

PHYE 232 – Martial Arts

Basic Goju Ryu Terminology

Formality

Onegai-shimasu

“please teach me”

- phoenetically : oh knee gah she mas
- used when entering the dojo.
- used to greet instructor or fellow students
- used before starting a kata

Arigato-gozaimeshita

“thank you very much”

- Phoenetically : ar a gah toe go zae mah shee tah
- used when exiting dojo
- used after receiving instruction
- used after completion of a kata

At the beginning of class

Okinawan	English
Shugo	line up
Kiyotsuke	attention
Mokuso	meditation
Mokuso yame	stop meditation
Rei	bow

At the end of class

Okinawan	English
Shugo	line up
Kiyotsuke	attention
Mokuso	meditation
Mokuso yame	stop meditation
Rei	bow

General Vocabulary

Okinawan	English
Sensei	Teacher
Sempai/senpai	senior student/mentor
Jodan	upper level
Chudan	middle level
Gedan	lower level
Migi	right
Hidari	left
Shomen	front
Yame	stop
Hajime	begin
Tatte	Stand Up
Yoi	Ready hands
Kamae	combative posture
One	Focus
Mouichido	One More time

Hand Strikes - Punches

Okinawan	English
Zuki (tsuki)	punch (thrust)
Uchi/ate (“ah tay”)	strike
Empi, hiji uchi, Hiji ate	elbow strike
Uraken uchi	back fist strike
Gyaku zuki	reverse punch
Shuto uchi	knife hand strike
Washide	eagle claw
nukite zuk	finger thrust
shotei uchi	palm heel strike

Foot Strikes - Kicking

Okinawan	English
Geri	kick
Mae geri	front kick
Yoko geri	side kick
Mawashi geri	round house kick
ashi barai	foot sweep
hiza geri	knee kick

Defense - Blocking

Okinawan	English
Uke	block
Jodan age uke	upper rising block
Chudan soto yoko uke	middle outside block
Gedan harai uke	lower sweeping block

Stances

Okinawan	English
Dachi	stance
Heiko dachi	parallel stance
Hachiji dachi	feet shoulder width apart, at 45 degree angle
Shiko dachi	straddle leg stance
Zenkutsu dachi	front stance
Han zenkutsu dachi	half front stance
Neko ashi dachi	cat foot stance
heisoku dachi	closed foot stance (feet together)
musubi dachi	formal attention stance (heels together, feet at an angle)
kiba dachi	horse riding stance

Counting

Korean	English	Numbers
Ichi	One	1
Ni	Two	2
San	Three	3
Shi	Four	4
Go	Five	5
Roku	Six	6
Shichi	Seven	7
Hachi	Eight	8
Ku	Nine	9
Ju	Ten	10