

Yellow with White Stripe - 9th Kyu

Student must be able to demonstrate the following requirements.

Terminology: Oral examination

Kihon Waza: (Basic techniques)

Kata: Taikyoku Shodan

Stripe testing requirements:

Terminology:

<u>English</u>	<u>Japanese</u>	<u>English</u>	<u>Japanese</u>
Formal sitting on the knees	Seiza	One	Ichi
Uniform	Gi	Two	Ni
Belt	Obi	Three	San
Training Hall	Dojo	Four	She
Instructor	Sensei	Five	Go
Master Instructor	Shihan	Six	Roku
Student	Kohai	Seven	Schichi
Senior Student	Sempi	Eight	Haichi
Stop	Yamae	Nine	Ku
Begin	Hajame	Ten	Ju
Name of Dojo	USA Seibukan Martial Arts Training Center		

Basic Techniques:

<u>Hand strikes</u>	<u>Blocks</u>	<u>Stances</u>	<u>Kicking techniques</u>
Back fist strike	Rising head block	Attention stance	Front kick
Lead hand jab	Outside cross block	Natural stance	Crecent kick
Forward punch	Inside cross block	Horse stance	Roundhouse kick
Reverse punch	Down block	Back stance	Side snap kick (<i>in natural stance</i>)
Hammer fist	Knife hand block	Front stance	

Yellow Belt - 8th Kyu

Student must be able to demonstrate the following requirements.

Terminology: Oral examination

Kihon Waza: (Basic techniques)

Kata: Heian Shodan

Kumite: Free Sparring

Terminology:

English	Japanese	English	Japanese
Bow	Rei	Style of Karate	Shotokan
Form	Kata	Practitioner of Karate	Karate ka
Attention	Kitskay	Punch	Tsuki
Spirit Shout	Kia	Kick	Geri
Free sparring	Kumite	Block	Uke
One-step sparring	Ippon kumite	Stance	Dachi
Empty Hand	Karate	Strike	Uchi

Kihon Waza: (Basic Techniques)

<u>Hand Strikes</u>	<u>Blocks</u>	<u>Stances</u>	<u>Kicking Techniques</u>
Back fist strike	Rising head block	Attention stance	Front kick
Lead hand jab	Outside cross block	Natural stance	Crecent kick
Forward punch	Inside cross block	Horse stance	Roundhouse kick
Reverse punch	Down block	Back stance	Step in front roundhouse kick
Hammer fist	Knife hand block	Front stance	Side snap kick (<i>in natural stance</i>)
			Back kick (<i>in natural stance</i>)

Orange Belt 7th Kyu

(Minimum 2 months and 16 training hours training after earning 8th Kyu)

Student must be able to demonstrate the following requirements.

Terminology: Oral examination

Kihon Waza: (Basic techniques)

Kata: Heian Shodan and Heian Nidan

Kumite: Free Sparring

Terminology:

<u>English</u>	<u>Japanese</u>	<u>English</u>	<u>Japanese</u>
Thank you very much	Domo Arigato Gozaimashita	Way/path	Do
Founder of modern Karate do	Gichin Funakoshi	Yes	Hai
Correct martial place	Seibukan	Kata pattern	Embusen
Martial way	Budo	Basic fundamentals	Kihon
Focus	Kime	Technique	Waza
Remaining mind	Zanshin	Draw Hand	Hiki Te
Mind without thought	Mushin	Right	Migi
		Left	Hidari

Kihon Waza: (Basic Techniques)

<u>Hand Strikes</u>	<u>Blocks</u>	<u>Stances</u>	<u>Kicking Technique</u>
Back fist strike	Rising head block	Attention stance	Front kick
Lead hand jab	Outside cross block	Natural stance	Crecent kick
Forward punch	Inside cross block	Horse stance	Roundhouse kick
Reverse punch	Down block	Back stance	Step in front roundhouse kick
Hammer fist	Knife hand block	Front stance	Side snap kick (<i>in natural stance</i>)
Knife hand strike		Cross stance	Back kick (<i>in natural stance</i>)
Ridge hand strike			Step behind hook kick (<i>in horse stance</i>)

Green Belt 6th Kyu

(Minimum 3 months and 24 training hours training after earning 7th Kyu)

Student must be able to demonstrate the following requirements.

Terminology: Oral examination.

Kihon Waza: (Basic techniques)

Kata: Heian Nidan and Heian Sandan

Kumite: Free Sparring

Terminology:

<u>English</u>	<u>Japanese</u>	<u>English</u>	<u>Japanese</u>
Upper level	Jodan	Spear hand	Nukite
Middle level	Chudan	Hammer fist	Tettsui
Lower level	Gedan	Elbow strike	Empi Uchi
Forward punch	Oi Zuki	Palm strike	Teisho Uchi
Reverse punch	Gyaku Zuki	Ridge hand strike	Haito Uchi
Lead hand jab	Kizami Zuki	Back fist strike	Uraken Uchi
Fighting posture	Kamae	Knife hand strike	Shuto Uchi

Kihon Waza: (Basic Techniques)

<u>Hand Strikes</u>	<u>Blocks</u>	<u>Stances</u>	<u>Kicking Technique</u>
Back fist strike	Rising head block	Attention stance	Front kick
Lead hand jab	Outside cross block	Natural stance	Crecent kick
Forward punch	Inside cross block	Horse stance	Roundhouse kick
Reverse punch	Down block	Back stance	Step in front roundhouse kick
Hammer fist	Knife hand block	Front stance	Side snap kick (<i>natural stance</i>)
Knife hand strike	X block	Cross stance	Spinning back kick (<i>horse stance</i>)
Ridge hand strike	Augmented -	Feet together stance	Step behind hook kick
Palm strike	fore arm block		(<i>horse stance</i>)
			Step behind side thrust kick
			(<i>horse stance</i>)
			Jump front kick

Purple Belt 5th Kyu

(Minimum 4 months and 32 training hours after earning 6th kyu)

Student must be able to demonstrate the following requirements.

Terminology: Oral examination

Kihon Waza: (Basic technique)

Kata: Heian Sandan and Heian Yondan.

Jiyu Kumite: (Free sparring)

Kumite: Free Sparring

Terminology:

<u>English</u>	<u>Japanese</u>	<u>English</u>	<u>Japanese</u>
Front kick	Mae geri keagi	Hook Kick	Ura Mawashi Geri
Side snap kick	Yoko geri keagi	Side thrust kick	Yoko geri kekomi
Back kick	Ushiro geri	Roundhouse kick	Mawashi geri
Crescent kick	Mikazuki geri	Stomping kick	Fumikomi geri
Foot sweep	Ashi Barai	Knee kick	Hiza Geri
Jumping kick	Tobi Geri		

Kihon Waza: (basic technique) Combinations:

Stepping forward; Triple punch three middle level punches. (*sanbon zuki*)

Stepping backward; Rising head block, reverse punch. (*age uke, gyaku-zuki, zenkusta dachi*)

Moving forward; Front snap kick reverse punch in front stance (*mae geri, gyaku zuki, zenkusta dachi*)

Stepping backward; Down block, reverse punch in front stance. (*gedan barai uke, gyaku zuki, zenkusta dachi*)

Moving forward; Round house kick reverse punch in front stance. (*mawashi geri gyaku zuki, zenkusta dachi*)

Stepping backward; Inside cross block reverse punch. (*uchi uke, gyakku zuki, zenkusta dachi*)

Stepping forward; Outside block, shift to horse stance, elbow strike. (*soto uke, enpi uchi, kiba dachi*)

Stepping backwards; Knife hand block from back stance, shift to front stance with spear hand strike. (*shuto uke kokutsu-dachi, chudan gyaku nukite zenkutsu-dachi*)

Moving forward; Stepping behind: Side thrust kick in horse stance. (*yoko geri kekomi, kiba dachi*)

Moving forward; Stepping behind side thrust kick in horse stance sitting down in horse stance follow with spinning back kick. (*yoko geri kekomi, kiba dachi, ushiro geri*)

Blue Belt 4th Kyu

(Minimum 5 months and 40 training hours after earning 5th kyu)

Student must be able to demonstrate the following requirements.

Terminology: Oral examination

Kihon waza: (Basic techniques)

Kata: Heian Yondan and Heian Godan.

Jiyu Kumite: (Free sparring)

Kumite: Free Sparring

Student must have participated in dojo sponsored event during the previous year.

Columbus Karate Classic Karate Tournament

Terminology:

<u>English</u>	<u>Japanese</u>	<u>English</u>	<u>Japanese</u>
Down block	Gedan bari uke	Attention stance	Musubi dachi
Rising head block	Age uke	Natural stance	Hachi dachi
Outside cross block	Soto uke	Horse stance	Kiba dachi
Inside cross block	Uchi uke	Back stance	Kokusta dachi
Knife hand block	Shuto uke	Front stance	Zenkusta dachi
Augmented forearm block	Morote uke	Cat stance	Neko ashi dachi
Two-handed "wedging" block	Kakiwake-uke	Cross stance	Kosa dachi
Two-handed X block	Juji-uke	Feet together stance	Heisoku dachi
Scooping block	Sukui uke	Hourglass stance	Sanchin-dachi
		"Immovable" stance	Fudo-dachi

Kihon waza: (basic technique) Combinations:

Stepping forward; Triple punch three middle level punches. (*sanbon zuki*)

Stepping backward; Rising head block, reverse punch. (*age uke, gyaku-zuki, zenkusta dachi*)

Moving forward; Front snap kick reverse punch in front stance (*mae geri, gyaku zuki, zenkusta dachi*)

Stepping backward; Down block, reverse punch in front stance. (*gedan barai uke, gyaku zuki, zenkusta dachi*)

Moving forward; Round house kick reverse punch in front stance. (*mawashi geri gyaku zuki, zenkusta dachi*)

Stepping backward; Inside cross block reverse punch. (*uchi uke, gyaku zuki, zenkusta dachi*)

Stepping forward; Outside block, shift to horse stance, elbow strike. (*soto uke, enpi uchi, kiba dachi*)

Stepping backwards; Knife hand block from back stance, shift to front stance with spear hand strike. (*shuto uke kokutsu-dachi, chudan gyaku nukite zenkutsu-dachi*)

Moving forward; Stepping behind: Side thrust kick in horse stance. (*yoko geri kekomi, kiba dachi*)

Moving forward; Stepping behind side thrust kick in horse stance sitting down in horse stance follow with spinning back kick. (*yoko geri kekomi, kiba dachi, ushiro geri*)

Brown Belt with White Stripe 3rd Kyu

(Minimum 6 months and 48 training hours after earning 4th kyu)

Student must be able to demonstrate the following requirements.

Terminology: Oral examination

Kihon waza: Basic technique combinations

Kata: Heian Godan and Tekki Shodan

Kumite: Free Sparring

Student must have participated in dojo sponsored event during the previous year.

Columbus Karate Classic Karate Tournament

Terminology:

English	Japanese	English	Japanese
Red	Aka	Forfeit match	Kiken
Blue	Au	Draw or tie	Hikiwake
One point	Yuko	Extended match	Encho-sen
Two Points	Waza-ari	Disqualification from tournament	Shikkaku
Three points	Ippon	1 st Warning	Chokuku
Start the match	Shobu hajime	2 nd Warning	Keikoku
Stop the match	Yame	Warning of Disqualification	Hansoku chui
Resume the match	Tsuzukete hajime	Disqualification from match	Hansoku
Ten seconds left in the match	Atoshi baraku	Winner	No kachi

Kihon waza: (basic technique) Combinations:

Stepping forward; Triple punch three middle level punches. (*sanbon zuki*)

Stepping backward; Rising head block, reverse punch. (*age uke, gyaku-zuki, zenkusta dachi*)

Moving forward; Front snap kick reverse punch in front stance (*mae geri, gyaku zuki, zenkusta dachi*)

Stepping backward; Down block, reverse punch in front stance. (*gedan barai uke, gyaku zuki, zenkusta dachi*)

Moving forward; Round house kick reverse punch in front stance. (*mawashi geri gyaku zuki, zenkusta dachi*)

Stepping backward; Inside cross block reverse punch. (*uchi uke, gyaku zuki, zenkusta dachi*)

Stepping forward; Outside block, shift to horse stance, elbow strike. (*soto uke, enpi uchi, kiba dachi*)

Stepping backwards; Knife hand block from back stance, shift to front stance with spear hand strike. (*shuto uke kokutsu-dachi, chudan gyaku nukite zenkutsu-dachi*)

Moving forward; Stepping behind: Side thrust kick in horse stance. (*yoko geri kekomi, kiba dachi*)

Moving forward; Stepping behind side thrust kick in horse stance sitting down in horse stance follow with spinning back kick. (*yoko geri kekomi, kiba dachi, ushiro geri*)

Brown Belt 2nd Kyu

(Minimum 6 months and 48 training hours after earning 3rd kyu)

Student must be able to demonstrate the following requirements.

Terminology: Written examination

Kihon Waza (Basic technique)

Kata: Tekki Shodan and Bassai Dai

Kumite: Free Sparring

Student must have participated in dojo sponsored event during the previous year.

Columbus Karate Classic Karate Tournament

Terminology:

Written examination based on glossary.

Kihon waza: (basic technique) combinations:

Stepping forward; Triple punch three middle level punches. (*sanbon zuki*)

Stepping backward; Rising head block, reverse punch. (*age uke, gyaku-zuki, zenkusta dachi*)

Moving forward; Front snap kick reverse punch in front stance (*mae geri, gyaku zuki, zenkusta dachi*)

Stepping backward; Down block, reverse punch in front stance. (*gedan barai uke, gyaku zuki, zenkusta dachi*)

Moving forward; Round house kick reverse punch in front stance. (*mawashi geri gyaku zuki, zenkusta dachi*)

Stepping backward; Inside cross block reverse punch. (*uchi uke, gyakku zuki, zenkusta dachi*)

Stepping forward; Outside block, shift to horse stance, elbow strike. (*soto uke, enpi uchi, kiba dachi*)

Stepping backwards; Knife hand block from back stance, shift to front stance with spear hand strike. (*shuto uke kokutsu-dachi, chudan gyaku nukite zenkutsu-dachi*)

Moving forward; Pivot side thrust kick in front stance. (*yoko geri kekomi, zenkusta dachi*)

Moving forward; Pivot side thrust kick in front stance sitting down in horse stance follow with spinning back kick. (*yoko geri kekomi, zenkusta dachi, ushiro geri, kiba dachi,*)

Brown Belt with Black Stripe 1st Kyu

(Minimum 6 months and 48 training hours after earning 2nd kyu)

Student must be able to demonstrate the following requirements.

Terminology: Written examination

Basic technique combinations (*Kihon waza*)

Kata: Bassai Dai, Tekki Shodan and Jion.

Kumite: Free Sparring

Student must have participated in dojo sponsored event during the previous year.

Columbus Karate Classic Karate Tournament

Terminology:

Written examination based on glossary.

Kihon waza: (basic technique) combinations:

Stepping forward; Triple punch three middle level punches. (*sanbon zuki*)

Stepping backward; Rising head block, reverse punch. (*age uke, gyaku-zuki, zenkusta dachi*)

Moving forward; Front snap kick reverse punch in front stance (*mae geri, gyaku zuki, zenkusta dachi*)

Stepping backward; Down block, reverse punch in front stance. (*gedan barai uke, gyaku zuki, zenkusta dachi*)

Moving forward; Round house kick reverse punch in front stance. (*mawashi geri gyaku zuki, zenkusta dachi*)

Stepping backward; Inside cross block reverse punch. (*uchi uke, gyaku zuki, zenkusta dachi*)

Stepping forward; Outside block, shift to horse stance, elbow strike. (*soto uke, enpi uchi, kiba dachi*)

Stepping backwards; Knife hand block from back stance, shift to front stance with spear hand strike. (*shuto uke kokutsu-dachi, chudan gyaku nukite zenkutsu-dachi*)

Moving forward; Pivot side thrust kick in front stance. (*yoko geri kekomi, zenkusta dachi*)

Moving forward; Front Kick in front stance, pivot side thrust kick in front stance sitting down in horse stance follow with spinning back kick, reverse punch in front stance. (*Mae geri keage, zenkusta dachi, yoko geri kekomi, zenkusta dachi, ushiro geri, kiba dachi, gyaku zuki zenkusta dachi*)

Shodan

(Minimum 9 months and 72 training hours after earning 1st kyu)

Student must be able to demonstrate the following requirements.

Terminology: Written examination

Kihon waza: (Basic technique)

Kata: Tekki Shodan, Bassai Dai, Jion and Kunku Dai .

Kumite: Free Sparring

Written essay: See Shihan for topic

Student must have participated in dojo sponsored event during the previous year.

Columbus Karate Classic Karate Tournament

Terminology:

Written examination based on glossary.

Kihon waza: (basic technique) combinations:

Stepping forward; Triple punch three middle level punches. (*sanbon zuki*)

Stepping backward; Rising head block, reverse punch. (*age uke, gyaku-zuki, zenkusta dachi*)

Moving forward; Front snap kick reverse punch in front stance (*mae geri, gyaku zuki, zenkusta dachi*)

Stepping backward; Down block, reverse punch in front stance. (*gedan barai uke, gyaku zuki, zenkusta dachi*)

Moving forward; Round house kick reverse punch in front stance. (*mawashi geri gyaku zuki, zenkusta dachi*)

Stepping backward; Inside cross block reverse punch. (*uchi uke, gyaku zuki, zenkusta dachi*)

Stepping forward; Outside block, shift to horse stance, elbow strike. (*soto uke, enpi uchi, kiba dachi*)

Stepping backwards; Knife hand block from back stance, shift to front stance with spear hand strike. (*shuto uke kokutsu-dachi, chudan gyaku nukite zenkutsu-dachi*)

Moving forward; Pivot side thrust kick in front stance. (*yoko geri kekomi, zenkusta dachi*)

Moving forward; Front Kick in front stance, pivot side thrust kick in front stance sitting down in horse stance follow with spinning back kick, reverse punch in front stance. (*Mae geri keage, zenkusta dachi, yoko geri kekomi, zenkusta dachi, ushiro geri, kiba dachi, gyaku zuki zenkusta dachi*)

Nidan

(Minimum two years and 144 training hours after earning 1st Dan)

Student must be able to demonstrate the following requirements.

Oral examination: Explanation of Kihon

Kihon waza: (Basic technique)

Kata: Tekki Nidan, Two Tokui Katas

Kumite: Free Sparring

Bunkai: Interpretation of one Tokui kata

Defense against weapons

Kaeshi Kumite: *(Attack & counter attack ippon kumite)*

Assisted with teaching: Minimum 72 hours

Written essay: See Shihan for topic

Student must have participated in dojo sponsored event during the previous year.

Columbus Karate Classic Karate Tournament

Tokui kata list:

Bassai Dai	Bassai Sho	Kanku Dai	Kanku Sho,
Jion	Jitte	Jiin	Sochin,
Hangetsu	Meikyo	Empi	Gankaku
Nijushiho	Gojushiho Sho	Gojushiho Dai	Unsu
Wankan	Chinte		

Sandan

(Minimum three years and 216 training hours after earning 2nd Dan)

Student must be able to demonstrate the following requirements.

Oral examination: Explanation of Kihon

Kata: Tekki Sandan, three Tokui Katas

Bunkai: Interpretation of one Tokui kata

Oral examination: Teaching principles

Kaeshi Kumite: *(Attack & counter attack kumite)*

Basic technique combinations *(Kihon waza)*

Kumite: Free Sparring

Written essay: See Shihan for topic

Assisted with teaching: minimum 144 hours

Self defense: Attacks from Gun, Knife, Club and open hand attacks.

Student must have participated in dojo sponsored event during the previous year.

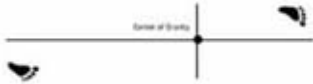
Columbus Karate Classic Karate Tournament

Tokui kata list:

Bassai Dai	Bassai Sho	Kanku Dai	Kanku Sho
Jion	Jitte	Jiin	Sochin
Hangetsu	Meikyo	Empi	Gankaku
Nijushiho	Gojushiho Sho	Gojushiho Dai	Unsu
Wankan	Chinte		

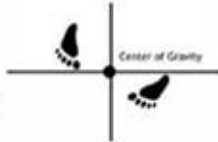
STANCES

Zenkustu Dachi
Front Stance



Kosa Dachi
Cross Leg Stance

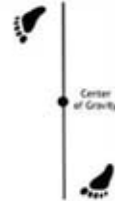
Sanchin Dachi
Hourglass Stance



Heiko Dachi
Parallel Stance



Neko Ashi Dachi
Cat Stance



Fudo/Sochin Dachi
Rooted Stance



Hachiji Dachi
Open Leg Stance



Uchi Hachiji Dachi
Inverted Open Leg Stance



Hangetsu Dachi
Half Moon Stance



Heisoku Dachi
Informal Attention Stance



Musubi Dachi
Informal Attention Stance
(Toes Out)



Renjo Dachi
L- Stance

KATA TRANSLATIONS

Heian Shodan	Peaceful mind, Form One. Basic techniques of blocking and punching. Helps student learn directional changes.
Heian Nidan	Peaceful mind, Form Two. Reverse blocking, posture and timing are just some of the benefits to be gained.
Heian Sandan	Peaceful mind, Form Three. The introduction of Kiba dachi. Also practices the use of two level blocking (Chudan & Gedan).
Heian Yondan	Peaceful mind, Form Four. Introduction of dynamic tension, juji-uke (x block) and hiza age-ate (rising knee strike).
Heian Godan	Peaceful mind, Form Five. Various changes in stances during Heian Godan students should develop a greater understanding of both stance weight ratios and stance changes. Care should be taken in Kosa Dachi (cross feet stance) after the leap, this must be performed strong to enable the karateka to be in total control of body loading on landing. This is essential in preventing compression injuries on landing.
Tekki	A series of three kata's, Tekki- Shodan/ Nidan/ Sandan. Originally a single kata of Chinese origin formerly named NAIHANCHI. Gichin Funakoshi changed the name to TEKKI (Iron Horse) in reference to the use of KIBA-DACHI. It is the only kata to use a single stance through-out. Funakoshi Shihan also added the Nidan and Sandan versions. Benefits to a karateka's training include strengthening of both stance and torso along with an increase in arm speed when practiced as a complete set.
Bassai Dai	“To Storm A Castle or Penetrate the Fortress” . Develops proper hip movement.
Kanku Dai	“To Look At The Sky” Fast and slow speeds along with hard and soft versions of power are used. The kata depicts defense from attacks coming from all sides. Kanku Dai gives the feeling of heaven, earth and oneself all coming together as one. This kata served as the basis for many of the movements used in the Heian katas which can be clearly seen when performed.
Jion	Buddist origins of the ' Jion Temple ' in China. This kata cleverly masks the powerful attacking movements along with its harmonious, peaceful techniques.
Empi	“The Flight Of The Swallow” , named due to the sharp darting movements of a swallow. Empi shows a variety of karate techniques using both speed and lightness combined with both high and

low attacks and defense. An ancient kata formerly known as “Wanshu”.

Hangetsu “**Crescent Moon**” This kata's is taken from its distinct foot movements. Control of both breath and muscles along with stamina are great benefits obtained from training with Hangetsu. Originally known as “Seisan”. This Shotokan kata is the equivalent of “Sanchin” from other karate systems.

Bassai Sho A shorter version of **Bassai Dai** using a similar Embusen (performance line). This kata shows great strength of both mind and body utilizing both attacking and defensive techniques showing the ability to swiftly execute both strong blocking and counter-attacks.

Kanku Sho This is the shorter version of “**Kanku Dai**”. Like “**Kanku Dai**”, “**Kanku Sho**” was passed down from “**Kushanku**”. “**Kanku Sho**” can be distinguished from “**Kanku Dai**” by the great number of chudan techniques compared to “**Kanku Dai's**” concentration of jodan. To perform correctly students must fully comprehend the principles of “**Kanku Dai**” should they wish to gain the maximum benefit from this kata. The correct application of speed, power and muscle control are vital to the understanding of “**Kanku Sho**”.

Jitte “**Ten Hands**” This falls into the **Shorei ryu** category of kata, showing the development of both muscular and physical power. Similarly to Heian Sandan, with the control and power required to lock both the hips and torso into one unit. The techniques used concentrate on the defense against an attacker armed with a staff or pole. With the correct amount of dedicated training Jitte should give the student the actions of ten men.

Nijushiho Originally named ' **Niseishi** ' but renamed to ' **Nijushiho** ' after the number of foot movements performed, (Twenty Four Steps). This kata depicts the waves breaking upon the shore, instantly and calmly changing direction from forward to backward motion. ' **Nijushiho** ' should mirror this with each technique performed moving serenely into the next. The fast and slow along with the power should also copy that of a rivers flow with great speed and power moving into great depth and calmness.

Sochin “**Strength and Calmness**” Fudo-dachi is prevalent in this kata. The slow performance of techniques amplifies the power shown during the gradual muscle contraction combined with the instant power produced with rapid movement. ' **Sochin** ' develops a great feeling of strong mindedness. Once known as “**Hakko**”, “**Sochin**” mainly depicts the defense against a staff.

Jiin Another kata from the Chinese temple of ' **Jion-Ji** '. The translation to Temple Grounds is another reference to the kata's monastic roots. Movements in ' **Jiin** ' should be performed in a smooth and gentle manner, yet with great strength and spirit.

Chinte “**Chinte**” or Extra-ordinary Hands is of Chinese origin. Noted for its use of circular motions unlike the majority of Shotokan techniques which utilizes more direct movements.

- Gankaku** “Crane Standing On A Rock” Formerly known as ' Chinto ', ' Gankaku ' uses a straight line embusen. Control of balance is very important in this kata.
- Unsu** “Cloud Hands” Great number of varied techniques including light and fast movement, whilst utilizing great timing and strategy with constantly changing directions in response to a skillful opponent. “Unsu” travels to the extremes in karate from the urgency of rapid blocks and counter-attacks to the calm serenity of control.
- Gojushiho Dai/Sho** Two of the longest Kata in Karate, originally named 'Hotaku', these kata are now both longer than their original 54 steps. Both Kata are full of varied and flowing techniques, good balance and turning control is vital in the performance of both Dai and Sho.
- Meikyo** “Bright Shinning Mirror” “Meikyo” has a mellow feeling of gentleness and understanding coupled with a serene, peaceful and calm performance. A highlight of the kata is the 'SANKAKU-TOBI' (Triangular Jump), although a very difficult technique to perform it will enable a karateka to quickly turn disadvantage into an advantage.
- Wankan** “Kings Crown” One of the shortest kata, thought by many never to have been completed due to this fact. Wankan's level of difficulty is reflected in both the kata's length and simplicity of technique which require great understanding, maturity and knowledge to be appreciated by both performer and spectator alike.

GLOSSARY

A

Ai	harmony
Anza	sitting cross-legged
Ashi	foot/leg
ashi barai	foot sweep
ashi waza	leg techniques
atemi	striking
atemi waza	striking techniques

B

bo	staff (long)
bojitsu	staff techniques
bokken	wooden sword
bunkai	application of form
bushido	Samurai code of ethics

D

do	way
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E

empi (hiji)	elbow
empi uchi	elbow strike

G

gari	reap
gatame	hold, arm bar

go no sen	tactic in which, one allows the opponent to attack first to open up targets for counterattack
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H

hadake jime	naked choke/strangle
hakama	wide-skirted pants worn over gi
hara	center
harai goshi	sweeping hip throw

I

irimi	entering directly into an attack
	entering techniques; front technique, entering, moving into & through the line of attack
irimi waza	

jo	short wooden staff
jo-jitsu	short staff techniques
juji gatame	cross-body arm bar through legs & across hips

K

kamae	posture
katana	long sword
kesa gatame	scarf hold
kihon	basics
kime	focus
kohai	junior student
ko soto gari	minor outer reaping throw
ko uchi gari	minor inner reaping throw

kubotan self-defense keyring

M

ma-ai proper distancing with respect
to one's partner

morote uke augmented forearm block

mushin no mind; mind without
thought; to do automatically or
without thinking

N

nagashi uke sweeping block

nage "thrower", defender, the
person applying a technique

nage waza throwing techniques

nunchaku an Okinawan weapon
consisting of two sticks
connected by rope or chain,

this was originally used by the
Okinawans as a farm tool to
thrash rice straw

O

o uchi gari major inner reaping throw

obi belt

osae uke pressing block

osae-waza pinning techniques

otagai ni rei bow to the dojo and all
assembled

otoshi drop

R

randori Free style practice with
multiple attackers

S

sai	three-pronged metal weapon
sanchin dachi	hourglass stance; tension stance
sempai	senior student
sen no sen	attacking at the exact moment when the opponent attacks
shikko	kneeling walk
shiko dachi	straddle stance
shomen	in the dojo the upper seat with the shrine housing the picture of the founders
shugyo	intensive training (spiritual, mental, physical, ascetic)
shuto	knife hand
sode tsuri komi goshi	sleeve lifting pulling hip throw
sukui uke	scooping block

T

tai otoshi	body drop
tani otoshi	valley drop
tanto	wooden knife
tanto-dori	attack with knife, knife taking
teisho uchi	palm strike
tenkan	turning movement used to dissipate force
te-waza	hand techniques
tonfa	wooden rod with handle at right angle, used in pairs
tsuki	punch

U

ude garame	arm entanglement
ude gatame	arm bar

uke	person providing the attack and the receiver of the technique
ukemi	falling and rolling exercises; art of receiving/taking actions as uke/falling
ukemi waza	falling techniques
uki goshi	hip throw

Z

zanshin	remaining mind; to be alert and prepared for the next attack
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