

Academy of Martial Arts Studies
ATERU GOJU RYU KARATE JUTSU
TERMINOLOGY SHEET

419-422-9262 www.martialartsstudies.com

UKE – Block	SENSEI-Teacher	HAITO UCHI-Ridge Hand Strike
TSUKI/UCHI-Strike	SEMPAI-Sr. Student/Mentor	AGE UKE-Rising Block
GERI- Kick	KOHAI-Jr. Student/Beginner	CHUDAN UKE-Middle Block closed fist
AGE-Upper	SHIHAN- Master-	GEDAN BARAI-Lower Chop Block
CHUDAN-Middle	RENSHI-Polished instructor	HARAIOTOSHI UKE-Low Circular Block
GEDAN- Lower	KYOSHI-Professor	NEKOASHI DACHI- Cat Foot Stance
DACHI-Stance	HANSHI-Master Teacher	SHIKO DACHI- 4 Corner Sumo/Horse Stance
KIME- Focus	SOKE-Head of Family/Final authority of all techniques in a style	

KYU-Below Black Belt Rank	KATA-Martial Arts Forms/Karate Dance	OHIO-Good Morning
DAN-Black Belt Rank	BUNKAI-Practical Applications of Kata	KONNICHIIWA-Good Day
JUDO-Throwing/Grappling Art	KUMITE-Fighting Portion of Karate	KONBANWA-Good Evening
IAIDO-Art of Sword	KATANA-Long Sword	NOMIMASU- To Drink
BJJ-Brazilian Ju Jitsu	WAKAZASHI-Short Sword	TABEMASU-To Eat
BA GUA-Powerful GungFu	TANTO-Japanese Knife	DAIJOBU- It's Ok.
MUAY TAI-Tai Boxing	TEKKO-Okinawan Brass Knuckles	DAME-It's BAD
SAMURAI-Warrior Class	BO STAFF-Long Stick	ONEGAI SHIMASU-request
IPPON-1 point	IPPON KUMITE-1 point match	MO ICHIDO-Do it again
SANBON-3 points	SANBON KUMITE-3 point match	SEIZA- Be seated
WAZARI-Half Point	KI O TSUKETE- Stand at Attention	MOKUSO-Close your eyes
SEIKEN -Square knuckle	YASUME- Command to relax stance	MOKUSO YAME-open eyes
NAKA TAKA KEN-single knuckle	HAJIME- To Begin a series of moves	RE – Command to bow
SHOMEN NI TAISHITE RE-Respectfully bow in the direction of the main wall		
SENSEI NI TAISHITE RE-Respectfully bow in the direction of the SENSEI		
ALTAGAI NI RE-Bowing to each other. (This done when line up includes the chief inst. & assistant.)		
JUMBI UNDO-Warm Ups	MAKIWARA-Old style punching block	HAKAMA-Samurai Skirt
MIGI-Right	GOJU-Hard/Soft	KARATE-Open Hand
ATERU GOJU RYU KARATE JUTSU-Invasive Hard Soft Style of CHINA Hand ART		

MAE AI-Distance between opponents	GI-Uniform	AWA-Ateru Worldwide Association
KOGAN GERI-Groin Kick	OBI-Belt	SHOTOKAN-Sport Karate
MAE GERI-Front Snap Kick	GETA-Japanese Shoes	RYOBUKAI-Type of Shotokan
KANSETSU GERI-Joint Kick	BOSHI-Hat	YAMAGUCHI-Goju's First Family
SOKUTO GERI-Side Kick	KARUMA-Car	MIYAGI-Invented original Goju
USHIRO GERI-Mule Kick	ZITENSHIA-Bicycle	FUNAKOSHI-Invented Shotokan
FUMI GERI-Stomping Kick	GAKKO-School	UESHIBA-Invented Aikido
KEKOMI-Thrusting-(Kick)	GAKUSEI-Student	UECHI-Invented Uechi Ryu
YOKO GERI-Roundhouse kick toesback	ATSUI-Hot	TAE KWON DO-Korean Sport karate
MAWASHI GERI-Above w/instep	SAMUI-Cold	MMA-Non traditional fighting

