

Okinawa Ryu Karate Do Shuri Te Terminologies Second Edition.

Age: To rise upward.

Age Empi uchi: Rising elbow strike.

Age Tszuki: Rising thrust.

Agura: The informal cross-legged sitting position, straight back.

Ashi: meaning foot or leg.

Ashi Gata: position or form of feet.

Ashi Kubi: Ankle area.

Ashi Ura: The bottom soles of the feet.

Atama: Crown of head.

Ate: Strike.

Atemi: Traditional striking techniques aimed at opponent's vital points.

Atemi Waza: Body striking techniques.

Ate Waza: Striking techniques.

Atsu: To press.

Awase Uke: Side open hand block.

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Barraki: Formal Grading.

Bekai: Inside of the shinbone.

Bi: Nose.

Bubishi: This has been referred to the “Okinawan Martial Arts Bible” that has been handed down by some of the traditional martial art lineages, “from one master to another.” A lot of the information contained in the “Bubishi” originated from the province of Fuzhou in China. O Sensei Takahashi spoke in immense wisdom concerning the “Bubishi” and what was protected within its pages.

Budo: Meaning, “Martial Art Way.”

Bugeisha: A practitioner of traditional martial arts and their philosophies.

Bugukake: The rack, which holds the traditional weapons for Kobudo training.

Bunkai: The analysis and breakdown of various training methods, Kata and applications within our traditional martial art study.

Bushi: A true warrior from feudal times.

Bushi no nasake: The Gentleness of such warriors, it is a virtue to be cultivated by all.

Buyu: Our Martial art Friends.

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Chi: Several meanings firstly, “Ones inner strength and life force.” Chi also can mean, blood or earth in Japanese.

Chidori ashi: There are a couple of variations with this “cross over stance,” firstly, “Mae Chidori ashi” this step occurs in front of the base leg. Second meaning: “Ura Chidori ashi is when we step behind the base leg - supporting leg.

Chikama: Close quarter fighting stance-position, close enough to make strong contact with our opponent without stepping in further to close the gap between us and the opponent.

Choshi: Meaning rhythm within the movement.

Cho Shin: Translate means flexibility of ones mind.

Chu: Ones Loyalty.

Chugoshi Seiza: A one kneeling position.

Chusen: Is the main centre line of the body drawn down from the nose to our gedan area-lower stomach area.

Chusoku: Ball of the foot.

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Dachi: Stance-standing position. (Physical foundation)

Daitai: The Thigh area.

Dan: Degree.

Dento: Tradition.

Dentoteki: Traditional.

Denshi: Disciple or Student.

Do: Way or Path comes from a Chinese Character for Tao.

Dokko: Pressure point behind the ear.

Dokkotsu: Single-bone, Used in Kyusho Vital Point training.

Dokusan: The side of the neck.

Domo arigato: Formal phrase to say “thank you to someone.”

Dori: To hold or seize, also to grasp can be spelt “tori.”

Dontai: Torso area of the body.

Dozo: Please go ahead.

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Ekū: The Okinawan wooden oar, which was used as a weapon.

Empi Uchi: Elbow strike can be called “Hiji ate.”

Empi Uke: Elbow block.

Empi Waza: Elbow Techniques, blocking and striking.

Enshin Ryoku: The centrifugal force generated within a movement.

Fu: Manner

Fudo: Immovable position.

Fudo Ken: A clenched fist.

Fudo Shin: A mind void of distraction.

Fukubu Geri: Abdominal kick.

Fukubu: Abdominal Area.

Fumi: Step.

Fumi Komi Geri: Downward stomping kick.

Fusegi: Break away from the attacker in a defensive position.

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Gake: Hooking action, used in trapping.

Gaku: To study may also mean certificate or diploma.

Gakusetsu: Theory.

Garyu: Reclining Dragon.

Gasshuku: Special training seminar.

Gatame Waza: Locking technique.

Geiko: To practice.

Genri: Principals.

Gogyo: "The five elements," Void, metal, earth, fire and water.

Gohan Kumite: Five step sparring in succession, defender steps back five steps all variations of attack and defence.

Gyaku: Reverse or opposite.

Gyaku Zuki: Reverse punch.

Gyaku te dori: A reverse handgrip or hold.

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Hadome: Vital point in Kyusho.

Hai: Yes.

Hai: Can also mean lungs.

Haishu: Back of the open hand.

Haishu Uke: Back hand block.

Haishu Uchi: Back hand strike.

Hajime: To begin.

Hajutsu: Escaping movement or escaping technique.

Hakutsuru: White crane.

Hakutsuru Ken: White crane boxing—practiced in Okinawa.

Hana: Nose.

Hankai: A half turn.

Hantai: The other way around.

Hantai Ni: In the opposite direction.

Happa: The eight leaves.

Happo: Eight Directions.

Hara: Abdomen.

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Harai waza: Sweeping technique.

Hayai: Fast.

Hebai Te: Snake hand.

Hidari: Left.

Hidari Do: Left side of the body.

Hiho: Secret methods.

Hiji: Elbow.

Hima: Fore head.

Hira Te: Fore knuckle.

Hiza: Knee.

Hiza Uchi: Knee strike.

Hiza gamae: Kneeling on one knee-position.

Hiza Uke: Knee block.

Hoiu: Encircling.

Hokobu: Northern part of Okinawa.