

**JAPAN KARATE – DO SHOBUKAN SHITO RYU
TERMINOLOGY**

COMMANDS

KIOTSUKE	Attention	MOKUSO	Meditate
YOI	Ready	HAJIME	Start
NOETE	Finish	YAME	Finish
HANSEI	Reflect	KAMAETE	On Guard
MOWATE	Turn	REI	Bow

FORMALITY

SHOMEN NI REI	Bow to Front
SHIHAN NI REI	Bow to Master Instructor
SENSEI NI REI	Bow to Senior Instructor
SAMPAI NI REI	Bow to Senior Grades

COUNTING

ICHI	1	ROKU	6
NI	2	SHICHI	7
SAN	3	HACHI	8
SHI	4	KU	9
GO	5	JU	10

STANCES (DACHI)

ZENKUTSU DACHI	Front Stance
MOTO DACHI	Half Front Stance
SHIKO DACHI	Horse Stance
KOSA DACHI	Cross Stance
NEKO ASHI DACHI	Cat Stance
SU DACHI	Hour Glass Stance
MUSUBI DACHI	Formal Stance
SAGI DACHI	One Leg Stance
SHOTO HAJIJI DACHI	Feet outward/Shoulder width

**JAPAN KARATE – DO SHOBUKAN SHITO RYU
TERMINOLOGY**

PUNCHES (TSUKI)

OI TSUKI	Lunge Punch
MAWASHI TSUKI	Roundhouse Punch
GYAKU TSUKI	Reverse Punch
KAGI TSUKI	Hooking Punch
KIZAMI TSUKI	Front Punch
GOBU TSUKI	Half Punch

BLOCKS (UKE)

GEDAN BARAI	Low Block
YOKO UKE	Middle Block
AGE UKE	High Block
SOTO UKE	Outside Block
KAKE UKE	Grasping Block
KOSA UKE	Cross Block
SUKUI UKE	Palm Block
SHUTO UKE	Knife Hand Block
NAGASHI UKE	Sweeping Block
SHOTEI UKE	Palm Heel Block
SOE UKE	Assisted Block
TETTSUI UKE	Bottommost lock
KEIKO UKE	Chicken Wrist Block
MOROTE UKE	Double Hand
YAMA UKE	Mountain Block
NINO UKE	Forearm Block

**JAPAN KARATE – DO SHOBUKAN SHITO RYU
TERMINOLOGY**

KICKS (GERI)

MAE GERI	Front Kick
USHIRO MAWASHI GERI	Hook Kick
YOKO GERI	Side Kick
KANSETSU GERI	Joint Kick
MAWASHI GERI	Roundhouse Kick
KIN GERI	Groin Kick
USHIRO GERI	Back Kick
HIZA GERI	Knee
MAE TOBI GERI	Flying Front Kick
TOBI YOKO GERI	Flying Side Kick
KEAGE	Snap
KEKOMI	Thrust
HIKI ASHI	Leg Pull Back
KOSHE	Ball Of Foot
SOKUTO	Blade Of Foot
HAISOKU	Instep

STRIKES (UCHI)

URAKEN UCHI	Back Fist
KENSUI UCH	Bottom Fist Strike
SHUTO UCHI	Knife Hand Strike
NUKITE	Spear Hand
HAITO UCHI	Ridge and Strike
EMPI	Elbow
KOTE UCHI	Forearm Strike
TAISHO	Palm Heel Strike
TETTSUI UCHI	Bottomfist Strike
KOKEN UCH I	Wrist Strike
HAISHU UKE	Bach Hand Strike

**JAPAN KARATE – DO SHOBUKAN SHITO RYU
TERMINOLOGY**

BODY MOVEMENT(TAISABAKI)

SURIASHI	Sliding
TSUGIASHI	Stepping
ASHIBARAI	Leg Sweeping
MIGI	Right
HIDARI	Left

