

United States Academy of Martial Arts

DEFINITIONS

BLOCKS *(uke)*

Jo-dan-uke.....upper block
So-to-uke.....outside block
Naka (uchi)-uke.....inside block
Gedan barai.....down block
Shuto-uke.....knife-hand block
Juji-uke.....crossed arm block

STRIKES *(uchi)*

Tsuki.....punch
Tsubame-gaeshi.....double punch
Sanbon-zuki.....triple punch
Oi-zuki.....forward (lunge) punch
Gyaku-zuki.....reverse punch
Shuto.....chop (palm up)
Gyaku-shuto.....reverse chop (palm down)
Hai-te.....ridge hand strike
Ura-ken.....back hand strike
Yubi-tsuki.....finger jab (to eyes)
Nuki-te.....spear hand strike
Em-pi.....elbow strike
Tet-tsui.....hammer fist
Te-sho-uchi.....palm strike

KICKS *(keri)*

Mae-geri.....front kick
Yoko-geri.....side kick
Ushiro-geri.....back kick
Kakato-geri.....spinning back (heel) kick
Mawashi-geri.....roundhouse (circle) kick
Hiza-geri.....knee strike
Naka-mikazuki-geri.....inside crescent kick
Soto-mikazuki-geri.....outside crescent kick
Kagi-geri.....hook kick
Kaiten kagi-geri.....spinning hook kick
Kaiten-geri.....wheel kick
Tobi mae-geri.....jumping front kick
Tobi yoko-geri.....jumping (flying) side kick
Tobi mawashi-geri.....jumping roundhouse kick
Tobi ushiro-geri.....jumping back kick

STRIKING AREAS

Jo-dan.....head area
Chu-dan.....chest area
Ge-dan.....groin area
Yo-ko.....side area
Ura.....rear or back

STANCES *(kamae)*

Ki-o-tsuke....."attention" position
Shizen tai....."natural" position/posture
Yoi....."prepare" and assume "ready" position
Ya-me....."stop" return to "ready" position
Na-o-re.....return to attention position
Heisoku dachi.....feet together stance
Heiko dachi.....feet apart stance (shoulder width)
Nai-han-chi ga-mae.....horse stance
Hi-dari ga-mae.....left leg forward stance
Mi-gi ga-mae.....right leg forward stance
Chu-dan ga-mae.....formal progressive stance
Ne-ko ashi dachi.....short cat (back) stance
Kutsu dachi.....medium (back) cat stance
Hidari yoko naihanchi ga-mae..left side horse stance
Migi yoko naihanchi ga-mae...right side horse stance
Shiko dachi.....balanced stance
Sanchin dachi.....hourglass stance
Ma-wa-te.....turn around

NUMBERS

Ichi.....one
Ni.....two
San.....three
Shi.....four
Go.....five
Roku.....six
Shichi.....seven
Hachi.....eight
Ku.....nine
Ju.....ten
Ju-ichi.....eleven
Ju-ni.....twelve
Ju-san.....thirteen
Ju-shi.....fourteen
Ju-go.....fifteen
Ju-roku.....sixteen
Ju-shichi.....seventeen
Ju-hachi.....eighteen
Ju-ku.....nineteen
Ni-ju.....twenty
San-ju.....thirty
Shi-ju.....forty
Go-ju.....fifty
Roku-ju.....sixty
Shichi-ju.....seventy
Hachi-ju.....eighty
Ku-ju.....ninety
Hyaku.....one hundred
Go-hyaku.....five hundred
Sen.....one thousand

KATAS (forms)

Kihon Kata.....	Basic Form
Pinan Katas (1-5).....	Peaceful Mind (Shodan, Nidan, Sandan, Yodan, Godan)
Kushanku.....	To View the Sky
Ananku.....	Light from the South
Bassai Dai.....	To Penetrate a Fortress
Chinto.....	Fighting towards the East
Empi.....	Flight of the Swallow
Gojushiho Sho.....	54 Steps or 54 Moves
Jiin.....	Buddhist Temple
Jion.....	Named after Jion Temple
Kanku Sho.....	Named after Kung H'Sing Chung
Kensei.....	Sword Saint
Matsukaze.....	Wind in the Pines
Naihanchi (Shodan–Nidan).....	Fighting in Narrow Space
Nijushiho.....	Twenty-four Steps
Rohai Nidan.....	Vision of the White Heron
Sepai.....	Eighteen Hands
Taebaek (Taekwondo Form).....	Wise
Unsu.....	Hands in the Clouds

SALUTATIONS

Ohayo gozaimasu.....	Good morning
Konnichi wa.....	Hello (good afternoon)
Konban wa.....	Good evening
O-genki desu ka?.....	How are you?
Genki desu.....	Fine, thank you
Hajimemashite.....	How do you do?
Kudasai.....	Please give me
O-negai shimasu.....	Please do it (for me)
Dozo.....	Please (as in “come on in,” “go right ahead,” etc.)
(Domo) Arigato gozaimasu.....	Thank you (very much)
Do-itashi mashite.....	You are welcome
Sumimasen.....	Pardon me
Yurushite-agemasu.....	You are forgiven
Sayonara.....	Good by
Hai.....	Yes
lie.....	No
Wakarimasen.....	I do not understand
Wakarimashita.....	I understand
San.....	Mr./Mrs./Miss (e.g. Tanaka-San)
Oya sumi nasai.....	Good night

PRONUNCIATION GUIDE

a.....	ah (as in bah)
i.....	ee (as in feet)
u.....	oo (as in oops)
e.....	eh (as in wet)
o.....	oh (as in low)

OTHER TERMS

Karate.....	empty hand; form of Martial Art
Dojo.....	training hall
Shomen-ni rei.....	formal opening salute
Otagai-ni rei.....	formal closing
Rei.....	bow
Pau.....	Hawaiian term meaning finished
Sensei.....	teacher (instructor)
Sempai.....	senior student
Sempai tachi-ni.....	two or more senior students
Karateka.....	student of karate
Samurai.....	warrior
Kumite.....	free sparring
Kibbon kumite.....	prearranged sparring
Kata.....	form
“Hajime”.....	begin
“Yame”.....	stop
Ai uchi.....	simultaneous blows
Ippon.....	one point
Karategi.....	karate uniform
Obi.....	belt
Kiai.....	karate yell
Dan.....	black belt degree
Kyu.....	student rank
Kime.....	concentration (focus)
Hakama.....	pleated Japanese skirt

BRIEF HISTORY

Gichin Funakoshi.....	Father of modern-day Karate
Sensei Joe Pagliuso.....	Founder/Director of U.S.K.O.
Sensei Mike Visser.....	Director of U.S.K.O.
Shihan Ronald Krupa.....	Founder/Director of U.S.K.S.
Sensei Dan Cavaliere.....	Founder/Director of US -AMA Yudansha Board.....
Senior Black Belts Martial Arts.....	Various systems of self-defense
Karate do.....	Way of the Empty/Open Hand
Shorin Ryu.....	Okinawan style of Karate
Shotokan Karate.....	School of the Waiving Pines
Wado-Ryu.....	Way of Peace and Harmony
Aikido.....	Way of Harmony
Jiu-jitsu.....	Art of Softness or Way of Yielding
Judo.....	The Gentle Way
Jujitsu.....	Art of Yielding
Kobudo.....	Okinawan Weapons Fighting or Old Martial Way
Kung Fu.....	Human Achievement or Hard Task
Taekwondo.....	Way of the Fist and Foot