

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 |

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 pyaku, 800 ha pyaku.
- ◇ 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.

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 |

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 |
| Kake 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.

| | |
|----------------------|-----------------------------|
| 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 |