

Goju-Ryu Karate

Cheat Sheet

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

Dachi –Stance

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

Sanchin dachi	Power stance
Zenkutsu dachi	Forward stance
Sheko dachi	Straddle stance
Heiko dachi	Natural stance
Musubu dachi	Ready stance
Neko ashi dachi	Cat stance

Geri –Kick

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

Mae Geri	Front kick
Kensetsu Geri	Joint kick
Mawashi Geri	Roundhouse kick
Ushiro Geri	Back kick
Yoko Geri	Side kick
Fumi Komi Geri	Stomp kick
Hiza Geri	Knee kick
Mikasuki Geri	Crescent kick

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

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

Hariatoshi	3 point low block
Take uke	Hooking block
Mawashi uke	Roundhouse block
Age uke	High block
Uchi uke	Inside block
Soto uke	Outside block
Gedan bari	Low sweeping block
Kakuto uke	Chicken head 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 zuke	Lunge punch
Gyaku zuke	Reverse punch
Kizama zuke	Jab punch
Shuto	Knifehand
Teisho	Palm heel
Empi	Elbow
Rekkan	Backfist
Nukite	Finger strike
Mawashi zuke	Hook punch

Japanese Numbers

0	rei
1	ichi
2	ni
3	san
4	yon
5	go
6	roku
7	nana
8	hachi
9	kyu
10	juu

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	Turning
Saifa	Destroy, Defeat
Seienchin	Attack, Conquer, Suppress
Sanseiru	Thirty-six movements
Shi Sho Chin	Twenty-seven movements
Seisun	Fifty-six movements
Seipai	Eighteen movements