

Goju-Ryu Karate

Cheat Sheet

Dachi –Stance

Power is rooted in the feet, developed by the knees, and directed by the hips!

Heiko dachi	Natural stance
Heisoku dachi	Attention stance
Zenkutsu dachi	Forward stance
Shiko dachi	Horse, Straddle stance
Sanchin dachi	Hour Glass, Power stance
Neko ashi dachi	Cat stance
Tsuru ashi dachi	Stork stance
Teiji dachi	t-stance
Kokutsu dachi	back stance

Uke –Block

90% of blocks are executed with the front hand, making it easier to counter!

Gedan bari	Low sweeping block
Jodan uke	Rising block
Chudan uke	Inside forearm block
Soto uke	Outside forearm block
Hariatoshi	Low 3 point block
Kakewaki uke	Cross block
Mawashi uke	Roundhouse block
Take uke	Hook block
Hiza uke	Shin block
Kakuto uke	Crane head block
Shuto uke	Knife hand block
Morto uke	Augmented forearm block
Teisho uke	Palm block

Te –Hand Strikes

The principles of expansion and contraction are a must when striking and as well for blocking!

Oi zuki	Lunge punch
Gy Aku zuki	Reverse punch
Kizama zuki	Front jab
Morto zuki	Double fist punch
Rek Ken	Backfist
Ura Ken	Back fist
Tetsui	Hammer fist
Shuto	Knifehand
Teisho	Palm heel
Empi	Elbow
Mawashi zuki	Hook punch
Nukite	Finger strike

Geri –Kick

Except the instep roundhouse, remember to curl your toes for each and every kick!

Mae Geri Kekomi	Front thrust kick
Mae Geri Keage	Front snap kick
Yoko Geri Kekomi	Side thrust kick
Yoko Geri Keage	Side snap kick
Kinsetsu Geri	Joint kick, Knee break
Mawashi Geri	Roundhouse kick
Fumi Komi Geri	Stomp kick
Ushiro Geri	Back kick
Ashi Barai	Foot sweep
Mikasuki Geri	Crescent kick

Remember the joint sequence: All kicks start with the hips, work to the knee, and finish with the ankle.

Kata –Forms

A *kata* is the execution of a pre-defined series of movements which simulates a confrontation against multiple opponents. As such, remember to place yourself in the midst of your enemies and to visualise them –this in turn necessitates rhythm and timing. Moreover, full all-out intense kata will quickly demonstrate the importance of breathing.

The key points of kata are:

Pace Breathing Eyes Focus Kiai Technique

Always concentrate on posture. Never rush through the kata. You will become what you practice. If you rush your movements without purpose, your kata will become ragged and weak.

Kata –Forms

Taikyoku Gedan	First course lower
Taikyoku Chudan	First course middle
Taikyoku Jodan	First course upper
Taikyoku Mawashi Uke	First course circular block
Taikyoku Kake Uke	First course hooking block
Gekisai Itch	Attack & Smash 1
Gakisai Ni	Attack & Smash 2
Sanchin	Three Battles
Tensho	Rotating Palm
Saifa	Destroy & Defeat
Seienchin	Attack, Conquer, Suppress
San Sei Ryu	Thirty-six movements
Shi Sho Chin	Twenty-seven movements
Seisan	Fifty-six movements
Seipai	Eighteen movements

Goju History

- ◇ Sixth century Indian Buddhist monk Bodhidharma immigrated to China is credited with being the father of the martial arts.
 - ◇ Okinawa is a large island between Japan and China where many Chinese immigrated for trade.
 - ◇ As a major trading post, Okinawa produced a composite fighting style known as *Te*, “hand”, a forerunner of *karate*, “empty hand”.
 - ◇ In 1904, it was introduced into Okinawan public schools as part of the physical education curriculum.
 - ◇ In 1915, Okinawan Gichin Funakoshi brought the art to Japan, founding shotokan karate.
 - ‘Shoto’ is pine-waves and ‘kan’ is hall; shotokan was the name of his dojo.
 - ◇ Okinawan Miyagi Chojun popularised karate and incorporated Chinese forms to produce *goju ryu*, “hard soft style”.
 - He revised sanchin –the hard aspect of goju– and created tensho– the soft aspect.
 - These two kata are considered the essence of Goju Ryu.
 - The highest kata, Suparinpei, is said to contain the full syllabus of Goju Ryu.
- He designed goju’s official insignia: The goju fist, which is half open and half closed preserving the dichotomy that goju ryu is neither completely hard nor completely soft.
- The characters on the wrist read *go ju ryu*, while those on the banner read *kara te do*.
 - Its colours are white symbolising the purity of the beginner, black associated with the ideals of being a black belt, and red for mastery of the artform –the more red shaded in, the higher the rank of the bearer.
- ◇ Miyagi’s student Gogen ‘the cat’ Yamaguchi formed the All-Japan Karate-do Goju-kai, spreading the style throughout the world.

The ultimate aim of karate lies not in victory or defeat but in the perfection of character of its participants. –Gichin Funakoshi

Local Goju History

Don Warrenner, 6 Dan Popularised Goju across southern Ontario.

- ◇ Practising Goju since the age of 17; won the Canadian Karate Championships in 1968.
- ◇ Studied under Richard Kim, Bob Dalglish, Frank Lee, and Goshi Yamaguchi –Gogen’s son.

Philip McColl, 5 Dan Sensei of McMaster Dojo since 1984 –the dojo was founded by Ray Greenway in 1969.

- ◇ Began Karate at the age of 24 at the Delta club in Hamilton, run by Don Warrenner.
- ◇ Three of his graduated Shodans are World Champions
- ◇ Proficient in Goju Ryu, Kobudo –weaponry–, and Jujitsu.
- ◇ Student Chris Stafford is the founder and Sensei of the **Toronto Goju Ryu dojo**.

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General Terms

Sensei	teacher
O’Sensei	Teacher’s teacher
Dojo	training hall
Nippon	Japan
Kihon	Basics
Gi	Uniform
Obi	Belt
Kyu	Boy
Dan	Man
Mukso	Meditate
Kimi	Focus
Kilskai	Attention
Rei	Bow
Ashimai	Begin
Yemai	Stop
Kia	Yell

Japanese Numbers

0	rei
1	ichi
2	ni
3	san
4	yon
5	go
6	roku
7	nana
8	hachi
9	kyuu
10	juu
100	hyaku
1000	sen

- ◇ 11, 12, . . . , 19 are juu ichi, juu ni, . . . , juu kyuu.
- ◇ 20, 30, . . . , 90 are ni juu, san juu, . . . , kyuu juu.
 - Likewise, 200, . . . , 900 are ni hyaku, . . . , kyuu hyaku.
 - ★ Exceptions: 300 san byaku, 600 ro ppyaku, 800 ha ppyaku.
- ◇ twenty-one, sixty-nine, eighty-two, . . . are ni juu ichi, roku juu kyuu, hachi juu ni,
 - Likewise, 368 is three hundred and sixty-eight which is san byaku roku juu hachi.