

Goju Karate Terms - Basic

Stances: (Dachi)

Heisoku Dachi	Feet Together.
Musubi Dachi	Heels Together, Feet 45 Degrees.
Heiko Dachi	Parallel Stance, Shoulder Width.
Soto Dachi	Feet Out 45 Degrees From Shoulder Width.
Uchi Dachi	Spread Heels 45 Degrees from Soto Dachi.
Shiko Dachi	Horse Riding Stance
Sanchin Dachi	Three Point Stance.
Zenkutsu Dachi	Deep Lunging Stance.
Han Zenkutsu Dachi	Half Lunging Stance
Neko Ashi Dachi	Cat Stance

Blocks: (Uke)

Jodan Uke	Upper Rising Block
Chudan Uke	Middle Parry Block
Gedan Uke	Lower Downward Block
Harai Otoshi	Downward Parry Block
Soto Uke	Middle Block
Kake Uke	Hooking Block
Chudan/Shita Barai	Middle/lower Block
Mawashi Uke	Roundhouse Block

Strikes: (Zuki)

Jodan Tsuki	Upper Strike
Chudan Tsuki	Middle Strike
Gedan Tsuki	Lower Strike
Chushin Tome	Pivot Hip Strike
Shita Tsuki	Inverted Strike
Nihon Tsuki	Double (or Two) Strike
Morote Tsuki	Double Fist Strike
Hiki Tsuki	Snapping Strike
Gyaku Tsuki	Reverse Strike

Snap: (Uchi)

Ura Uchi	Back Fist Snap
Shuto Uchi	Chop (Edge of Hand)
Ura Shuto	Backhand Chop
Furi Uchi	Roundhouse Snap
Haito Uchi	Roundhouse Ridgehand Snap
Ganmen Uchi	Roll Snap

Smash: (Ate)

Shomen Hiji Ate	Front Elbow Smash
Age Hiji Ate	Rising Elbow Smash
Ushiro Hiji Ate	Rear Elbow Smash
Mawashi Hiji Ate	Roundhouse Elbow Smash
Yoko Hiji Ate	Side Elbow Smash
Otoshi Hiji Ate	Downward Elbow Smash
Teisho Ate	Palm Heel Smash

Kicking: (Keri)

Mae Geri	Front Kick (Ball)
Kerikomi Geri	Reaching Front Kick
Kin Geri	Groin Kick
Yoko Geri	Side Roundhouse Kick (Ball)
Mawashi Geri	Roundhouse Kick
Kansetsu Geri	Knee Joint Kick
Sokuto Geri	Side Kick
Ushiro Geri	Back Kick
Hiza Geri	Rising Knee Kick
Kakato Geri	Heel Kick
Kekomi Geri	Inward Heel (Blade) Thrust
Ura Mawashi Geri	Hook Kick

Dojo Kun:

We, The Students of the Goju Ryu, do aspire to these virtues.

Hitotsu: We are proud to study the way of the Goju.

Hitotsu: We are courteous in manner.

Hitotsu: We strive to develop courage and fighting spirit.

Hitotsu: We cultivate fellowship and understanding.

Hitotsu: We respect the ideals of loyalty and honour traditional from older times in Okinawa and Japan.

Counting:

1. Ichi	6. Roku
2. Ni	7. Shichi (Nana)
3. San	8. Hachi
4. Shi (Yon)	9. Kyu
5. Go	10. Ju

Terminology:

Dojo	Training Hall
Goju	Hard/Soft
Hai	Yes
Hajime	Start
Hantai	To Change
Hayai	Fast
Ido	Movement
Ibuki	Breathing
Kamae	Form Position
Karate	Empty Hand
Kata	Formal Pattern
Kihon	Basics
Kiai	Explosive Yell
Kumite	Sparring
Kyoshi	Master Teacher
Hanshi	Grand Master Teacher
Hidari	Left
Iie	No
Migi	Right
Mokusou	Meditate
Naotte	Finish
Osu	Greeting
Rei (Reh)	Bow
Ryu	Style
Seiretsu	Line Up (By Rank)
Seiza	Kneel
Sensei	Teacher
Yame	Stop
Yoi	Ready
Yukkuri	Slowly
Mawatte	To Cross Over
Onegaishimasu	Please Teach Me
Arigato Gozaimashita	Thank You
Yakusoku Kumite	Prearranged Sparring
Mae	Front
Ushiro	Behind/Rear
Yoko	Side
Sagatte	Backwards
Makiwara	Punching Board
Kiotsuke	Attention