

Beginning Terminology

When you first start class you will notice that the counting and many of the techniques are in Japanese.

Why? Traditionally Japanese is the universal language for many Karate techniques. If you learn a Mae Keage Geri (Front snap kick) in Japanese. Hopefully you could workout in an Isshinryu class in any other country and have a basic understanding of the techniques being done.

Don't worry! In the beginning classes we normally say the name of the technique in Japanese and repeat it in English. Along with demonstrating the technique. It doesn't take long and you will begin to remember these terms.

We have listed some of the basic terminology you will need to know

Count to 10 in Japanese.

We say it: 1 - itchi, 2 - ni, 3 - san, 4 - shi, 5 - go, 6 - rok, 7 - sheets, 8 - hotsh, 9 - ku, 10 - ju. We spell it: itchi, ni, san, shi, go, roko, sheetshe, hotshe, ku, ju.

At the start of class Ki ot skay = attention Rei.= bow

 Your first Stances Dachi = stance

Seisan dachi = (square stance)

Hidari seisan dachi (left foot forward stance)

Migi seisan dachi (right foot forward stance)

Seiuchin Dachi = (Similar to a Horse stance) The feet are spread apart about 1 1/2 shoulder width on the same line. Knees bent and toes pointed out at a 45 degree angle.

Directions

Hidari = Left Migi = Right

Mae (Pronounced as Mie = Forward

Yoko = Side Ushiro = Backwards

Basic Blocks Uke= Block

Jodan Uke (Head Block) Chudan Uke (Chest Block) Gedan Uke (Lower leg block)

3 areas of the body: jodan (upper), chudan (middle section), gedan (lower section)

First Kicks Geri Waza= Leg Technique

Mae keage geri = front snap kick

Yoko kekomi geri = side thrust kick

Mawashi geri = roundhouse kick

Keage = a snapping technique Kekomi = a thrusting technique

First hand techniques Te Waza = Hand Technique

Seiken = straight punch Shoti = heel of palm Tetsui = Hammerfist

A few other words you may hear

Karate = Open or empty hand Isshinryu = One Heart Way. Sensei = Teacher Kata = karate form
Taikyoku I The first kata you learn

Gi = Uniform

Obi = Belt

Dojo = work out area

