

Goju Karate Terms - Basic

Stances: (Dachi)

Heisoku Dachi	Feet together.
Mosubi Dachi	Heels together, feet 45 degrees.
Heiko Dachi	Parallel Stance, shoulder width.
Soto Dachi	Feet 45 degrees shoulder width.
Uchi Dachi	Spread heels 45 degrees from Soto.
Shiko Dachi	Horse riding stance
Sanchin Dachi	Three Point stance.
Zenkutsu Dachi	Deep lunge stance.
Han Zenkutsu Dachi	Half deep lunge 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: (Tsuki)

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

Snap: (Uchi)

Ura Uchi	Back fist snap
Shuto Uchi	Chop (edge of hand)
Urashuto	Backhand chop
Furi Uchi	Roundhouse snap
Heito Uchi	Roundhouse ridgehand snap

Smash: (Ate)

Age Hiji Ate	Rising elbow smash
Ushuro 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: (Geri)

Mea Geri	Front kick
Kin Geri	Groin kick
Yoko Geri	Side roundhouse kick
Mawashi Geri	Roundhouse kick
Kansetsu Geri	Knee joint kick
Sokoto Geri	Side kick
Ushiro Geri	Back kick
Hiza Geri	Rising knee kick
Kakato Geri	Heel kick
Kekomu Geri	Inward heel (blade) thrust

Dojo Kun:

We the students of Ceberano Goju Karate (CGK), do aspire to these virtues:

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

Ni: We are courteous in manner

San: we strive to develop courage and fighting spirit.

Shi: We cultivate fellowship and understanding.

Go: We respect the ideals of loyalty and honor, 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. Ku
5. Go	10. Ju

Terminology:

Dojo	Practice Hall
Goju	Hard / Soft
Hai	Yes
Hajime	Start
Hante	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
Hajime	Begin (start)
Hidari	Left
Iie	No (no sir)
Migi	Right
Mokuso	Meditate
No-te	Finish
Ooss	Greeting
Rei (reh)	Bow
Ryu	Style
Seiretsu	Line up (by rank)
Seiza	Kneel
Sensei	Teacher
Yame	Stop
Yoi	Ready / prepare
Yukuri	Slowly
Mawate	to cross over
Onegai Shimasu	Please teach me
Arigato Gozaimashita	Thank you