

Yamabushi Ryu Karate Jutsu
Official grading syllabus



Traditional
Japanese, Chinese & Okinawan
Martial arts

Price £2.50

Karate – A Brief history

The origin of Karate dates back more than a thousand years.

It is widely believed that karate stems from China where the Indian Buddhist monk Bodhidharma taught the monks of the Shao Lin monastery the 18 Lohan patterns.

These forms then came to Japan by way of the Ryukyu Islands where it had been blended with the indigenous fighting techniques of the islands. The lord of ancient Okinawa and later the feudal lord of Kagoshima banned the use of weapons giving rise to the open hand arts that gave rise to Karate. Karate reached a high level of development and was practiced in secret until the beginning of the 20th Century.

Karate was first introduced to the Japanese public in 1922, when Funakoshi Gichin who was the professor at the Okinawa Teaching College, was invited to lecture and demonstrate at an exhibition of traditional martial arts sponsored by the ministry of education. His demonstration so impressed the audience that he was flooded with requests to teach in Tokyo. The kanji for Karate was originally “Chinese hand” and later changed to “Empty hand” by Funakoshi when he brought it to Japan. Funakoshi chose the character for its Zen Buddhist philosophy: “Rendering oneself empty”.

The Karate taught within our school is primarily based on the schools of Shotokan and Goju Ryu karate with influences from Kyokushinkai karate. The style taught within Mountain Warriors is a hard style, by this we mean that you can not learn martial arts without being able to give and take attacks at semi and full contact.

The Yamabushi Ryu Karate grading syllabus and philosophy

The structure of training laid down in this syllabus is intended to encourage the student to include not only the study of the physical techniques of the art they are studying but aspects of academic study with regard to history, philosophy and warrior myth.

Many subjects exist that require some sort of test, the grading syllabus herein should be considered cumulative, i.e. students who have already graded and are taking a grade will be required to know, understand and demonstrate all the previously listed techniques and kata's. Where requirements become more stringent (such as stamina) these are stated: otherwise previous level is expected. Gradings within the school should be considered as a “rite of passage”, for such were the ritual selection tests for aspiring members of the warrior caste.

The grades below black belt are “Kyu” grades (meaning student) and are numbered in descending order, 10 being the lowest. For junior students these are then subdivided into a number of “tags” per Kyu grade to recognise that it takes longer for children to master what adults pick up more easily. Most martial arts apply various colours of belts to identify the Kyu grades and these differ between associations: the important factor is the Kyu grade itself, since these are indicative of experience and skill level reached, and not the colour.

The Black belt or Dan grade (meaning teacher) is within the reach of all people who are prepared to work and commit themselves to a long period of dedicated training. Karate does not however stop at black belt, this grade is a springboard to greater interest and challenges, both mental and physical, with real benefits in self development and improvement.

Gradings up to and including 2nd Kyu can be taken at 3 monthly intervals with the approval of your teacher. Above this grade there is a minimum stipulation for the time spent actively training which the student must wait before attempting the next grade. This “training experience period” becomes longer as the grade increases.

Colour	Grade	Meaning	Rank
White	Ungraded	Purity	Soul in heaven
Red	10 th Kyu	Jukyu	Blood
Yellow	9 th Kyu	Kukyu	Light
Orange	8 th Kyu	Hachikyu	Blossom
Green	7 th Kyu	Shichikyu	Trees and grass
Green	6 th Kyu	Rokkyu	
Blue	5 th Kyu	Gokyu	Water
Blue	4 th Kyu	Yonkyu	
Mauve	3 rd Kyu	Sankyu	
Brown	2 nd Kyu	Nikkyu	Earth
Brown	1 st Kyu	Ikkyu	
Black	Shodan ho	Death	Reunion with creator
Black	1 st Dan	Shodan	Oku-iri
Black	2 nd Dan	Nidan	Moku-Roku
Black	3 rd Dan	Sandan	Menkyo
Black	4 th Dan	Yondan	Shidoshi ho
Black	5 th Dan	Godan	Shidoshi Kaiden
Red/White	6 th Dan	Rokudan	
Red/White	7 th Dan	Shichidan	
Red	8 th Dan	Hachidan	
Red	9 th Dan	Kudan	
White	10 th Dan	Judan	Menkyo Kaiden
			Full circle

Kobujutsu – Traditional Karate weapons

Within Mountain Warriors we believe that weaponry has always been integral to the martial arts we train in and so within our syllabus we teach a number of traditional Okinawan weapons or Kobujutsu meaning “old martial arts”.

Roku Shaku Bo	Six foot staff
Katana	Single edged curved long sword
Tanto	Knife
Nunchaku	Flail
Sai	Fork
Tonfa	Side handle baton
Kama	Sickle
Nuntei	Seven foot staff with “Manji no sai” like implement on one end
Ticchu	Six inch stick with finger ring
Suruchin	Weighted chain
Kobutan	A modern version of the Ticchu

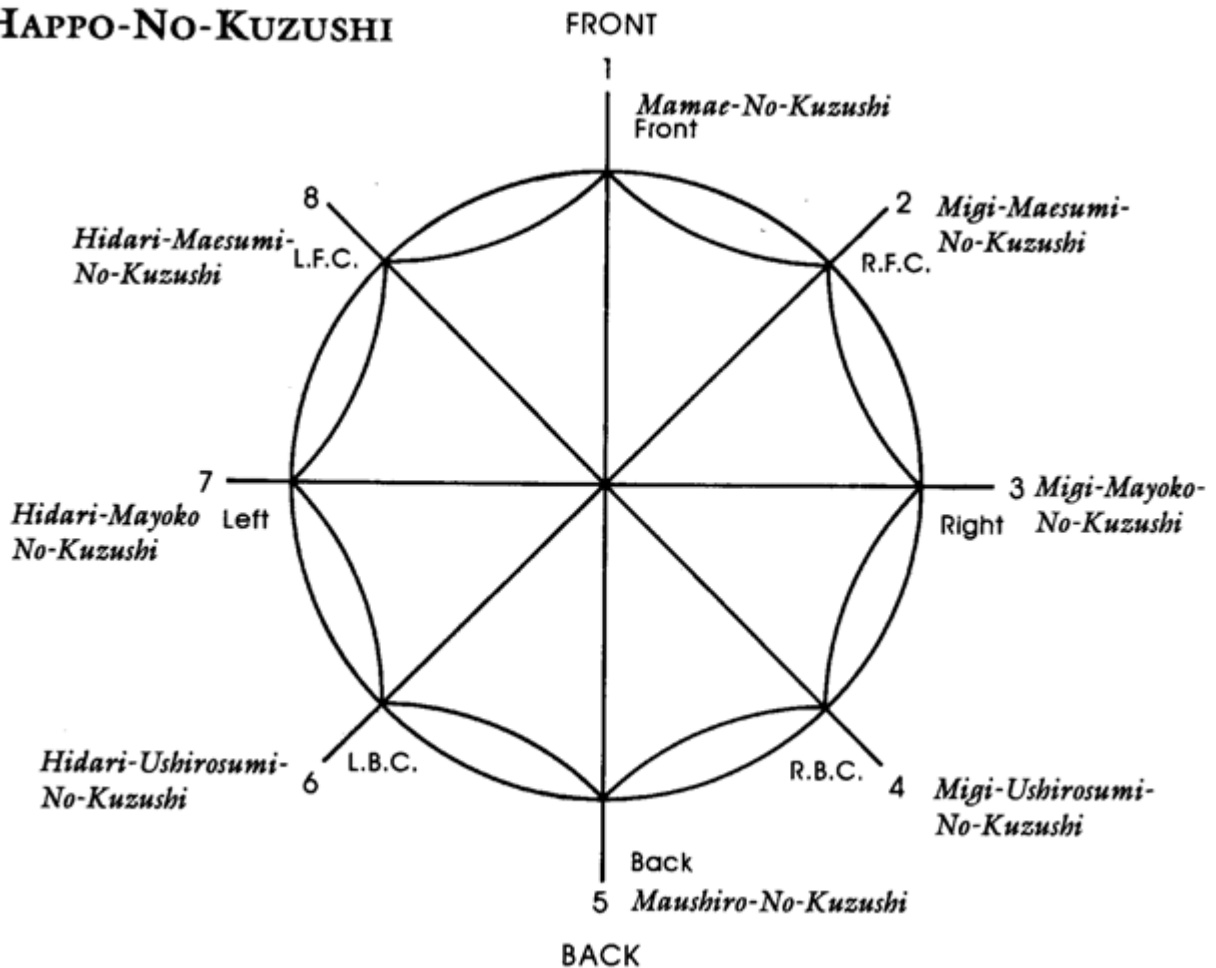
Happo no Kuzushi – 8 direction form

It is important that you understand the effect of taking one step in any of the eight major directions, you should be aware of the effects that shortening or extending the range between you and your attacker.

Zenpo Sayu	Forward (left or right leg)
Nanamemae Sayu	Diagonal forward (left or right leg)
Yoko Sayu	Side movement (left or right leg)
Koho Sayu	Rear (left or right leg)
Naname Koho Sayu	Diagonal rear (left or right leg)

The working circle is the furthest point that you can reach (roughly three foot), when you use a weapon then this area is increased by the range of the weapon plus the reach of your arm, i.e. a katana blade would be about three foot therefore your circle should be six feet radius. This understanding is key to all martial arts and is known as Ma ai or combative distance.

HAPPO-NO-KUZUSHI



Reigi - Bows

At the start of the lesson

You should start the class by lining up, standing in grade order, when the instructor moves to a kneeling posture you should follow suit. Sit quietly in seiza and empty your mind of all thoughts, while concentrating on your breathing.

When all are ready the sempai (senior student) will say

“Sensei ni rei” (bow to teacher)

at the same time you perform a kneeling bow and return to seiza. Then all students will say together

“Onagaishi masu” (please assist us)

While at the same time you will perform a kneeling bow and return to seiza.

At end of class

Line up standing in grade order, when the instructor moves to a kneeling posture you should follow suit. Sit quietly in seiza, close your eyes and breathe deeply while emptying your mind of all thoughts.

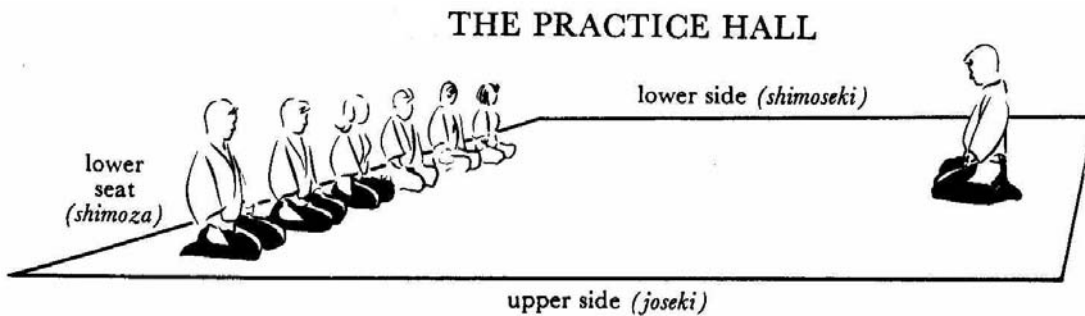
When all are ready the sempai (senior student) will say

“Sensei ni rei” (bow to teacher)

While at the same time you will perform a kneeling bow and return to seiza. Then all students will say

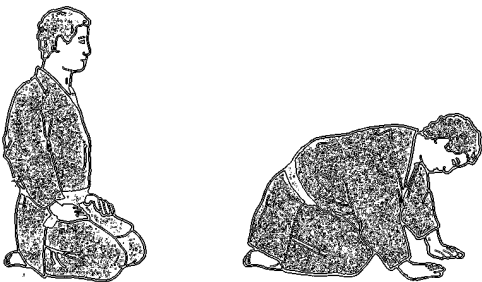
“Domo arigato” (thank you)

While at the same time you will perform a kneeling bow and return to seiza.

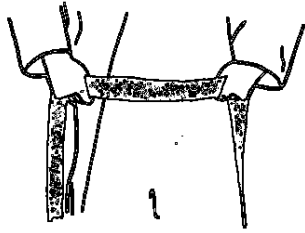


Kneeling Bow - Za rei

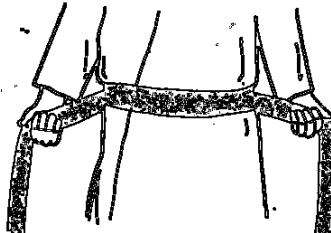
You should start this bow kneeling in Seiza; your hands should be resting on your knees (if male) or thighs (if female). Take your left hand forward and place it palm down and pointing in to the centre about 6 inches in front of your knee. Now do the same with your right hand while lowering your head towards the mat. You should lower your head so your face is parallel to the mat that you are able (with your peripheral vision to see all the way around your body).



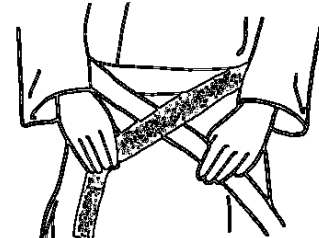
Tying your belt



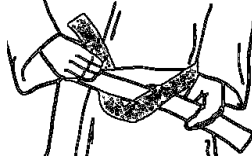
Take the belt in both hands, and find its mid section.



Pass it once around the waist, from the front as shown.



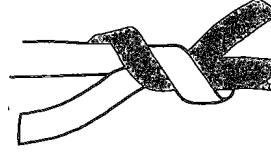
Bring it together with the left end over the right end.



Feeding the outer belt end underneath all the wrapped around sections of the belt begins the knot.



It is finished by tying the two free ends right over and through the left as in a "Reef knot".



The belt should be tied reasonably tightly so that it will not come undone.

Overview

The belt or OBI goes around the waist twice and is symbolic of the original Obi that was worn and would be used to carry the Daisho (long sword and short sword) as well as other weapons and utensils.

The long sword would go through both belts and the short sword between the belts, this is to stop the swords tapping against each other and making any noise.

Saho - Etiquette

Proper observance of etiquette is as much a part of your training as is learning techniques. In many cases observing proper etiquette requires one to set aside one's pride or comfort. Standards of etiquette may vary from one dojo or organisations, but the following guidelines are nearly universal. Please take matters of etiquette seriously.

1. When entering or leaving the dojo, it is proper to bow in the direction of the kamiza, or the front of the dojo. You should also bow when entering or leaving the mat.
2. No shoes on the mat.
3. Be on time for class. Students should be lined up and seated in seiza approximately 3-5 minutes before the official start of class. If you do happen to arrive late, sit quietly in seiza on the edge of the mat until the instructor grants permission to join practice.
4. Remove watches, rings and other jewellery before practice as they may catch your partner's hair, skin, or clothing and cause injury to oneself or one's partner.
5. Do not bring food, sweets, or drinks onto the mat. It is also considered disrespectful in traditional dojo to bring open food or drink into the dojo.
6. Please keep talking during class to a minimum. What conversation there is should be restricted to one topic – Karate. It is particularly impolite to talk while the instructor is addressing the class.
7. If you are having trouble with a technique, do not shout across the room for help. First, try to figure the technique out by watching others. Effective observation is a skill you should strive to develop as well as any other in your training. If you still have trouble, approach the instructor at a convenient moment and ask for help.
8. Keep your training uniform clean, in good shape, and free of offensive odours.
9. During class, if the instructor is assisting a group in your vicinity, it is frequently considered appropriate to suspend your own training so that the instructor has adequate room to demonstrate.
10. If you should have to leave the mat or dojo for any reason during class, approach the instructor and ask permission.
11. Do not lean against the walls or sit with your legs stretched out. (Sit in seiza or fudoza)
12. Please keep your fingernails (and especially one's toenails) clean and cut short.
13. Carry out the directives of the instructor promptly. Do not keep the rest of the class waiting for you!
14. Do not engage in rough-housing or needless contests of strength during class.
15. Please pay your membership fees promptly. If, for any reason, you are unable to pay on time, talk with the person in charge of collecting the fees. Sometimes special rates are available for those experiencing financial hardship.
16. Change your clothes only in designated areas (not on the mat!).
17. Remember that you are in class to learn, and not to gratify your ego. An attitude of receptivity and humility (though not obsequiousness) is therefore advised.
18. It is considered polite to bow upon receiving assistance from the instructor.

**10th Kyu – Red belt
(Blood – Birth in matter)**

Section	Japanese	English	Taught	Pass / Fail / Comment
Stances	Fudo Dachi	Ready Stance		
	Yoi Dachi	Preparatory stance		
	Zenkutsu Dachi	Forward leaning stance		

Blocks	Jodan Uke	Upper block		
	Gedan Barai	Lower block (sweeping/parry)		

Strikes	Seiken	Making a fist (Fore fist)		
	Jodan Tsuki	Front punch to head		
	Chudan Tsuki	Front punch to the chest		
	Gedan Tsuki	Front punch to lower abdomen		
	Morote Tsuki	Double punch		

Kicks	Kin Geri	Groin kick		
	Hiza Geri	Knee kick		
	Mae Geri	Front kick (Waist height)		

Other	Brief knowledge of the origins of karate		
	Etiquette in the Kan or Dojo (training hall)		
	How to wear and fold a karate suit (Gi)		
	Tying a belt		
	Parts of the body – Stern ham and floating ribs		
	5 minutes fitness		
	Minimum 13 hours training		

Comments	
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All techniques are to be demonstrated on striking pads.

**9th Kyu – Yellow belt
(Light – Learning about life)**

Section	Japanese	English	Taught	Pass / Fail / Comment
Stances	Kokutsu Dachi	Backward leaning stance		
	Hanmi	Fighting stance		
	Seiza	Formal kneeling stance		
Blocks	Chudan uchi uke	Middle inside block		
	Kake	Hook block		
Strikes	Ago uchi	Snap punch to jaw		
	Gyaku Tsuki	Reverse punch		
	Tate Tsuki	Upright fist		
Kicks	Principles of kicking			
	Mae Keage	Straight leg swinging kick		
	Mawashi geri	Roundhouse kick (thigh & ribs)		
Kata	Level 1 kata			
Other	2 x 5 minutes fitness			
	Parts of the body – Thigh and Shin			
	Minimum 13 hours training			

Comments	
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All techniques are to be demonstrated on striking pads.

8th Kyu – Orange belt
(Blossom – Realisation of ignorance)

Section	Japanese	English	Taught	Pass / Fail / Comment
Stances	Kiba Dachi	Horse stance		
	Shizen tai	Natural stance		
Blocks	Chudan soto uke	Middle outside block		
	Uchi uke / Gedan Barai	Combined block		
Strikes	Uraken Shomen Ganmen Uchi	Backfist strike (to bridge of nose)		
	Uraken Sayu Uchi	Backfist strike (to side of head)		
	Uraken Hizo Uchi	Backfist strike (to side – spleen)		
	Jun Tsuki	Lunge thrust strike		
Kicks	Soto Mawashi Keage	Outside circular straight leg kick		
	Uchi Mawashi Keage	Inside circular straight leg kick		
Kata	Level 1 kata			
Other	Use of pads			
	Ipon Kumite	One step sparring		
	Mogare	Silent breathing		
	Ibuki	Exhaling under tension		
	3 x 5 minutes fitness			
	Parts of the body – Temple and spleen			
	Minimum 13 hours training			

Comments

All techniques are to be demonstrated on striking pads.

7th Kyu – Green/White belt
(Trees and grass – Appreciation of knowledge)

Section	Japanese	English	Taught	Pass / Fail / Comment
Stances	Neko Ashi Dachi	Short back stance (cat stance)		
	Sanchin Dachi	Hourglass Tension stance		
Blocks	Shuto Uke	Knife hand block		
Strikes	Tetsui Komi Kami	Hammerfist strike to temple		
	Tetsui Oroshi	Hammerfist strike to forehead		
	Tetsui Hizo	Hammerfist strike to spleen		
Kicks	Mae Geri Jodan	Front kick to head		
	Kanzetsu Geri	Side kick to knee joint		
	Yoko Geri Chudan	Side kick to body		
Kata	Level 1 kata			
Other	Run a warm up			
	Shiai	1 x 3 minute round		
	Parts of the body – 4 th rib and Kidney			
	Minimum 26 hours training			

Comments

All techniques are to be demonstrated on partner.

Students **MUST** have their own sparring equipment, this should include Hand pads, shin and instep and gum shield.

6th Kyu – Green belt

(Trees and grass – Appreciation of knowledge)

Section	Japanese	English	Taught	Pass / Fail / Comment
Stances	Musubi Dachi	Heels together, feet splayed 45°		
Blocks	Shotei Uke	Heel of hand block		
Strikes	Shotei Uchi	Palm heel strike		
	Yohon Nukite	Four finger strike		
	Nihon Nukite	Two finger strike to eyes		
	Furi Uchi	Hook punch		
Kicks	Ushiro Geri	Rear kick		
	Kakato geri	Heel kick		
Kata	Level 1 kata			
Kobujutsu	Kenjutsu	Basic understanding of the sword		
Other	Combinations of basic techniques			
	Shiai	2 x 3 minute rounds		
	Parts of the body – Collar bone and point below ear			
	Eight points of balance			
	Minimum 26 hours training			

Comments

All techniques are to be demonstrated on partner.

**5th Kyu – Blue/White belt
(Water – Reflection on the past)**

Section	Japanese	English	Taught	Pass / Fail / Comment
Stances	Heisoku Dachi	Feet together stance		
	Tsuri Achi Dachi	Crane stance		
Blocks	Juji Uke Gedan	Lower two handed block		
	Juji Uke Jodan	Upper two handed block		
Strikes	Shuto Uchi	Knife hand strike		
	Mawashi Uchi	Roundhouse strike		
	Nihon Nukite	Two finger strike to eyes		
	Furi Uchi	Hook punch		
Kicks	Oroshi Kakato Geri	Axe kick		
	Kekomi	Push/thrust kick		
Kata	Level 1 kata			
Kobujutsu	Rokushaku bojutsu	Basic understanding of the six foot staff		
Other	Combinations of basic techniques			
	Shiai	3 x 3 minute rounds (1 win)		
	Kiai	Spirited shouts		
	Happo	Infinite ways of moving		
	Parts of the body – Temple and base of skull			
	Fighting strategy			
	Minimum 26 hours training			

Comments	
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All techniques are to be demonstrated on partner.

Fitness 30 Press ups
 50 sit ups
 50 Squats
 30 Mountain Climbs

**4th Kyu – Blue belt
(Water – Reflection on the past)**

Section	Japanese	English	Taught	Pass / Fail / Comment
Stances	Kake Dachi	Cross over stance		
	Shiko Dachi	Square stance		
Blocks	Morote Uke	Assisted block		
Strikes	Haito	Ridge hand		
	Ippon Ken	One knuckle punch		
Kicks	Mawashi Sune Geri	Shin kick		
	Kekomi	Push/thrust kick		
Kata	Level 1 kata			
Kobujutsu	Tonfa	Basic understanding of the side handle baton		
Other	Combinations of techniques			
	Shiai	4 x 3 minute rounds (2 wins)		
	Ma wa i	Distance training		
	Parts of the body – Kidneys and Throat			
	Referee Terminology			
	Understanding of competition rules			
	Breaking – Palm heel			
	Minimum 26 hours training			

Comments	
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All techniques are to be demonstrated on partner.

In addition must have competed in 1 competition

**3rd Kyu – Mauve belt
(Water – Reflection on the past)**

Section	Japanese	English	Taught	Pass / Fail / Comment
Stances	Teji Dachi	T Stance		
Blocks	Hiza Uke	Knee block		
Strikes	Hiji ate Jodan	Elbow strike to head		
	Hiji ate Chudan	Elbow strike to body		
	Hiji ate age	Rising elbow strike to chin		
	Hira Ken	Fore knuckle fist		
Kicks	Kake Geri (kakato)	Hook kick with heel		
	Kake Geri (Chusoku)	Hook kick with ball of foot		
Kata	Level 1 kata			
Kobujutsu	Sai	Basic understanding of the fork		
Other	Combinations of basic techniques			
	Jissen Kumite	Full contact sparring		
	Parts of the body – Knee and foot			
	Basic Massage			
	Referee competitions			
	Breaking – Fist			
	Minimum 26 hours training			

Comments	
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All techniques are to be demonstrated on partner.

In addition must have competed in 2 competitions

**2nd Kyu – Brown/White belt
(Earth – Contemplation of the future)**

Section	Japanese	English	Taught	Pass / Fail / Comment
Strikes	Hiji ate Mae	Elbow strike to solar plexus		
	Hiji ate Oroshi	Elbow strike from above the head		
	Hiji ate Ushiro	Reverse elbow strike		
	Kakuto	Bent wrist strike		

Kicks	mikazuki Geri	Crescent kick		
	Gyaku mawashi geri	Reverse round kick		
		Forward foot sweep		

Kata	Level 2 kata		
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Kobujutsu	Nunchaku	Basic understanding of the flail		
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Other	Combinations of techniques			
	Jissen Kumite	Full contact sparring		
	Teaching Skills			
	Basic first aid			
	Referee competitions			
	Breaking – Foot			
	Minimum 52 hours training (6 months)			

Comments	
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All techniques are to be demonstrated on partner.

In addition must have refereed a competition

Fitness 40 Press ups
 60 sit ups
 60 Squats
 40 Mountain Climbs

**1st Kyu – Brown belt
(Earth – Contemplation of the future)**

Section	Japanese	English	Taught	Pass / Fail / Comment
Strikes	Hiraken uchi	Rabbit punch		
	Shita Tsuki	Lower thrust		
	Washide	Eagle hand		

Kicks	Tobi Mae Geri	Jumping front kick		
	Shiho Geri	Four direction kicking		
	Fumi komi	Stamping kick		
		Side foot sweep		

Kata	Level 2 kata		
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Kobujutsu	Kama	Basic understanding of the Sickle	
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Other	Combinations of techniques			
	Jissen Kumite	Full contact sparring		
	Teaching Skills			
	Basic first aid			
	Referee competitions			
	Breaking – Shuto			
	Minimum 52 hours training (6 months)			

Comments	
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All techniques are to be demonstrated on partner.

In addition must have refereed 2 competitions

Fitness 50 Press ups
 80 sit ups
 80 Squats
 50 Mountain Climbs

**Shodan ho – Black belt
(Death – Reunion with creator)**

Section	Japanese	English	Taught	Pass / Fail / Comment
Blocks	Koken uke	Wrist block		
	Sune uke (soto)	Shin block (outside)		
	Sune uke (uchi)	Shin block (inside)		
Strikes	Koken uchi	Wrist strike		
Kicks	Tobi Yoko Geri	Jumping side kick		
	Tobi Mawashi Geri	Jumping roundhouse kick		
Kata	2 x Level 2 kata			
Kobujutsu	Ticchu & Kubotan	Basic understanding of the six inch stick with finger ring		
Other	Knowledge of anatomy			
	Conducted yourself in a manner consistent with the grade of black belt.			
	Minimum 60 hours training (12 months)			
	Jissen Kumite	Full contact sparring – 5 man kumite		

Comments	
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All techniques are to be demonstrated on partner.

In addition must have refereed 2 competitions

Fitness 60 Press ups
 100 sit ups
 100 Squats
 60 Mountain Climbs

**1st Dan (Shodan) – Black belt
(Oku-iri – Entrance to secrets)**

There is no test for shodan. Shodan is presented upon satisfactory completion of a six months probationary period from obtaining you Shodan-ho.

2nd Dan (Nidan) – Black belt (Moku Roku – Catalogued)

Section	Japanese	English	Taught	Pass / Fail / Comment
Strikes	Toho Uchi	Strike to throat		
	Oya Yubi Ken	Thumb knuckle strike		
Kicks	Tobi Ushiro Geri	Jumping back kick		
Kata	2 x Level 2 kata			
Kobujutsu	Suruchin	Basic understanding of the weighted chain		
Other	Knowledge of anatomy			
	Conducted yourself in a manner consistent with the grade of black belt.			
	Actively promote the association			
	Minimum 120 hours training (24 months)			
	Jissen Kumite	Full contact sparring – 10 man kumite		

Comments

All techniques are to be demonstrated on partner.

Promotion beyond 2nd Dan is at the invitation of the masters and any grading requirements will be at there discretion.

Kata

Students should over the period of two grades learn to fully understand each kata at all levels

- Kihon Bunkai Kumite Basic understanding and application of each set of movements
- Henka Bunkai Kumite Variations on application of movements
- Oya Bunkai Kumite Spontaneous execution of movements

Level 1 kata – Kyu grade kata

Heian Shodan	Shotokan	
Heian Nidan	Shotokan	
Heian Sandan	Shotokan	
Heian Yondan	Shotokan	
Heian Godan	Shotokan	
Geki Sai Dai Ichi	Goju Ryu	“To attack and destroy”
Geki Sai Dai Ni	Goju Ryu	“To attack and destroy”

Level 2 kata – 2nd Kyu – 2nd Dan kata

Tekki Shodan	Shotokan	
Bassai Dai	Shotokan	
Kanku Dai	Shotokan	
Kanku Sho	Shotokan	
Empi	Shotokan	
Jion	Shotokan	
Hangetsu	Shotokan	
Niju Shiho	Shotokan	
Bassai Sho	Shotokan	
Tekki Nidan	Shotokan	
Jitte	Shotokan	
Sochin	Shotokan	
Unsu	Shotokan	
Chinte	Shotokan	
Gangaku	Shotokan	
Tekki Sandan	Shotokan	
Jiin	Shotokan	
Gojushiho Dai	Shotokan	
Wankan	Shotokan	
Meikyo	Shotokan	
Saifa	Goju Ryu	“To smash and tear to pieces”
Sanchin	Goju Ryu	“Three battles or conflicts”
Seiyunchin	Goju Ryu	“Control, Suppress and pull”
Shisochin	Goju Ryu	“Four gates” or “Four directions of conflict”
Sanseru	Goju Ryu	“36 hands”
Sepai	Goju Ryu	“18 hands”
Kururunfa	Goju Ryu	“Holding Ground”
Seisan	Goju Ryu	“13 hands”
Suparinpei	Goju Ryu	“108 hands”
Tensho	Goju Ryu	“Turning palms”

Glossary of terms

Listed below are some of the more common words used in karate. Like most languages some Japanese words do not have a direct translation into English and some words may have more than one meaning.

Age	Rising	Kake	Hooking
Ago	Jaw	Kame-te	Start/action
Aka	Red	Kami	Temple
Ashi	foot	Kan	Hall
Ate	Strike	Kata	Form (pattern of movements)
Barai	Sweep	Kata Garuma	Shoulder wheel throw
Bunkai	Breakdown or decomposition	Keage	Swung straight leg kick
Bushi	Warrior	Keiko	Chicken beak hand
Chudan	Middle level	Ken	Fist or blade
Chusoku	Ball of foot	Keri	Kick
Dachi	Stance	Kiai	Shout
Dai	first	Kiba	Straddle position of the legs
Dojo	Training hall	Kime	Focus of power
Empi	Elbow	Kohei	Junior position student
Fudo	Immovable/ready	Koken	Arc fist position strike (wrist)
Ganmen	Face	Kokutsu	Backward leaning
Gedan	Lower level	Komi	Strike against
Geri	Kick	Kumite	Fighting
Gi	Karate suit	Kyu	Student rank
Gyaku	Reversal/opposite	Mae	(to the) front
Haishu	Back of hand	Mawashi	Circular/roundhouse
Hasoku	Top of foot (instep)	Migi	Right
Haito	Ridge hand	Moroteb	Using both hands
Hajime	Start (command)	Musubi	Heels together, feet open
Heiko	Parallel	Naka yubi	Middle finger
Heisoku	Blocked feet (together)	Naori	Return (to original position)
Hidari	Left	Neko	Cat
Hiji	Elbow	Nihon	Two fingers
Hiraken	Rabbit punch	Nogare	Without counting
Hiza	Knee	Nukite	Spear hand
Hizo	Spleen	Oi	Lunge
Hombu	Headquarters of Ryu	Oroshi	Descending/over the top
Huntai	Change (position)	Osai	Pressing (with palm of hand)
Ibuki	Breathing (exhale under tension)	Osu	Statement of comment (I will endure/go further)
Ippon	One point	Otagani	Everyone
Ipponken	One knuckle	Oya Yubi	Thumb
Jiyu	Free	Rei	Bow
Jodan	Middle level	Ryu	School
Juji	Crossover	Sakotsu	Collar bone
Jun	Thrust/drive (as in a punch)	Sanchin	Hourglass position
Jutsu	Art	Sayu	Side
Kaiten	Round	Seiken	Forefist
Kakato	Heel	Seiza	Kneeling position
		Sempai	Senior student
		Sensei	Teacher
		Shihan	Master

Shiko	Sumo	Ura	Reverse (spinning)
Shiro	White	Uraken	Back of fist
Shita	Downward/below/lower	Ushiro	Backwards (turning)
Sho	Beginning		
Shomen	Forward	Yama	Mountain
Shotei	Heel of hand	Yamatsuki	Double punch
Shuto	Knife hand	Yame	Stop (command)
Sokuto	Edge of foot	Yoi	Ready
Soto	Outside	Yoko	Side
Sono	After a number (joiner)	Yon	Four
Sukui	Scooping	Yubi	Finger
Sune	Shin		
		Zenkutsu	Forward leaning
Tai Sabaki	Body movement/shifting	Zanshin	"Remaining mind/heart"
Teisoku	Inner edge of foot		
Tate	Upright fist position	1	Ichi
Tettsui	Bottom of fist/hammerfist	2	Ni
Tobi	Jumping	3	San
Toho	Hand position for grab to throat	4	Shi
Tsuki	Punch	5	Go
Tsuru	Crane position	6	Roku
		7	Shichi
Uchi	Inside or strike	8	Hachi
Ude	Forearm	9	Ku
Uke	Block	10	Ju

Glossary of refereeing terms

Aiuchi	Simultaneous scoring technique – No point awarded to either contestant. Referee brings fists together in front of chest
Aka (Shiro) Ippon	Red (white) scores ippon – The referee obliquely raises their arm on the side of the winner
Aka (Shiro) no kachi	Red (white) wins – The referee obliquely raises their arm on the side of the winner
Atenai yoni	Warning without penalty – This may be imposed for attended minor infractions or for the first instance of a minor infraction. The referee raises one hand in a fist with the other hand covering it at chest level and shows it to the offender
Atoshi Baraku	A little more time left – An audible signal will be given by the timekeeper 30 seconds before the actual end of the bout
Chui	Warning
Hajime	Begin – A command given to start a given drill, kata or kumite
Hansoku chui	Warning with an ippon penalty – This is a penalty in which an ippon is added to the opponents score. Hansoku chui is usually imposed for infractions for which a Keikoku has previously been given in that bout. The referee points with their index finger to the abdomen of the offender parallel with the floor
Hantei	Judgement – Referee calls for judgement by blowing his whistle and the judges render their decision by flag signal
Hantei kachi	Winner by decision
Hikiwake	Draw – Referee crosses arms over chest, then uncrosses and holds arms out from the body with palms showing upwards
Jikan	Time
Jogai	Exit from the fighting area – The referee points with his index finger at a 45° angle of the area boundary on the side of the offender
Jogai keikoku	Second exit from the fighting area – Wazari penalty is given to the offender
Jogai hansoku chui	Third exit from the fighting area – Referee uses two hand signals with the announcement “Aka (or shiro) jogai hansaku”. The referee first points with their index finger to the match boundary on the side of the offender, then to the offenders abdomen. An ippon is awarded to the opponent
Jogai hansoku	Fourth exit from the fighting area – Fourth exit from the fighting area causes victory to the opponent
Kachi	Victory
Keikoku	Warning with Waza ari penalty in sanbon shobu – This is a penalty in which waza ari is added to the opponents score. Keikoku is imposed for minor infractions for which a warning has previously given in that bout, or for infractions not sufficiently serious enough to merit hansoku chui. Referee points with their index finger to the feet of the offender at an angle of 45°
Kiken	Renunciation – The referee points one index finger towards the contestant

Mienai	I could not see – A call by a judge to indicate that a given technique was not visible from their angle
Moto no ichi	Original position – Contestants, referee and judge return to their respective standing lines
Mumobi	Warning for lack of regard for ones own safety – Referee points one index finger in the air at a 60° angle on the side of the offender.
Mumobi keikoku	Warning with waza-ari penalty – Referee uses two hand signals with announcement Aka (shiro) Mumobi keikoku. The referee points with their index finger at a 60° angle on the side of the offender, then to the offenders feet.
Shiai	A match or contest
Shikkaku	Disqualification – The opponents score is raised to sanbon, the referee first points their finger to the offenders face then obliquely above and behind. The referee will announce with appropriate gesture as previously given “Aka (shiro) no kachi”
Shiro	White
Shobu ippon	One point match
Shobu nibon	Two point match
Shobu sanbon	Three point match – This is the usual for tournaments
Shobu hajime	Start the extended bout
Shobu sanbon hajime	Start the three point bout
Shugo	Judges called – The referee beckons to the judges with their arms
Torani	No score
Torimasen	Unacceptable as scoring technique – Referee crosses arms across chest then uncrosses and holds arms out from the body with their palms facing downwards towards body
Tsukukete	Fight on – Resumption of fighting when unauthorised interruption occurs
Tsukukete hajime	Resume fighting begin – Referee standing upon their line steps back into zenkutsu dachi and brings the palms of their hands towards each other
Yame	Stop