

Student Handbook



Instructor: Alex Soto

Location: Phoenix BJJ & MMA Academy
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OGKI AZ

Introduction



OGKI - Okinawa Goju Ryu Karate Do International

Karate-Do means The Way of the Empty Hand - Self Defense

The word "Way" can be interpreted in many ways, but it usually indicates a constant striving for understanding about oneself, about others, about martial skills, and about living in harmony with others. OGKI is a karate organization which provides traditional training in the ancient ways of Okinawan Goju Ryu Karate-Do (Okinawan "Hard and Gentle" style of Karate). The Goju Ryu style was created from the life-long work of two great Okinawan Karate teachers, Kanryo Higaonna (1853-1915) and his student Chojun Miyagi (1888-1953). Since the style was developed in Okinawa and China, it reflects a blend of techniques ranging from powerful and explosive punches and kicks, to more subtle and gentle blocking and evading techniques.

The physical training of Goju Ryu is hard and rigorous, with an emphasis on strength, endurance, flexibility, speed, and breath control.

At OGKI, we believe that developing and maintaining a sound body and mind are critical to getting the most out of life. With our programs, you will experience a unique no-nonsense approach to self defense and exercise.

"I hope that the next generations will not only improve technically but also know how to share their knowledge. People must pass on the traditions and not lose them."

**-Sensei Teruo Chinen
Okinawa Goju Ryu Karate Do**

OGKI AZ Instructors

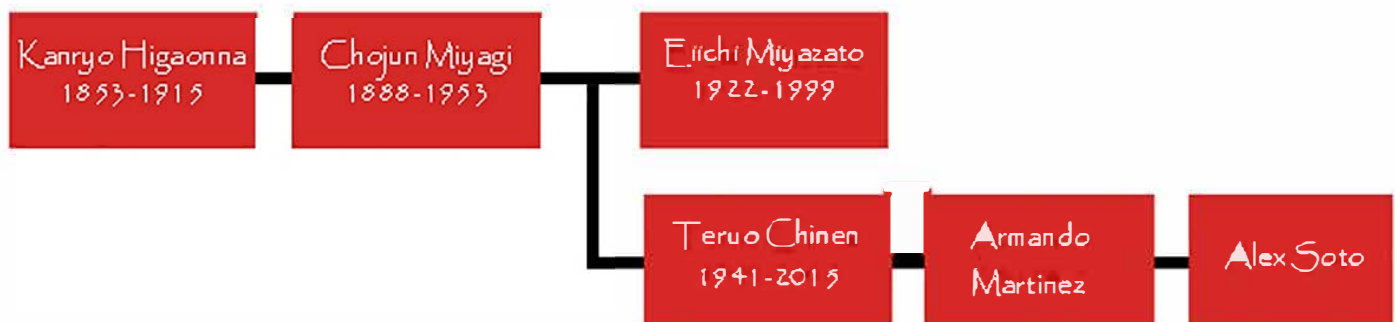


Alex Soto

- Alex Soto is the Chief Instructor at OGKI Arizona. He resides in the city of Goodyear.
- Mr. Soto is graded 1st Dan in Okinawa Goju Ryu Karate-Do by Sensei Armando Martínez. He is also graded a Blue Belt in Brazilian Jiu Jitsu by Professor Kevin Scott.
- Mr. Soto works as a Business Consultant in the Automotive Industry. He is also married and a father of two boys.

Armando Martínez

- Armando Martínez is the Chief Instructor of the OGKI Organization. He resides in Miami, FL.
- Mr. Martínez is graded 6th Dan in Okinawa Goju Ryu Karate-Do by Sensei Teruo Chinen. He is also graded 2nd Dan in Judo by Sensei Heriberto García.
- Mr. Martínez is a Psychologist and is employed by the Miami-Dade County School System. He is also married and is a father of two.



OGKI AZ

Dojo Rules & Etiquette



Respect:

As a senior karateka, the Sensei (Instructor) and the Yudansha (Black Belts) must be shown respect and be called by their respective titles by all grades.

Cooperation:

Aid your progress by always cooperating with your instructor. Extend this cooperation to your fellow students by helping them generously and offering advice if you spot errors in technique or manners, while also accepting their advice and assistance in a positive manner. Be careful not to be a "know it all"...

Learning:

Listen to your instructor while he/she is correcting your faults. Never interrupt the instructor while he/she is explaining something. Never walk in between the instructor and another student while he is explaining something or talking to the other students.

Courtesy:

Always be courteous and friendly towards the instructor and your fellow students.

Mannerism:

Always sit on your knees (feet flat on the ground) in the dojo while your instructor is explaining something and he asks you to sit down. If you have an injury or condition that prevents you from sitting on your knees, make sure the instructor is aware of that prior to beginning class. You may also sit with your legs crossed but only when permission is given, usually during a long explanation of conversation.

Bowing:

This serves as a way of greeting and showing respect to the Dojo, the instructor and the fellow students. Bow whenever moving onto or off from the training floor.

Meditation:

Classes may at times end with a short meditation in the "seiza" or seated position. The objective is to relax and clear the mind, to improve reflexes and to review and absorb your training. It has no religious connotation and could be compared to sitting in a quiet spot by the ocean to help refresh the mind.

Punctuality:

Always arrive on time for class. If, due to circumstances beyond your control, you are late, excuse yourself as you enter the Dojo and wait to be acknowledged before engaging in class.

Neatness:

Always train with a clean uniform and see that your body is clean as well. See that your finger and toe nails are kept short and clean and always remove all jewelry before class. Male students are not to wear any type of garment underneath the uniform (Gi). Female students are to wear a plain white or black t-shirt or compression shirt underneath the uniform. All students are to tidy their hair in such a manner that it looks neat and is no threat to the member's safety. Long hair should be tied down with a plain elastic ribbon.

Personal Hygiene:

Consider your fellow students by taking care of body odor, dirty hands, nails and breath.

Apparatus:

Always treat the apparatus in the Dojo with respect and replace it neatly after use.

Smoking:

No smoking is allowed in the Dojo at any time.

Alcohol:

Never train after consuming alcohol.

Language:

Swearing and bad language do not belong in the Dojo, as Karate-do is the way of building self-discipline and humility.

Shoes:

Everyone, without exception, removes their shoes prior to stepping on the mat surface. This reduces the wear and tear along with dirt in the training area.

Clothing:

A clean, white uniform (Gi) with only the official OGKI patch is allowed.

Communication:

Check the appropriate message board (In the Dojo, Social Media, Ask the Instructor, etc.) regularly and make note of future activities such as Gasshukus, Gradings, etc. in order to ensure you can attend.

Physical Condition:

Everyone knows his/her own physical condition. Do not try and do the impossible. If you feel you can not cope, move to the back of the class, kneel and res until you can continue. If you have an injury, please inform the instructor before class.

Fees:

Pay your fees promptly to enable the instructor to meet his obligations like rent, salary and other expenses. Remember to renew your annual affiliation fees promptly.

Positive Attitude:

Always attend class with a positive attitude. Karate is very repetitive, but one can always learn something new!

OGKIAZ Adult Syllabus (16 & Up)



10th Kyu - White Belt (Beginners)

* Kihon (Basic Techniques)

- Jodan Age Uke (High Level Block)
- Chudan Uchi Uke (Middle Level Block - Outward)
- Chudan Soto Uke (Middle Level Block - Inward)
- Gedan Barai Uke (Low Level Block)
- Seiken Tsuki (Straight Punch, striking with first 2 knuckles)
- Uraken Uchi (Front/Side) (Backfist Strike)
- Mae Geri (Front Kick)
- Kansetsu Geri (Sidekick to opponents knee)
- Mawashi Geri (Roundhouse Kick)

* Kihon Ido (Moving Basics)

- Zenkutsu Dachi/Oi Tsuki (Long Stance/Lunge Punch - Same Hand Punch)
- Zenkutsu Dachi/Gyaku Tsuki (Long Stance/Reverse Punch)
- Zenkutsu Dachi/Mae Geri (Long Stance/Front Kick)
- Zenkutsu Dachi/Mae Geri/Jun Tsuki (Long Stance/Front Kick/Same Hand Punch)
- Zenkutsu Dachi/Mae Geri/Gyaku Tsuki (Long Stance/Front Kick/Reverse Punch)

* Kata (Forms)

- Dachi Kata (Stances)
- Fukyu Kata Dai Ichī ("Universal Exercise" Kata #1)
- Fukyu Kata Dai Ni ("Universal Exercise" Kata #2)
- Fukyu Kata Dai San ("Universal Exercise" Kata #3)

* Terminology

- Counting 1-10 in Japanese (See Glossary Section)
- Onegaishimasu (Please Teach Me, Please Help Me)
- Arigato Gozaimashita (Thank You for Teaching Me, Thank You for Helping Me)
- Dojo (School, Hall of Learning)
- Goju Ryu (Hard and Soft Style)
- Okinawa (Country of Goju Ryu Origin)
- Sensei (Teacher, Honorable Person)
- Senpai (Assistant Instructor, Senior Student)
- Kohai (Junior Student)

* Terminology (Continued)

- Shugo (Line Up)
- Rei (Bow, Courtesy)
- Karate Do (Empty Hand Way)
- Gi (Uniform)
- Obi (Belt)
- Jodan (High, Upper Level)
- Chudan (Middle Level)
- Gedan (Down, Lower Level)

9th Kyu - White Belt with 1 Black Stripe

* Kihon (Basic Techniques)

- Ura Tsuki (Close Punch - Similar to an Uppercut)
- Mawashi Tsuki (Roundhouse Punch)
- Shuto Uchi (Knife Hand Strike)
- Furi Uchi (Back Fist Swing Strike)
- Hiji Ate (Elbow Smash)
- Yoko Geri (Side Kick)
- Ushiro Geri (Back Kick)
- Kakato Geri (Heel Stomp Kick)

* Kihon Ido (Moving Basics)

- Zenkutsu Dachi / Oi Tsuki (Long Stance / Lunge Punch - Same Hand Punch)
- Zenkutsu Dachi / Gyaku Tsuki (Long Stance / Reverse Punch or Opposite Hand Punch)
- Zenkutsu Dachi / Mae Geri / Jun Tsuki (Long Stance / Front Kick / Same Hand Punch)
- Zenkutsu Dachi / Mae Geri / Gyaku Tsuki (Long Stance / Front Kick / Reverse Punch)

* Kata (Forms)

- Gekisai Dai Ichi (Attack and Destroy #1)

* Terminology

- Hajime (Begin)
- Yame (Stop)
- Matte (Wait)
- Yoi (Ready)
- Kamae (Fighting Stance, Posture or Base)
- Semete (Attacking Hand)
- Ukete (Defending Hand)
- Mawatte (Turn Around)
- Naote (Relax)

8th Kyu - White Belt with 2 Black Stripes

* Kihon (Basic Techniques)

- Age Tsuki (Rising Punch)
- Sanbon Tsuki (Jodan / Chudan 2x) - (3 Punches)
- Hiki Uke (Pulling or Grasping Block)
- ToraGuchi (Tiger Mouth)
- Ko Uke (Crane Block)

* Kihon Ido (Moving Basics)

- Go Geki O Ido (Moving Attack)

* Kata (Forms)

- Gekisai Dai Ni (Attack and Destroy #2)

* Terminology

- Mo Ichido (One More Time)
- Kiai (Short Shout or Yell, Ki = Energy & Ai = Unification)
- Matte (Wait)

7th Kyu - White Belt with 3 Black Stripes

* Kihon (Basic Techniques)

- Tate Ken Tsuki (Vertical Fist Punch)
- Nukite Tsuki (Spear Hand Punch)
- Haito Uchi (Ridge Hand Strike)
- Shotei Uchi (Palm Heel Strike)

* Kihon Ido (Moving Basics)

- Go Geki O Ido (Moving Attack)

* Kata (Forms)

- Sanchin
- Saifa (Sequence)

* Kumite (Sparring)

- San Dan Gi Dai San (with Partner)
- Randori Kumite (Cooperative Sparring - No True Contact)

* Terminology

- Seiza - Seated on Knees (Formal)
- Mokuso - Meditation (Quiet, Personal)
- Ashi o Kaete (Change Legs or Stance)
- Te o Kaete (Change Hands)
- Te Ahsi o Kaete (Change Hands and Legs or Stance)
- Kamae o Kaete (Change Fighting Stance, Posture or Base)

6th Kyu - Green Belt with 1 Black Stripe

* Kihon (Basic Techniques)

- Kizami Tsuki (Leading Hand Jab)
- Kizami Tsuki / Gyaku Tsuki (Leading Hand Jab / Reverse Punch)
- Nakadaka Ken Tsuki (Middle Knuckle Punch)
- Yoko Geri (Side Kick)

* Kihon Ido (Moving Basics)

- San Dan Gi (Five Applications)

* Kata (Forms)

- Tensho
- Saifa (Proficient)

* Kumite (Sparring)

- Jiyu Kumite (Free Sparring)

* Terminology

- Kime (Focus)
- Budo (Martial Way)
- Shiai (Tournament)
- Honbu (Headquarters)
- Waza (Technique)
- Migi (Right Side)
- Hidari (Left Side)
- Yudansha (Black Belt Member)
- Mudansha (Non-Black Belt Member)

5th Kyu - Green Belt with 2 Black Stripes

* Kihon (Basic Techniques)

- Shotei Uke (Palm Heel Block)
- Sukuï Uke (Scooping Block)
- Tetsui Uchi (Hammer Fist Strike)
- Uchi Gedan Barai (Inward Low Block)

* Kihon Ido (Moving Basics)

- Go Geki O Ido (Moving Attack #2)

* Kata (Forms)

- Seiyunchin (Sequence)

* Bunkai (Applications)

- Gekisai Renzoku Bunkai

* Terminology

- Gasshuku (Training Camp)
- Kyu (Grade or Rank - Non-Black Belt)
- Dan (Degree of Advanced Proficiency - Black Belt)
- Opening and Closing Ceremonies

4th Kyu - Green Belt with 3 Black Stripes

* Kihon Ido (Basic Movements)

- Sabaki (in Heiko Dachi) - (Whole Body Movement)
- Neko Ashi Ido (Cat Stance Movement)

* Kata (Forms)

- Seiyunchin (Proficient)

* Bunkai (Application)

- Gekisai (6)
- Saifa (4)
- Seiyunchin (6)

* Kumite (Sparring)

- Shiho Kumite (Sparring Four Opponents)

* Terminology

- Kigo Undo (Exercise Equipment)
- Hojo Undo (Supplementary Exercises)
- Zanshin (State of Awareness)
- Morote (Both Hands)
- Bushii (Warrior)

3rd Kyu - Brown Belt with 1 Black Stripe

* Kihon (Basic Techniques)

- Ko Ate (Wrist Smash)
- Kagi Tsuki (90 Degree Hook Punch)
- Ko Uke (Jodan / Chudan) - (Crane Block or Arching Block)
- Ura Uke (Knife Hand Block)

* Kata (Forms)

- Shisoshin (Sequence)

* Hojo Undo (Supplementary Exercises)

- Makiwara (Padded Striking Post)
- Chishi (Stone Lever Weight)

* Kumite (Sparring)

- Shiai Kumite (Tournament Style Sparring)

* Terminology

- Muchimi (Heavy, Sticky Feeling)
- Renzoku (Continuous or Combination)
- Bubishi (Ancient Manual of Karate Combat)
- Busaganashi ("My Dear Respected Kung Fu Warrior")
- Name the 12 Katas of Goju Ryu

2nd Kyu - Brown Belt with 2 Black Stripes

* Kihon (Basic Techniques)

- Chuge Uke (Double Block - Combined Chudan Uchi Uke & Gedan Barai Uke)
- Nagashi Uke (Parrying Block)
- Mae Toi Geri (Jumping Front Kick)

* Kata (Forms)

- Shisoshin (Proficient)

* Bunkai (Application)

- Shisoshin

* Terminology

- Fukyu Kata (Universal Exercise)
- Kihon Kata (Basic Kata)
- Kaishu Kata (Kata with Open Hands)
- Heishu Kata (Kata with Closed Hands)
- Zarei (Seated Bow)
- Tachi Rei (Standing Bow)

1st Kyu - Brown Belt with 3 Black Stripes

* Kihon & Kihon Ido (Basic Techniques & Basic Movements)

- See Previous 10th - 2nd Kyu

* Kata (Forms)

- Sanseru (Sequence)

* Kumite (Sparring)

- Kakie (Okinawan Sticky Hands)
- Kakie Waza - Sticky Hands Technique

* Hojo Undo (Supplementary Exercises)

- Kongo Ken
- Nigiri Game

* Terminology

- See Previous 10th - 2nd Kyu

Katas of Goju Ryu

- | | |
|--------------------|------------------------|
| - Sanchin | - Sanseru |
| - Gekisai Dai Ichi | - Sepai |
| - Gekisai Dai Ni | - Kururunfa |
| - Saifa | - Sesan |
| - Seiyunchin | - Suparinpe (Pechurin) |
| - Shisochin | - Tensho |

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Youth Syllabus

(7 - 15)



All Students Begin with a White Belt

- 1 - No Stripe
- 2 - White Middle Stripe
- 3 - Black Middle Stripe

* Yellow Belt

1. Kihon (Fundamentals) & Fukyu Kata Dai Ichi
2. Kihon Ido (Moving Fundamentals) & Fukyu Kata Dai Ni
3. San Dan Gi (Stationary) & Fukyu Kata Dai San

* Orange Belt

1. Gogeki O Ido
2. San Dan Gi (Moving)
3. Kata - Gekisai Dai Ichi

* Blue Belt

1. Gogeki O Ido #2
2. San Dan Gi Dai San
3. Kata - Gekisai Dai Ni

* Green Belt

1. Gekisai Renzoku Bunkai
2. San Dan Gi (Five Applications)
3. Kata - Saifa

* Purple Belt

1. Shihon Geri (Stationary) - Four Basic Kicks
2. Randori Kumite - Cooperative Sparring
3. Kata - Seiyunchin

* Brown Belt

1. Shihon Geri (Moving) - Four Basic Kicks (Moving)
2. Shiho Kumite - Sparring Four Opponents
3. Kata - Shisochin

OGKI AZ Pee-Wee Syllabus (4 - 6)



All Students Begin with a White Belt

* White Belt with Yellow Stripe

1. Counting in Japanese (1-10) & Basic Terminology
2. Tsuki Waza (Punching Techniques)
 - a. Jodan Tsuki (High Level Punch)
 - b. Chudan Tsuki (Middle Level Punch)
 - c. Gedan Tsuki (Low Level Punch)

* White Belt with Orange Stripe

1. Uke Waza (Blocking Techniques)
 - a. Jodan Uke (High Level Block)
 - b. Chudan Uke (Middle Level Block)
 - c. Gedan Uke (Low Level Block)

* White Belt with Blue Stripe

1. Keri Waza (Kicking Techniques)
 - a. Mae Geri
 - b. Mawashi Geri
 - c. Yoko Geri
2. Ukemi (Break Falls)

* Age does not determine your starting point, Sensei does!

OGKIAZ Dojo Kun



Hitotsu

- Be Humble and Polite
- Train Considering Your Physical Strength
- Practice Earnestly with Creativity
- Be Calm and Swift
- Take Care of Your Health
- Live a Plain Life
- Do Not Be Too Proud or Too Modest
- Continue Your Training with Patience

* **Dojo Kun** is a Japanese martial arts term literally meaning "training hall rules". They are generally posted at the entrance to a dojo or at the "front" of the dojo (shomen) and outline behavior expected and disallowed. They are typically recited at the end of a class.

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Glossary of Terms



Basic Terminology

Goju Ryu - Hard/Soft Style (Go = Hard, Ju = Soft, Ryu = Style)

Budo - Martial Way (Bu = Martial, Do = Way)

Karate - Empty Hand (Kara = Empty, Te = Hand)

Karate Do - Empty Hand Way

Dojo - Hall of Learning or Training Hall

Teacher - Sensei

Senior Student - Senpai

Junior Student - Kohai

Onegashimaisu - Please Help Me (Please Teach Me)

Arigato Gozaimashita - Thank you for helping me

Counting

One - Ichi

Two - Ni

Three - San

Four - Shi

Five - Go

Six - Roku

Seven - Shichi

Eight - Hachi

Nine - Ku

Ten - Ju

Opening Ceremony

Line up - Shugo

Attention - Kiyotsuke

Kneel - Seiza

Front (of the Dojo) - Shomen-ni

Bow - Rei

Teacher - Sensei-ni

Bow - Rei (*Show Courtesy by Saying Onegashimasu Loudly!*)

Stand up - Kiritsu

Closing Ceremony

Line up - Shugo

Attention - Kiyotsuke

Kneel - Seiza

Front (of the Dojo) - Shomen-ni

Bow - Rei

Teacher - Sensei-ni

Bow - Rei (*Show Courtesy by Saying Arigato Gozaimashita Loudly!*)

Students Face Each Other - Otogai-ni

Bow - Rei (*Show Courtesy by Saying Arigato Gozaimashita Loudly!*)

Face Front (of the Dojo) - Shomen

Three Levels

Upper Level - Jodan

Middle Level - Chudan

Lower Level - Gedan

Three Level Punches - Tsuki

Upper Level - Jodan Tsuki

Middle Level - Chudan Tsuki

Lower Level - Gedan Tsuki

Three Level Blocks - Uke

Upper Level - Jodan Age Uke (Age = Upward)

Middle Level - Chudan Uchi Uke (Uchi = Outward)

Lower Level - Gedan Barai Uke (Barai = Sweeping)

Common Kicks - Geri

Front Kick - Mae Geri

Roundhouse Kick - Mawashi Geri

Side Kick - Yoko Geri

Back Kick - Ushiro Geri

Knee Kick - Hiza Geri

Joint Kick - Kansetsu Geri

Stomp Kick - Kakato Geri

Inside Roundhouse Kick - Uchiro Mawashi Geri

Stances - Dachi

Feet Together Stance - Heisoku Dachi

Formal Stance (Heels Together, Toes Apart) - Musubi Dachi

Parallel Stance - Heiko Dachi

Straddle Stance - Shiko Dachi

Cat Foot Stance - Neko Ashi Dachi

Crane Leg Stance - Sagi Ashi Dachi

Crossed Leg Stance - Benzoku Dachi

Long Front Stance - Zenkutsu Dachi

Short Front Stance - Hanzenkutsu Dachi

Back Stance - Kokutsu Dachi

Hourglass Stance - Sanchin Dachi

Horse Riding Stance - Kiba Dachi

Inward Stance - Uchihachiji Dachi

Ten Basic Stances



Heisoku Dachi



Musubi Dachi



Uchihachiji Dachi



Heiko Dachi



Nekoashi Dachi



Hachiji Dachi



Zenkutsu Dachi



Renoji Dachi



Sanchin Dachi



Shiko Dachi



Katas of Goju-Ryu

Sanchin - "Three Battles" Mind, Body & Sprint

Gekisai Dai Ichi - "Attack & Destroy 1"

Gekisai Dai Ni - "Attack & Destroy 2"

Saifa - "Smash & Tear"

Seiyunchin - "To pull off balance and fight"

Shisochin - "Four Gates" or "Four Directions of Conflict"

Sanseru - "36"

Sepai - "18"

Kururunfa - "Holding & Striking Suddenly"

Sesan - "13"

Suparinpe (Pechurin) - "108"

Tensho (Rokkisho) - "Rotating Palms"

Additional Terminology

Analysis, Application or Disassembly - Bunkai

Ancient Manual of Karate Combat - Bubishi

Attacker (Person) - Tori

Attacking Hand - Semete

Awareness - Zanshin

Backfist Strike - Uraken Uchi

Backfist Swing Strike - Furi Uchi

Begin - Hajime

Black Belt Member - Yudansha

Body Movement - Tai Sabaki

Both Hands - Morote

Bow (Respect) - Rei

Close Punch (Similar to an Uppercut) - Ura Tsuki

Closed Hands - Heishu

Combinations or Continuous - Renzoku

Cooperative Sparring - Randori Kumite

Crane (Wrist) Block - Ko Uke

Crane (Wrist) Smash - Ko Ate

Defender (Person) - Uke

Defending Hand - Ukete

Double Block (Middle & Low) - Chuge Uke

Additional Terminology (Continued)

Elbow Smash - Hiji Ate

Exercise Equipment - Kigo Undo

Exercises (Supplementary) - Hojo Undo

Focus - Kime

Forms - Kata

Founder of Goju Ryu - Sensei Chojun Miyagi (4/25/1888 - 10/8/1953)

Founder of Naha Te - Sensei Kanryo Higaonna (3/10/1853 - 10/10/1915)

Free Sparring - Jiyu Kumite

Front of the Dojo - Shomen

Full Point (Tournament Sparring) - Ippon

Good Bye - Sayonara

Good Luck or Do Your Best - Ganbatte Kudasai

Grade or Rank (Black Belt) - Dan

Grade or Rank (Non-Black Belt) - Kyu

Grappling Sparring (Standing) - Kakie a.k.a. "Okinawan Sticky Hands"

Half Point (Tournament Sparring) - Waza-Ari

Hammer Fist Strike - Tetsui Uchi

Headquarters - Honbu

Heavy Sticky Feeling - Muchimi

Hook Punch (90 Degrees) - Kagi Tsuki

Jumping Front Kick - Mae Tobi Geri

Jumping Side Kick - Yoko Tobi Geri

Knee Strike - Hiza Ate

Knife Hand Block - Shuto Uke

Knife Hand Downward Block - Ura Uke

Knife Hand Strike - Shuto Uchi

Leading Hand Punch - Kizami Tsuki

Left Side - Hidari

Meditation (Quiet, Personal) - Mokuso

Middle Knuckle Punch - Nakadaka Ken Tsuki

Movement - Ido

Moving Basics - Kihon Ido

My Dear Respected Kung Fu Warrior - Busaganashi

Non-Black Belt Member - Mudansha

One More Time - Mo Ichido

One Step Sparring - Ippon Kumite

Open Hands - Kaishu

Palm Heel Block - Shotei Uke

Additional Terminology (Continued)

Palm Heel Strike - Shotei Uchi
Parry Block - Nagashi Uke
Principles of the Dojo - Dojo Kun
Pulling Hand - Hikite
Pulling or Grasping Block - Hiki Uke
Ready - Yoi
Red (Tournament Sparring) - Aka
Reverse Punch - Gyaku Tsuki (Opposite Hand to Front Foot)
Ridge Hand Strike - Maïto Uchi
Right Side - Migi
Roundhouse Punch - Mawashi Tsuki
Scooping Block - Sukui Uke
Seated Ceremony - Zarei
Seated (Formal) - Seiza
Side Kick - Yoko Geri
Sparring - Kumite
Spear Hand - Nukite
Spirited Training - Kokoro
Standing Basics - Kihon
Standing Ceremony - Tachi Rei
Step-In Punch - Oi Tsuki (Same hand as Front Foot)
Stop - Yame
Strike - Uchi
Technique - Waza
Thank You - Domo Arigato
Tiger Mouth - Tora Guchi
Tournament - Shiai
Tournament Sparring - Shiai Kumite
Tradition - Dento
Training Camp - Gasshuku
Turn Around - Mawatte
Vertical Fist Punch - Tate Ken Tsuki
Warrior - Bushi
White (Tournament Sparring) - Shiro
Winner (Tournament Sparring) - No-Kache
Yell (Focusing) - Kiai
Yes - Hai

Busaganashi Statue

