.
Kinteki Uchi	Groin strike.
Gedan Furi Uchi ⁹⁶	Low swinging strike.

⁹² 'Hasami' means: 'to come in between (something)'.

⁹³ Almost the same as Furi Tsuki but uses a larger and more swinging motion.

⁹⁴ Appears for example in Saifa Kata and Sepai Kata.

⁹⁵ This is the type of Uraken Uchi that appears most often in the Kata.

⁹⁶ Used to denote the groin strike (Kinteki Uchi) in Sepai Kata. More specific than Kinteki Uchi.

Furi Sute⁹⁷

(Double handed backward) swinging strike.

Hiraken Uchi⁹⁸

Flat fist strike.

Ko Uchi

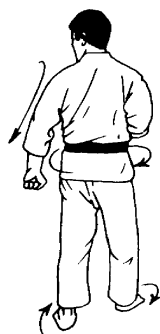
Wrist strike.

Shotei Oshi

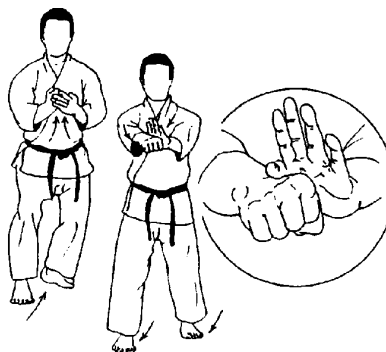
Palm push.

Hojo Oshi

Supported push.



(Gedan) Hiraken Uchi
(as in Sepai Kata).



Hojo Oshi (as in Seiyunchin Kata).

Naiwan Uchi

Inside forearm strike.

Gaiwan Uchi

Outside forearm strike.

Kote Uchi

Wrist strike.

Hiji Ate

Elbow strike⁹⁹.

= Empi Uchi

= Hiji Uchi

Age Hiji Ate

Rising elbow strike; upward elbow strike.

Ushiro Hiji Ate

Backward elbow strike.

Otoshi Hiji Ate

Falling elbow strike.

Yoko Hiji Ate

Sideward elbow strike.

Mawashi Hiji Ate

Circular elbow strike.

(Jodan) Hineri Hiji Ate

(High) follow through elbow strike¹⁰⁰.

Hiji Age

Elbow lift (freeing technique).

Kou to Ate

Head strike; 'Head butt'.

= Zu Tsuki

Kata Ate

Shoulder strike.

Kata Oshi

Shoulder push.

⁹⁷ Appears e.g. in Kururunfa Kata and the Junbi Undo.

⁹⁸ Appears eg. in Sepai Kata.

⁹⁹ Without a word determining the height of the technique this usually refers to Chudan level.

¹⁰⁰ This technique is usually executed to the head.

Kicking techniques

Kekomi¹⁰¹ 'Thrust kick'; literal: incoming kick.
 Keage¹⁰² 'Snap kick'; striking kick; literal: upward kick.
 Hiki Ashi; 引足 Pulling back the foot / leg, after the kick.
 Ashi Mae ... Geri ... Geri with the front leg.

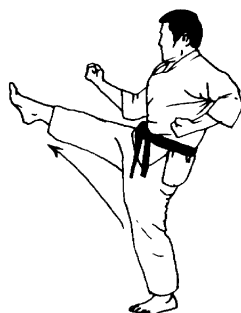
Mae Geri Front kick; forward kick¹⁰³.
 Kin Geri Groin kick.
 Gedan Shita Geri Low horizontal kick.
 = Sune Geri = Kick to the shinbone .

Mawashi Geri Roundhouse kick.

Ushiro (Kakato) Geri Backward (heel) kick.
 Kaiten Ushiro Mawashi Geri Turning backward roundhouse kick.

Gyaku Mawashi Geri Reversed roundhouse kick (from the inside out).
 Ushiro Mawashi Geri Backward roundhouse kick¹⁰⁴.

Sokuto Geri Sword foot kick.
 = Yoko Geri = Sideward kick
 Sokuto Kansetsu Geri Sword foot kick to the (knee)joint.
 = Gedan Sokuto Geri = Low sword foot kick.
 = Kansetsu Geri = Kick to the (knee)joint.
 = Gedan Yoko Geri = Low sideward kick.



Mae Geri.



Sokuto Kansetsu Geri
(as in Kururunfa Kata).

¹⁰¹ A combination of Keri (kick) and Komi (derived from komeru, which means 'to put into').

¹⁰² A combination of: Keri (kick) and Age (upward; rise).

¹⁰³ Mae Kakato Geri; Mae Tsumaseki Geri; etc.

¹⁰⁴ Also known as 'Ura Mawashi Geri'.

Kakato Fumikomi Geri	Stamping kick with the heel.
= Gedan Fumikomi Geri	= Low stamping kick.
= Fumikomi Geri	= Stamping kick.
Sokutei Fumikomi (Geri)	Stamp with the sole of the foot.
Kakato Otoshi	Heel drop (kick).
Furi Geri	Swing kick.
Sokuto Furi Geri	Swing kick with the sword foot.
Haisoku Geri	Instep kick.
Hiza Geri	Knee kick.
= Hiza Ate	= Knee strike.
Tobi Hiza Geri	Jumping knee kick.
Nidan Geri	Two levels kick.
Ren Geri	Consecutive kicks (two).
.... Tobi Geri	... jumping kick ¹⁰⁵ .
Tobi Nidan Geri	Jumping two levels kick.



Sokutei Furi Geri (as in Suparinpei Kata).

¹⁰⁵ E.g. Mae Tobi Geri or Mawashi Tobi Geri.

Grappling techniques

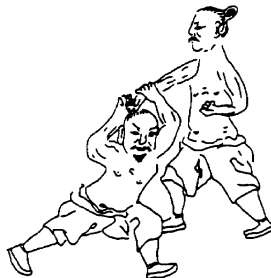
Ura Waza	Literal: Reversing techniques.
Tsukami Waza	Grabbing techniques.
Hiki Waza	Pulling techniques.
Oshi Waza	Pushing techniques.
Hazusu Waza (Hazushi Waza) ¹⁰⁶	Freeing techniques; throwing-off techniques.
Hiji Age ¹⁰⁷	Elbow lifting (freeing technique).
Osae Waza	Controlling techniques; techniques to control the opponent.

Throwing techniques

Ashi Nage	Leg throw; throw using your leg as the major 'tool'.
Ashi Barai	Foot sweep.
Ashi Basami	Leg scissors.
Koshi Nage	Hip throw; throw using your hip as the major 'tool', i.e. active or supporting bodypart.
Kata Nage	Shoulder throw; throw using your shoulder as the major 'tool', i.e. active or supporting bodypart.
Te Nage	Hand throw; throw using your hands or arms as the major 'tool'.
Ashi Dori	Literal: 'grabbing the leg'.
Furi Nage or Gyaku Nage (Waza) ¹⁰⁸	Swinging throw or reversed throw technique.
Sukui Nage ¹⁰⁹	Scooping throw.



Ashi Hasami (Nage) from the Bubishi.



Furi Nage or Gyaku Nage from the Bubishi.



Sukui Nage from the Bubishi.

Kubi Nage	Neck throw; throw using the opponent's neck to throw him or her.
------------------	---

¹⁰⁶ Also called Toku Waza (Toki Waza).

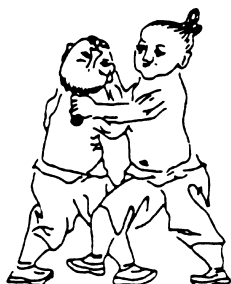
¹⁰⁷ Appears e.g. in Seiyunchin Kata.

¹⁰⁸ Appears in the Dento Teki Bunkai of Kururunfa Kata.

¹⁰⁹ Sukui Nage can also be classified as a hip throw or Koshi Waza. Appears e.g. in the Dento Teki Bunkai of Sepai Kata.

Sutemi Nage

Offer throw; throw in which the defender falls down in order to throw his opponent.



Kubi Nage (or Kubi Gaeshi) from the Bubishi.



Sutemi Nage from the Bubishi.

Joint techniques

Hiji Kansetsu Waza

Elbow-joint (manipulation) techniques.

Ude Kansetsu Waza

Arm-joint (manipulation) techniques. This can refer to wrist-, elbow- or shoulder joint.

Te Kubi Kansetsu Waza

Wrist-joint (manipulation) techniques.

Kote Kansetsu Waza

Alternative name for wrist-joint (manipulation) techniques.

Yubi Kansetsu Waza

Finger joint (manipulation) techniques.

Kubi Kansetsu Waza¹¹⁰

Neck-joint (manipulation) techniques.

Hiza Kansetsu Waza

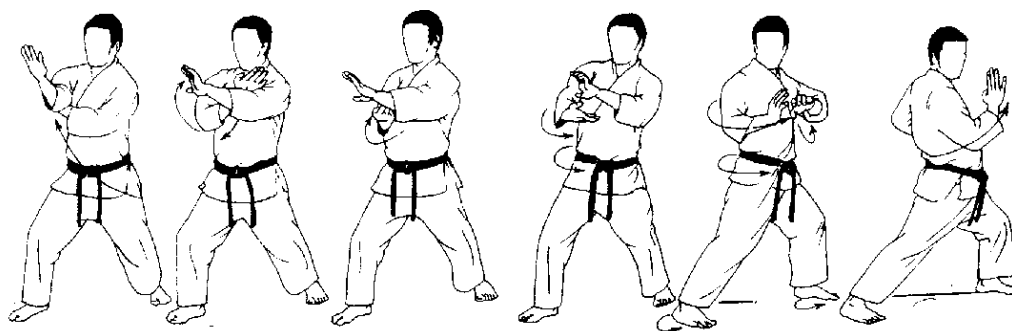
Knee-joint (manipulation) techniques.

Ashi Kubi Kansetsu Waza

Ankle-joint (manipulation) techniques.

Ude Osae¹¹¹

Forearm control used in a jointlock (e.g. elbow).



Elbow-joint lock, using Ude Osae.

¹¹⁰ Or: Sekizui (Kansetsu) Waza - Spinal column (joint)(manipulation) techniques.

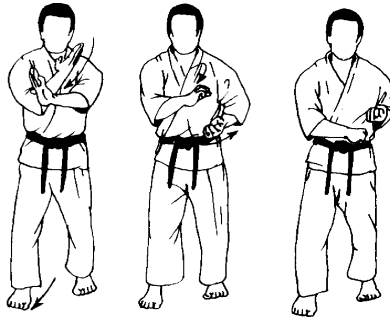
¹¹¹ Appears in the one of the Dento Teki Bunkai of Shisochin Kata. The word Ude can be changed according to the part of the body that is puts pressure on the joint. For example: Mune Osae (chest), Waki Osae (flank control) and Ashi Osae (leg control). These terms may also refer to locks on other joints.

Suhei Osae¹¹²

Literal: horizontal control; horizontal arm press¹¹³. Together with Maki Age (see above) used in an armlocking or -breacking.

Maki Age¹¹⁴

Rising arm roll; Together with Suhei Osae (see below) used in an armlocking or -breacking technique.



Suhei Osae & Maki Age.

Ude **Garami**

Arm weave; Joint lock in which the arm of the attacker is bend and weaved into an armlock.

Hiji **Garami**

Technique in which the elbows of the opponent are crossed in order to create an armlock.

Ashi or Hiza **Garami**

Leg or knee weave. Jointlock in which the legs of the attacker is bend and weaved into a (knee)lock .

- **Gaeshi** (Kaeshi)

Jointlock (-break or -throw) by twisting¹¹⁵ (and bending) a joint. For example: Kote Gaeshi (wrist twist), Yubi Gaeshi (finger twist) and Kubi Gaeshi (neck twist).

Strangulations

Hadaka Jime

Literal: naked strangulation; strangulation without grabbing the opponent's clothes.

Eri Jime

Collar strangulation; strangulations in which the collar of the opponent is used.

Ashi Jime

Leg strangulations; strangulations in which the legs are used to strangle the opponent. The Sankaku Jime or triangle strangulation is the most common type of Ashi Jime.

¹¹² Appears in Sepai Kata.

¹¹³ This type of jointlocks, using a horizontal lever, is named Kannuki Gatame in Judo and Jujutsu. Kannuki menas: bar (to close a gate). Gatame means: to stiffen. Gatame is used in a similar sense as Osae.

¹¹⁴ Appears in Sepai Kata.

¹¹⁵ Kaeshi (- Gaeshi) means to change or to turn. Gaeshi techniques are used to throw the opponent or to force him down (or break a joint), they are usually no locks in which the opponent is controlled as in Osae or Garami techniques.

Kyusho Waza

Kyusho; 急所
Chibu (Tsubo) ; 壺
Ketsu; 穴

Vital point; tender spot; secret key.
Alternative Okinawa name for the vital points of the human body.
Literal: hole, cave or den. Vital points; acupuncture points. Alternative name for the vital points of the human body.

The following terms are rendered in Chinese (Mandarin, Pinyin transcription) because they are predominantly used in the Chinese martial arts. The Japanese translation (On-pronunciation) is given between brackets.

<i>Dian Xue</i> ¹¹⁶ ; 點穴 (Ten Ketsu)	Vital points. In Chinese martial arts used to denote the knowledge and techniques about how to attack the vital points of the human body. The word 'Ten' means point. In Chinese martial arts it means 'to attack with a pointed anatomical weapon'.
<i>Da Xue</i> ; 打穴 (Da Ketsu)	Striking the vital points. Alternative name for <i>Dian Xue</i> . In Chinese martial arts used to denote the knowledge and techniques about how to attack the vital points of the human body.
<i>Ya Xue</i> ; 壓穴 (压穴)	Pressing the vital points.
<i>Dian Mai</i> ¹¹⁷ ; 點脈 (Ten Myaku)	Attacking the bloodvessels. In Chinese martial arts used to denote the knowledge and techniques about how to attack vital points in the blood circulatory system. The word 'Dian' means point. In Chinese martial arts it means 'to attack with a pointed anatomical weapon'.
<i>Da Xue</i> ; 打血 (Da Ketsu)	Striking the blood. Alternative name for <i>Dian Mai</i> . In Chinese martial arts used to denote the knowledge and techniques about how to attack vital points in the blood circulatory system.
<i>Duan Mai</i> ; 斷脈 (断脈) (Dan Myaku)	Breaking the bloodvessels. Alternative name for <i>Dian Mai</i> . In Chinese martial arts used to denote the knowledge and techniques about how to attack vital points in the blood circulatory system.
<i>Kai Qi</i> ¹¹⁸ ; 閉氣 (Hei Ki)	Closing the breath. In Chinese martial arts used to denote the knowledge and techniques about how block or impair the breathing by attacking specific vital points.
<i>Da Qigong</i> ; 打器官 (Da Kikan)	Striking the internal organs. In Chinese martial arts used to denote the knowledge and techniques about how to attack the vital organs.
<i>Jua Jin</i> ; 抓筋 (Tsu Kin ?)	Grabbing the sinews; pinching the sinews. In Chinese martial arts used to denote the knowledge and techniques about how to grab and pinch the opponent's sinews (tendons, muscles, etc.) in order to enable him to fight.

The following two terms are not really a part of what could be called Kyusho Waza. However, together with the topics mentioned above, they are an integrate part of the grappling or *Qin Na* curriculum of the Chinese martial arts. Therefore they are listed here. In fact they are what has been previously described as Kansetsu Waza.

<i>Fen Jin</i> ; 分筋 (Bunkin)	Dividing the sinews (tendons, ligaments, etc.).
<i>Cuo Gu</i> ; 錯骨 (Chiku Kotsu)	Misplacing the bones; dislocating the bone.

¹¹⁶ Better known as 'Dim Hsue' (Cantonese dialect).

¹¹⁷ Better known as 'Dim Mak' (Cantonese dialect).

¹¹⁸ Cantonese: *Bei Hei*.

Fighting practices

Kumite	Fighting exercise; literal: grappling hands or uniting hands.
Tanren Kumite	Literal: 'forging' fighting exercise..
Sandan Uke Harai	Three levels block (literal: 'sweep').
Sandan Gi	Three levels exercise.
Ude Tanren	'Forging' of the forearms ¹¹⁹ .
Tai Atari	Body toughening exercises; literal: body hitting exercises.
Kihon Kumite	Basic fighting exercise; basic sparring.
Yakusoku Kumite	'Arranged' fighting exercise; arranged sparring.
Kihon Ippon Kumite	Basic onefold fighting exercise; basic single sparring.
Jiyu Ippon Kumite	Free onefold fighting exercise; free single sparring
Kihon Nihon Kumite	Basic twofold fighting exercise; basic twofold sparring.
Jiyu Nihon Kumite	Free twofold fighting exercise; free twofold sparring.
Sanbon Kumite	Threefold fighting exercise; threefold sparring.
Sanbon Tsuki Kumite	Threefold punch fighting exercise; threefold punch sparring.
Sandan Kumite	Three levels fighting exercise; three levels sparring.
Renzoku Kumite	Consecutive fighting exercise; consecutive sparring.
(Kata) Bunkai Kumite	Applied fighting exercise; applied sparring.
Kihon (Kata) Bunkai Kumite = Kihon Bunkai	(Basic) applied fighting exercise; (basic) applied sparring . = Basic applications.
Dento Teki Bunkai	Traditional applications.
Oyo Bunkai Kumite	Variations of the applications.
Randori (Kumite)	Sparring.
Go Kumite	Hard fighting exercise; hard sparring.
Ju Kumite	Soft fighting exercise; soft sparring.
Jiyu kumite	Free fighting exercise; free sparring.
Iri Kumi	Close combat.
Shiai Kumite	Competitive fighting exercise; competitive sparring; contest.
Kakie (Kumite) ¹²⁰	Sticky hands exercise (or fighting practise).

¹¹⁹ Sometimes also called: 'Kote Kitae'. 'Forging' here has the meaning of 'to train' and 'to harden'.

¹²⁰ 'Koki' in Chinese (Fujian dialect).

Kata

Kata; 型	Form; style; soloform.
Heishu Kata (Heishugata);	'Closed hand' soloforms ¹²¹ .
Kaishu Kata (Kaishugata)	'Open hand' soloforms ¹²²
Gekisai Dai Ichi; 撃砕第一	Attack and destroy 1 ¹²³ .
Gekisai Dai Ni; 撃砕第二	Attack and destroy 2.
Saifa; 砕破	Destroying strikes.
Seiyunchin; 制引戦	Unbalancing in a fight.
Shisochin; 四向戦	4 directions fight ¹²⁴ .
Sanseru; 三十六 (手) ¹²⁵	'36' (hands) ¹²⁶ .
Sepai; 十八 (手)	'18' (hands) ¹²⁷ .
Kururunfa; 久留頓破	Holding on long, striking suddenly; free translation: 'silence before the storm' ¹²⁸ .
Sesan; 三十六 (手)	'13' (hands) ¹²⁹ .
Suparinpei; 壹百零八 (手)	'108' (hands) ¹³⁰ .
Sanchin; 三戦	Three battles.
Tensho; 転掌	Rotating palms ¹³¹ .

Koshiki No Kata; 古式の型

Classical forms; old forms.

¹²¹ 'Closed hand' does not refer to the hands but to the Tanden that is closed (tight) throughout the Kata.

¹²² 'Open hand' does not refer to the hands but to the Tanden that only closes at the moment of impact (or towards the end of a Muchimi movement).

¹²³ This, for Karate unusual aggressive name, reflects the time in which Okinawa was a battlefield of Japanese-American war.

¹²⁴ 'Sai' means (just as in Gekisai) 'destroy'; 'Fa' means 'strike' or 'smash'. Typical for this Kata are sharp striking techniques such as Uraken Uchi, Tettsui Uchi, Haito Uchi, etc.

¹²⁵ The character 'Shu' (手) is not spoken, it is placed there so is reminded

¹²⁶ The names of the Katas Sanseru, Sesan, Suparinpei and Sepai are Chinese names. In written language the word 'hand(s)' (手) is added behind these names, indicating that the characters should be pronounced according to the 'Chinese' or 'On' pronunciation. In speaking language this character is left out. It is said that these names are related to Buddhist numerology. E.g. Sanseru, 36 (6 x 6), refers to eyes, ears, nose, tongue, body, spirit and color, voice, taste, smell, touch and justice. It is also suggested that the numbers (originally) referred to the number of techniques in the Kata, the number of applications (Bunkai Kumite) or the number of vital points (Kyusho) to which the techniques in the Kata are directed.

¹²⁷ 18, according to Buddhist numerology, is built up from 3 x 6; 3 refers to good, bad and peace; 6 refers to color, voice, taste, smell, touch and justice.

¹²⁸ 'Kuru' (久留; Chinese: Jiu Liu) means something like 'remain', 'hold on' or 'await'; 'run' (Chinese: Dun), in Chinese calligraphy, means: the pause or slowing down before an accentuated movement of the pencil is 'released'. Interestingly there are various transitions in Kururunfa with a similar character.

¹²⁹ 13 is a number of luck and wealth in Chinese culture.

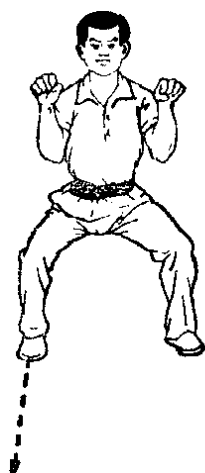
¹³⁰ 108, according to Buddhist numerology, is built up from 3 x 36. These numbers have the same meaning as in Sanseru en Sepai.

108 refers to the 108 evil passions that can obstruct a human being in his to enlightenment. 108 appears in many cultures as a holy or mystical number, in nature it is the amount of years between to one cycle of lunar eclipses. Every 108 years there is a maximum lunar eclipse.

¹³¹ An other name for Tensho is 'Rokkishu'. Literal this means: six vital energy hands. It refers to six different hand-positions found in the Bubushi.

Happoren; 八步練

Literal: 'eight steps training'. This Kata is considered to be a predecessor of Sanchin Kata and probably a source of inspiration to the creation of Tensho Kata.



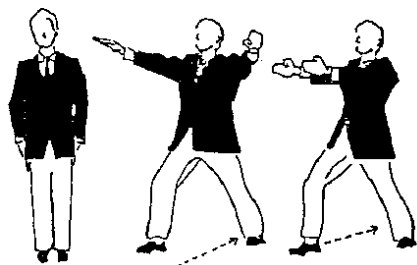
Movements from the Kata 'San Qian' (San Chin) from golden lion boxing or *Jinshi Quan* (金獅拳).



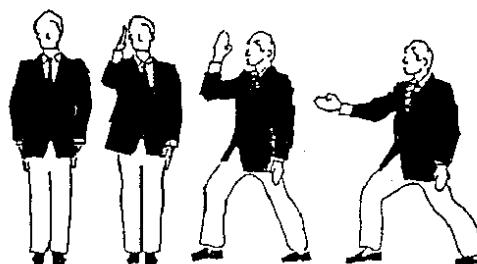
Movements from the Kata 'San Qian' (San Chin) from feeding crane boxing or *Suhe Quan* (食鶴拳法).

Contest rules and regulations

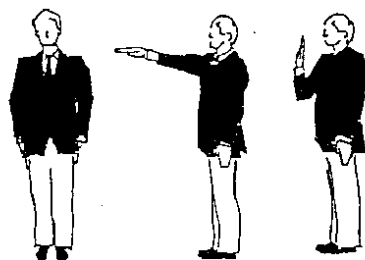
Shobu Irikumi	Irikumi contest.
Shobu Ippon	One point contest.
Shobu Sambon	Three point contest.
Shiai Jo	Contest area.
Embu Jo	Area in which the Kata is performed.
Embu Sen	Pattern of the Kata.
Shushin	Chief referee.
Fukushin	Assistant- or mirror referee; judge.
Kansa	Arbitrator.
Hajime	Start !
Yame	Stop !
Tzusekete	Continue !
Tsuzukete Hajime	Resume fighting - Begin !
Atoshi Baraku	A little more time left.
Shugo	Judge called.
Hantei	Decision.
Aka	Red.
Shiro	White.
Ippon	One point !
Waza-Ari	Half point !
Torimasen	Unacceptable as scoring technique.
Ai Uchi	Simultaneous strike (score).
Jogai	Literal: outside the area.
Mubobi	Undefended.
Atenai Yoni	Private warning.
Keikoku	Warning with a possible influence at Hantei.
Hansoku Chui	Warning with a Waza Ari penalty.
Hansoku	Warning with an Ippon penalty.
Shikkaku	Disqualification.
Kiken	Renunciation.
Hiki Wake	A draw.



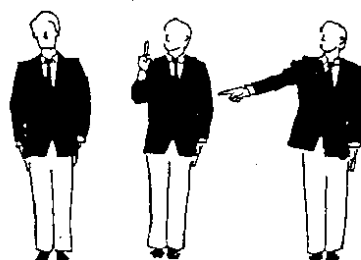
TSUZUKETE HAJIME



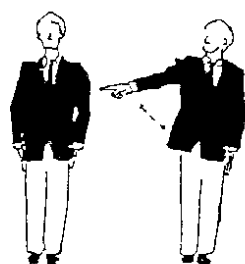
YAME



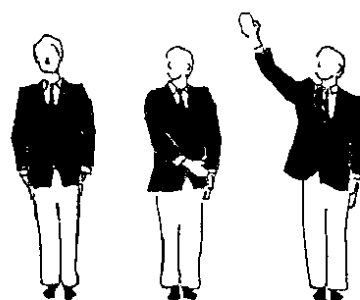
SHUGO



HANSOKU CHUI



JOGAI



AKA/SHIRO NO KACHI

Gebaren van de scheidsrechter

Index

A

Age Hiji Ate	40
Age Zuki	38
Ai Kamae	24
Ai Uchi	50
Aka	50
Anza	14
Arhat boxing	9
Arigato Gozaimashita	15
Arm	32
Ashi Barai	43
Ashi Basami	43
Ashi Dori	43
Ashi Garami	45
Ashi Jime	45
Ashi Kubi Kansetsu Waza	44
Ashi Mae Heiko Dachi	21
Ashi Nage	43
Ashi Osae	44
Ashi Sabaki	23
Ate Waza	17
Atemi Waza	18
Atenai Yoni	50
Atoshi Baraku	50
Awase Zuki	39
Ayumi Ashi	23

B

<i>Bai Hui</i>	32
Baihe Quan	9
Baihe Quanfa	9
<i>Bei Hei</i>	46
Bensoku Dachi	22
Bitei	30
Bodhidarma	8
Boshi Ken	26
Bu Jutsu	10
Bu No Chikara	12
Bubishi	8
Budo	10
Bunkai Kumite	47
Buryoku	12
Bushi	10
Bushido	10

C

<i>Cao Mi</i>	29
centering	22
<i>Chibu</i> (Tsubo)	46
<i>Chibu Jutsu</i>	18
<i>Chii kara</i>	12
Chikara	12
Chikara No Kyojaku	12
<i>Chikara Nu Nujisashi</i>	12

<i>Chinkuchi Kakin</i>	12
<i>Chiru Nu Chan Chan</i>	12
Chishi	19
Choku Zuki	38
<i>Chong Yang</i>	29
Chu Iki	12
Chudan	16
Chudan Ko Uke	36
Chudan Morote No Kamae	24
Chudan No Kamae	24
Chudan Soto Yoko Uke	33
Chudan Uchi Uke	34
Chudan Uke	33
Chudan Ushiro Kake Uke	35
Chudan Yoko Uke	33
Cinnaber	11
<i>Cuo Gu</i>	46

D

<i>Da Qigong</i>	46
<i>Da Xue</i>	46
Daikento	26
Dan	14
Danchu	31
Daruma	8
Denko	31
Dento Teki Bunkai	47
<i>Dian Mai</i>	46
<i>Dian Xue</i>	46
<i>Dim Hsu'</i>	46
<i>Dim Mak</i>	46
Do	14
Doji Uke	34
Dojo	14
Dojo Kun	14
Dokko	31
Dokuko	31
Dokusen	31
<i>Duan Mai</i>	46

E

Ein	30
Ekkin Kiko	8
Ekkinkyo	8
Embu Jo	50
Embu Sen	50
Empi	27
Empi Uchi	40
Encho Sen	50
Eri Jime	45

F

<i>Fen Jin</i>	46
<i>Fu Tu</i>	29
Fudo Dachi	21

Fujian	8
Fukushiki Kokyu	12
Fukushiki Makiwara	19
Fukushin	50
Fukuto	29
Fumikomi-Geri	42
Furi Geri	42
Furi Nage	43
Furi Uchi	39
Furi Zuki	39
Fushi	29
Fushito	29
Fuzhou	8

G

Gaeshi (Kaeshi)	45
Gaiwan Uchi	40
Ganka	31
Ganken	30
Gedan	16
Gedan Barai	34
Gedan Fumikomi-Geri	42
Gedan Furi Uchi	39
Gedan Harai Uke	34
Gedan No Kamae	24
Gedan Oshi	36
Gedan Shita Geri	41
Gedan Shotei Osae Uke	34
Gedan Sokuto Geri	41
Gedan Tettsui Uchi	39
Gedan Uchi Uke	34
Gedan Uke	34
Gedan Yokoi Geri	41
Gekisai Dai Ichi	48
Gekisai Dai Ni	48
Gen Ki	11
Gi 16	
Go	16
Go & Ju	12
Go Kumite	47
Go No Sen	13
Go Waza	17
Godan	14
Gokoku	32
Gokui	11
Gokyu	14
Gongfu	9
grounding	22
Guan Yuan	30
Guoshu	9
Gyaku Hanmi	24
Gyaku Kaiten	23
Gyaku Mawashi Geri	41
Gyaku Nage (Waza)	43
Gyaku Zuki	38
Gyakute	18
Gyame	12

H

Hachi	17
-------------	----

Hachidan	14
Hachiji Dachi	20
Hachikyu	14
Hadaka Jime	45
Haishu	26
Haishu Jodan Age Uke	37
Haishu Mawashi (Osae) Uke	35
Haisoku	27
Haisoku Barai	37
Haisoku Geri	42
Haito	26
Haito Uchi	39
Haiwan Age Uke	33
Hajime	16; 50
Hakatsuru Kenpo	9
Han Renge Za	15
Han Zenkutsu Dachi	21
Hanmi	24
Hanmi Shizentai No Kamae	24
Hanshi	14
Hansoku	50
Hansoku Chui	50
Hantei	50
Happo Sabaki	23
Happoren	9; 49
Hara	11
Haragei	11
Hari Uke	37
Hasami Uke	36
Hayauchi	30
Hazusu Waza (Hazushi Waza)	43
He Gu	32
Heiho	13
Heijoshin	13
Heiken	26
Heiko Dachi	20
Heiko Zuki	39
Heishu Kata	48
Heishugata Sanchin Dachi	21
Heisoku Dachi	20
Henan	8
Henka Waza	18
Hichu	31
Hidari	16
Hidari Heiko Dachi	21
Hiden	11
Higaonna Kanryo	8
Hiji Age	40; 43
Hiji Ate	40
Hiji Garami	45
Hiji Kansetsu Waza	18; 44
Hiji Uchi	40
Hiji Uke	36
Hijitsume	32
Hiki Ashi	23; 41
Hiki Uke	35
Hiki Uke No Kamae	24
Hiki Wake	50
Hiki Waza	43
Hikite	38

Hikui Shiko Dachi.....	20
Hikui Zenkutsu Dachi	21
Hineri Hiji Ate	40
Hira Nukite Zuki	38
Hiraken Uchi.....	40
Hiza.....	28
Hiza Ate.....	42
Hiza Garami	45
Hiza Geri.....	42
Hiza Kansetsu Waza	18; 44
Hiza Soto Uke.....	37
Hiza Uchi Uke.....	37
Hojo Oshi.....	40
Hojo Uke.....	33
Hojo Undo.....	16
Hoshin.....	14
Hu Quan.....	9
Hu Quanfa.....	9
<i>Hua Gai</i>	31
Hyakue.....	32
Hyoshi.....	13

I

Ibuki.....	12
Ichi.....	16
Ido Kihon Gijutsu.....	17
Iki.....	12
Ikkyu.....	14
In Yo.....	11
Inazuma.....	31
Ippon.....	50
Ippon Nukite	26
Iri Kumi.....	47
Ishi Sashi.....	19
Isshin.....	13
Issoku Cho.....	23

J

San Zhan (San Qian Sanchin).....	9
Jari Bako	19
Jinchu.....	32
<i>Jingluo</i>	12
Jiyu Ippon Kumite.....	47
Jiyu kumite.....	47
Jiyu Nihon Kumite	47
Jodan.....	16
Jodan Age Uke.....	33
Jodan Haishu Osae Uke	36
Jodan Kaisho No Kamae.....	24
Jodan Ko Uke.....	36
Jodan Soto Uke	33
Jodan Soto Yoko Uke	33
Jodan Uchi Uke.....	33
Jodan Uchi Yoko Uke.....	33
Jodan Yoko Uke.....	33
Jogai.....	50
Josokutei	27
Ju 17.....	
Ju Kumite.....	47

Ju Waza.....	17
<i>Jua Jin</i>	46
Judan.....	14
Juji Uke.....	34
Jukyu.....	14
Jun Kaiten.....	23
Junan Undo.....	16
Junbi Undo	16
Jun-Zuki.....	38
Jutsu.....	10

K

Kagai.....	31
Kagi Zuki.....	39
<i>Kai Qi</i>	46
Kaikoken.....	26
Kaishu Kata	48
Kaiten Ushiro Mawashi Geri.....	41
Kakato.....	27
Kakato Fumikomi Geri.....	42
Kakato Otoshi.....	42
Kake Uke.....	35
Kakon.....	32
Kamae.....	24
Kameno.....	30
Kansa.....	50
Kansetsu Geri	41
Kansetsu Waza	18; 46
Karate.....	9
Karategi.....	15
Kasokutei.....	28
Kassatsu.....	30
Kasumi.....	32
Kata.....	16; 48
Kata (shoulder).....	27
Kata Ate.....	40
Kata Nage.....	43
Kata Oshi.....	40
Kawashi Waza.....	17
Keage.....	41
Keichu.....	31
Keikoken.....	26
Keikoku.....	50
Keiraku.....	12
Kekkai.....	29
Kekomu.....	41
Kenkon.....	11
Kenpo.....	9
Keri Ashi.....	23
Keri Waza.....	17
Ketsu.....	46
Ki 11.....	
Ki O Tsuke.....	14
Ki Ritsu.....	15
Kiai.....	12
Kiba Dachi.....	20
Ki-exercises.....	8; 16
Kihon.....	17
Kihon (Kata) Bunkai Kumite.....	47
Kihon Bunkai.....	47

Kihon Gijutsu.....	17
Kihon Ippon Kumite	47
Kihon Kumite.....	47
Kihon Nihon Kumite	47
Kikai.....	11; 31
Kikai Tanden.....	11
Kiken.....	50
Kiko (Undo).....	16
Kime.....	12
Kimono	15
Kin Geri	41
Kinteki.....	30
Kinteki Uchi.....	39
Kiryoku	12
Kisoku No Donto	12
Kizami Zuki	38
Ko Uchi.....	40
Ko Waza	17
Kohai.....	14
Koken.....	27
<i>Koki</i>	47
Kokoro	13
Kokoro Gamae	13
Kokotsu	29
Koku.....	32
Kokutsu Dachi.....	21
Kokyu Donto.....	12
Kokyu Undo.....	16
Komekami	32
Kongoken.....	19
Kori.....	29
Kosa Uke.....	34
Koshi Dachi.....	20
Koshi Nage.....	43
Koshiki No Kata.....	49
Kotai.....	23
Kote.....	27
Kote Kansetsu Waza	44
Kote Kitae	47
Kote Uchi	40
Kotou	27
Kou to Ate.....	40
Ku.....	17
Kubi Kansetsu Waza	44
Kubi Nage	44
Kudan.....	14
<i>Kukuchi</i>	11
Kukyu.....	14
Kumade	26
Kumite.....	16; 47
Kuri Uke.....	36
Kusagakure.....	29
Kyo & Jaku	12
Kyo & Jitsu	11
Kyosen	31
Kyoshi.....	14
Kyu.....	14
Kyusho	46
Kyusho Jutsu	18
Kyusho Waza	18; 46

M

Ma Ai.....	13
Mae Geri.....	41
Mae Kakato Geri	41
Mae Tobi Geri	42
Maeken Zuki.....	38
Maki Age.....	45
Makiage Kigu	19
Makiwara.....	19
Mawashi Geri	41
Mawashi Hiji Ate.....	40
Mawashi Uke.....	36
Mawashi Zuki.....	39
Mawatte	17
Migi	16
Migi Heiko Dachi	21
Mikazuki.....	32
Minghe Quan	9
Miyagi Chojun.....	8
Mokuso.....	15
Mokuso Yame	15
Monk boxing	9
Morote Chudan No Kamae.....	24
Morote Chudan Nukite No Kamae	24
Morote Chudan Sanchin No Kamae	24
Morote Chudan Yoko Uke	33
Morote Chudan Yoko Uke No Kamae	24
Morote Gedan Harai Uke	34
Morote Gedan Heiko No Kamae	24
Morote Hiki Uke	35
Morote Ko Uke.....	36
Morote Mawashi Uke	37
Morote Ninoji Kamae.....	25
Morote Osae Uke.....	35
Morote Sukui Uke	36
Moto Dachi.....	21
Mu Kamae	25
Mubobi	50
<i>Muchimi</i>	12
Mudansha	14
Muishiki.....	13
Mune Osae.....	44
Murasame	31
Mushin.....	13
Musubi Dachi	20
Musubi Dachi No Kamae	24
Myosho	30

N

Nagashi Sukui Uke	36
Nagashi Uke	36
Nagashi Zuki	39
Nage Waza	18
Nahate.....	9
Naira	29
Naiwan Uchi.....	40
Nakadaka Ippon Ken Zuki.....	38
Nakadaka Ipponken.....	26
Nakadakaken	26
Naname Shiko Dachi	20

Ne.....	12
Ne Waza.....	17
Neko Ashi Dachi.....	22
Neko Ashi No Kamae.....	24
Neko Undo.....	16
Ni 12; 16.....	
Nidan.....	14
Nidan Geri.....	42
Nigiri Awase Zuki.....	39
Nigiri Game.....	19
Nihon Nukite.....	26
Nikyu.....	14
Nin.....	13
Ninoji No Kamae.....	25
Noon.....	12
Nukite.....	26
Nukite Zuki.....	38

O

O Waza.....	17
Obi.....	15
Obi Dachi No Kamae.....	24
Oi Zuki.....	38
Okinawa.....	8
Okuden.....	11
Omote.....	13
Onegai Shimasu.....	15
Osae Uke.....	35
Osae Waza.....	43
Oshi Waza.....	43
Osu.....	15
Otagaini Rei.....	15
Otoshi Hiji Ate.....	40
Otoshi Uke.....	35
Oyo Bunkai Kumite.....	47

Q

<i>Qin Na</i>	46
Quanfa.....	9
Quanshu.....	9

R

Rakan Kenpo.....	9
Randori (Kumite).....	47
Rei.....	15
Reigi.....	14
Ren Geri.....	42
Renge Za.....	14
Renoji Dachi.....	22
Renraku Waza.....	18
Renshi.....	14
Renzoku Kumite.....	47
Rokkishu.....	48
Rokkyu.....	14
Roku.....	16
Rokudan.....	14
rooting.....	22
Ryu.....	10
Ryusho Gedan Osae Oshi.....	35

S

Sa Yu.....	23
Sa Yu Kotai Naname.....	23
Sa Yu Zempo Naname.....	23
Sagi Ashi Dachi.....	25
Sagi Makiwara.....	19
Sagiashi Dachi.....	22
Saifa.....	48
Sanbon Zuki.....	39
San.....	16
San Qian (Japanese Sanchin).....	9
Sanbon Kumite.....	47
Sanbon Zuki Kumite.....	47
Sanchin.....	48
Sanchin Dachi.....	21
Sandan.....	14
Sandan Gi.....	47
Sandan Kumite.....	47
Sandan Uke Harai.....	47
Sankyu.....	14
Sanren Zuki.....	39
Sanseru.....	48
Sashi Ishi.....	19
Seiken.....	26
Seiken Zuki.....	38
Seimo.....	32
Seiri Undo.....	16
Seishin.....	13
Seishin Tanren.....	13
Seiyunchin.....	48
Seiza.....	14
Semete.....	16
Sempai.....	14
Sempai Ni Rei.....	15
Sen.....	13
Sen No Sen.....	13
Sensei.....	14
Sensei Ni Rei.....	15
Senzui Kiko.....	8
Senzuikyo.....	8
Sepai.....	48
Sesan.....	48
Sesan Dachi.....	21
Shaolin.....	8
Shaolin Quan.....	8
Shi.....	16
Shiai Jo.....	50
Shiai Kokoro Gamae.....	13
Shiai Kumite.....	47
Shichi.....	17
Shichidan.....	14
Shichikyu.....	14
Shido Taikei.....	11
Shihan.....	14
Shikkaku.....	50
Shiko Dachi.....	20
Shime Waza.....	18
<i>Shimeijurasan</i>	12
Shinden.....	14

Shinden Ni Rei	15
Shiro	50
Shisei	11
Shisochin	48
Shitsurei Shimasu	15
Shizentai No Kamae	24
Shobu Ippon	50
Shobu Irikumi	50
Shobu Sambon	50
Shodan	14
Shomen	14
Shomen Ni Rei	15
Shomon	32
Shorin	8
Shorinji	8
Shotei	26
Shotei Gedan Harai Uke	34; 37
Shotei Oshi	40
Shotei Yoko Uke	35
Shotei Zuki	38
Shoyo	29
Shugo	14; 50
Shuhari	11
Shuko	32
Shurite	9
Shushin	50
Shuto	26
Shuto Hasami Uchi	39
Shuto Mawashi Uchi	39
Shuto Uchi	39
Shuto Uke	36
Soin	29
Sokko	27
Sokutei	27
Sokutei Fumikomi (Geri)	42
Sokutei Harai Uke	37
Sokutei Osae Uke	37
Sokuto	28
Sokuto Furi Geri	42
Sokuto Geri	41
Sokuto Kansetsu Geri	41
Soma	29
Sonoba Kihon Gijutsu	17
Soto Shakutaku	32
Suhei Osae	45
Suigetsu	31
Sukui Nage	43
Sukui Uke	36
Sun Zuki	38
Suna Bako	19
Suna Uke	37
Sundome	13
Sune	28
Sune Geri	41
Suparinpei	48
Suri Ashi	23
Suwari Waza	17

T

Ta Mo	8
-------------	---

Tachi	20
Tachi Waza	17
Tai Atari	47
Tai No Shinshuku	12
Tai Sabaki	23
Tai Yang	32
Taihiraki	23
Taiyo	32
Tako Ashi	23
Tan	19
Tan Zhong	31
Tanden	11; 22; 30
Tanren Kumite	47
Tansha (Cinnaber)	11
Tatami	15
Tateken	26
Tateken Morote No Kamae	24
Tateken Zuki	38
Te9	
Te Kubi Kansetsu Waza	44
Te Nage	43
Te No Omomi	12
Temochishiki Makiwara	19
Tenchi No Kamae	24
Tenshin	23
Tensho	48
Tetsu Geta	19
Tetsuarei	19
Tettsui	26
Tettsui Uchi	39
Ti 9	
Tiger boxing	9
Tobi Hiza Geri	42
Tobi Nidan Geri	42
Tode	9
Tode Jutsu	9
Toku Waza (Toki Waza)	43
Tomarite	9
Tomoe Nage	44
Tora Guchi	36
Tora Kenpo	9
Tora No Kamae	24
Tori	16
Torimasen	50
Torite	18
Tou	19
Tsubo Jutsu	18
Tsugi Ashi	23
Tsukami Waza	43
Tsuki	17
Tsumasaki	27
Tsumaseki Mae Geri	41
Tsuzukete Hajime	50
Tuidi	18
Tuite	18
Tzusekete	50

U

Uchi Gedan Barai	34
Uchi Gedan Harai Uke	34

Uchi Kake Uke.....	35; 36
Uchi Shakutaku	32
Uchi Waza.....	17
Ude.....	27
Ude Garami.....	45
Ude Kansetsu Waza	44
Ude Narashi	32
Ude Osae.....	44
Ude Tanren.....	47
Uke.....	16
Uke Waza.....	17
Ukemi Waza.....	18
Ukete.....	16
Unsoku Ho	23
Ura	13
Ura Hiki Uke.....	35
Ura Kake Uke.....	35
Ura Ken Uchi	39
Ura Mawashi Geri	41
Ura Uchi.....	39
Ura Uke.....	35
Ura Waza	43
Ura Zuki.....	38
Uraken.....	26
Ushiro (Kakato) Geri	41
Ushiro Denko	30
Ushiro Hiji Ate.....	40
Ushiro Inazuma	30
Ushiro Mawashi Geri	41
Uto	32
Uwagi.....	15
W	
Waki Osae.....	44
Wakikage	30
Washide.....	26
Waza	10
Waza No Kankyu	13
Waza-Ari.....	50
White crane boxing	9
Wooping crane boxing	9
Wushu	9

X

<i>Xin Hui</i>	32
Xu & Shi.....	11
<i>Xue Hai</i>	29

Y

<i>Ya Xue</i>	46
Yagui	12
Yako	29
Yakusoku Kumite	47
Yama Zuki.....	39
Yame	16; 50
Yasume.....	16
Yin & Yang	12
Yin Yang	11
Yobi Undo.....	16
Yoi.....	15
Yoi No Kamae.....	24
Yoi No Kishin	13
Yoko Geri	41
Yoko Hiji Ate	40
Yoko Hiki Uke	35
Yoko Ko Uke.....	36
Yoko Oi Zuki.....	38
Yoko Sun Zuki	38
Yoko Ura Zuki.....	38
Yokomuki Shiko Dachi	20
Yondan	14
Yonkyu	14
Yori Ashi	23
Yubi Hasami.....	26
Yubi Kansetsu Waza	18; 44
Yudansha	14

Z

Zabuton.....	15
Zanshin	13
Zazen	15
Zenkutsu Dachi.....	21
Zenshin	23
Zu Zuki	40
Zubon	15
Zuki Waza	17