

# BUSHIKEN KARATE

White – Blue Belt 10<sup>th</sup> Kyu to 8<sup>th</sup> Kyu

## Terminology

### Stances

Dachi/Tachi – Stance

Kumite no Tachi – Fighting Stance

Sanchin Dachi – Stance with weight 50/50, feet shoulder width apart, toes pointed in and heel & toe inline

Zenkutsu Dachi – Forward leaning stance

Yoi Dachi – Ready Stance

### Punches

Uchi – Strike

Tsuki/Zuki – Thrust

Seiken – Fore fist punch

Seiken Chudan Tsuki – Fore fist middle punch

Seiken Chudan Oi Tsuki – Fore fist middle punch (front hand)

Seiken Chudan Gyakuzuki – Fore fist middle reverse Punch (back hand)

Seiken Jodan Tsuki – Fore fist face punch

Uraken Gammen Uchi – Back fist to the face

Uraken Sayu Uchi – Back fist to the side

Mawashi Uchi – Round house punch

Seiken Ago Uchi – Chin strike

Shita Tsuki – Uppercut

Furi Uchi – Hook punch

Tettsui – Hammer fist

Jodan Tsuki – Face punch

Chudan Tsuki – Middle punch

Gedan Tsuki – Lower punch

### Kicks

Geri/Keri – Kick

Hiza Geri – Knee kick

Mae Hiza Geri – Front knee kick

Gedan Hiza Geri – Low knee kick

Mae Geri – front snap kick

Mawashi Geri – Round house kick

### Commands

Anza – Relaxed sitting position, knees bent, legs crossed and back straight

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Seiza – Formal sitting position, on knees, feet crossed underneath, back straight, fists tight and resting on your hips.

Soshu ni Rei – Bow down to Soshu (give respect to Soshu)

Shihan ni Rei – Bow down to Shihan (give respect to Shihan)

Sempai Otagai ni Rei – Bow down to Sempai and to one another (give respect to Sempai and each other)

Rei – Bow

Mokuso – Meditation with eyes closed

Kiai Irete – Show your spirit and determination with a shout

Yoi – Ready position

Hajime – Begin

Kamaete – Getting into fighting position

Yamei – Stop

Yasume – Final position, rest

## **Foot Work**

Okuri Ashi – Slide in, slide back

Fumi Ashi – Step in, step back

Kosa – Switch your feet

Mawatte – Turn



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## Definitions

Soshu – Founder

Shihan – Master

Sensei – Teacher

Sempai – Senior student

Budo – Warrior way of life

Ki – Personal inner spirit and energy

Kiai – Releasing your Ki with an explosion of energy with a shout

Kihon – Basic Techniques

Kata – Formal movement exercises with technique and strategy

Dojo – School

Dogi – Karate uniform

Obi – Belt

Osu – Term used to signify respect, patience, and appreciation

Hidari – Left

Migi – Right

Hidari Ashi Mae – Left foot front

Migi Ashi Mae – Right foot front

Hikite – Pull the back hand

Jodan – Upper body/face

Chudan – Middle of body (solar plexus)

Gedan – Lower Body

Hiza – Knee

Chusoku – Ball of foot

Kime – Finish each technique with a crisp, sharp movement, Ending in a perfect position.

Kime Waza – Finish Technique

Sute Waza – Set up technique

Gyaku – Reverse, using opposite hand or foot

Kihon Sono Ichi – first formal exercise with technique and strategy

Kihon Sono Ni – Second exercise with technique and strategy

## Counting

Ichi – 1

Ni – 2

San – 3

Chi – 4

Go – 5

Roku – 6

Shichi – 7

Hachi – 8

Kyu – 9

Jyu – 10

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