



GŌJURYU KARATE-DŌ BASIC JAPANESE VOCABULARY

Levels:

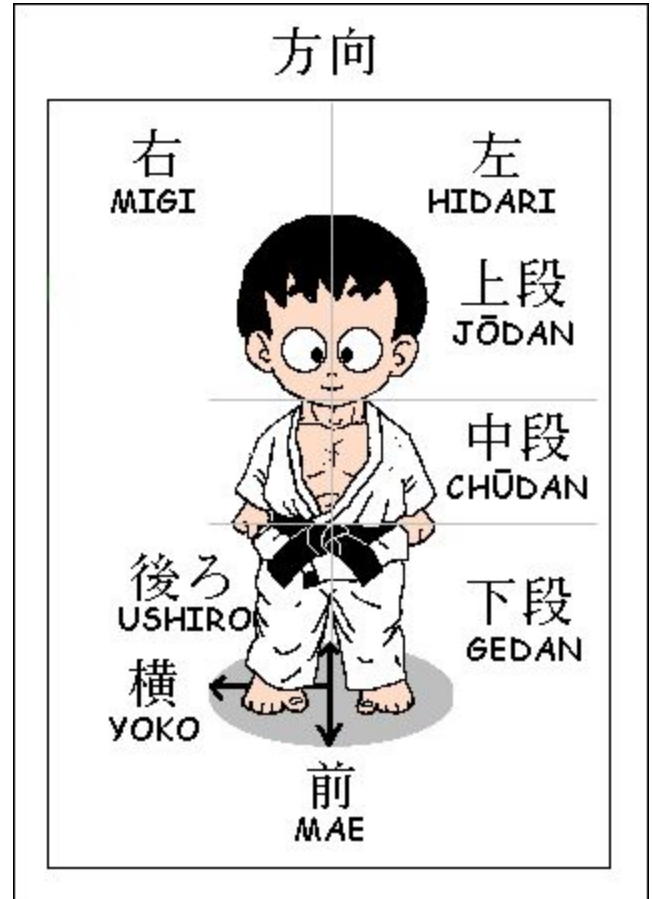
Lower level	Ge-dan 下段
Middle level	Chu-dan 中段
Upper level	Jo-dan 上段

Directions:

Back / rear	Ushiro 後ろ
Front	Mae 前
Left	Hidari 左
Right	Migi 右
Side	Yoko 横

Counting:

1	Ichi
2	Ni
3	San
4	Shi
5	Go
6	Roku
7	Shichi
8	Hachi
9	Kyu
10	Ju



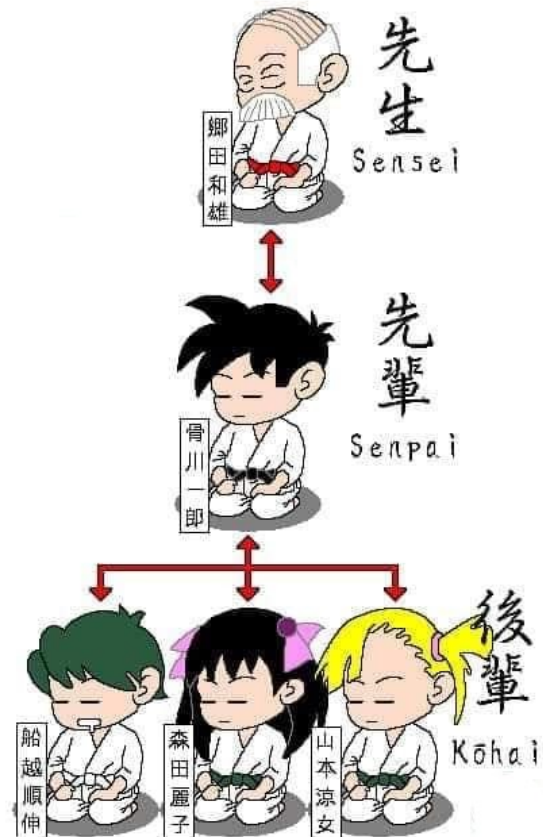


People in class

Master Instructor	Shihan 師範
Instructor/Teacher	Sensei 先生
Senior student	Senpai 先輩
Junior student	Kohai 後輩
Student	Deshi 弟子

Basic commands

Stand at attention	Kiotsuke 気を付け
Begin	Hajime 始め
Bow	Rei 礼
Face front of Dojo	Shōmen-ni 正面に
Face each other	Otagai ni お互いに
Kneeling bow	Zarei 座礼
Line up	Sei-retsu 整列
Meditation / Deep breathing	Mokuso 黙想
Recover	Naotte 治って
Proper / Formal sitting	Seiza 正座
Ready	Yōi 用意
Standing bow	Ritsu-rei 立礼
Step back / retreat	Sagatte 下がって
Stop	Yame 止め
Turn	Mawatte 回って

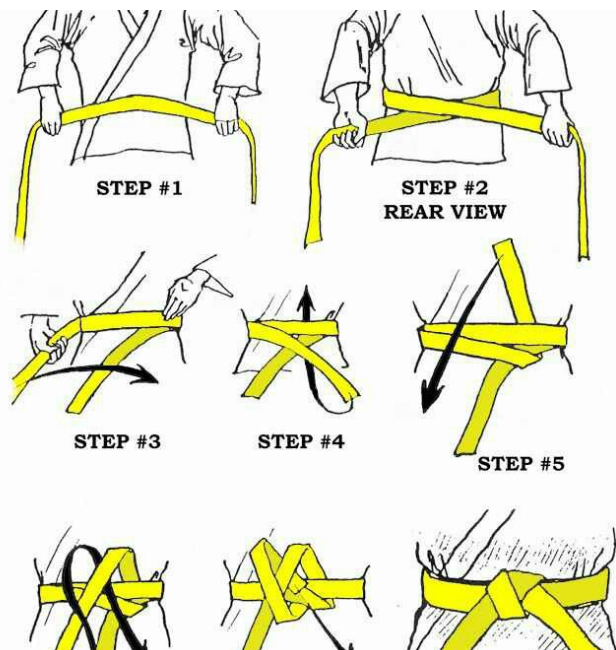




Other important terms

Initiating / executing side	Tori 取り
Defending / receiving side	Uke 受け
Focused “decisive” power	Kime 決め
Form / prearranged pattern	Kata 型
Training place / place to learn the way	Dōjō 道場
Martial Art	Budō 武道
Uniform / clothing (training clothing)	Dō-gi 道着 (Keiko-gi 稽古着)
Empty hand way	Karate-Dō 空手道
Hard Soft (gentle) style	Gōjū Ryū 剛柔流
Posture	Kamai 構え
Spirited shout	Kiai 気合
Sparring	Kumite 組手
Tighten	Shime 締め
Distance	Maai 間合い
Excuse me (please use this terminology when entering the dojo).	Shitsurei Shimasu 失礼します
Please. Use this terminology specifically when bowing into or at the beginning of an exercise.	Onegai Shimasu お願いします
Thank you very much. Use this terminology specifically when bowing out of or at the end of an exercise.	Arigatō Gozaimashita 有り難うございました

How to tie your belt





SEIWAKAI KARATE-DŌ SILICON VALLEY 501c3
 Japan Seiwakai Gōjū-Ryū Karate-Dō 全日本誠和会剛柔流空手道
 Japan Karatedo Federation Gōjū-Kai 日本空手道連盟剛柔会



Important people and organizations

Father of all Karate-Dō.	Ankō Itosu 糸洲安恒
The teacher of Miyagi Chojun.	Higaonna Kanryō 東恩納 寛量
Founder of Gōjū-Ryū Karate-Dō.	Miyagi Chojun 宮城長順
Primary propagator of Gōjū-Ryū Karate-Dō.	Yamaguchi Gogen 山口剛玄實実
Founder of Gōjū-Ryū Karate-Dō Seiwakai.	Tasaki Shuji 田崎修司
President of Gōjū-Ryū Karate-Dō Seiwakai.	Fujiwara Seiichi 藤原聖一
The association that governs all Karate in Japan.	Japan Karate-do Federation (JKF) 全日本空手道連盟
The major division of the JKF.	JKF Gōjū-Kai 全日本空手道連盟剛柔会
The association that oversees sport karate to the IOC (International Olympic Committee).	World Karate Federation 世界空手連盟 (Formerly WUKO)
Hard soft empty hand way peaceful harmony association.	Gōjū-Ryū Karate-Dō Seiwakai 剛柔流空手道 誠和会
The Great Japan Martial Arts Society (e1895).	Dai Nippon Butokukai 大日本武徳会
The official Karate representative to the US Olympic Committee	USA National Karatedo Federation (USANKF / USA Karate)



