

# **BEGINNER TERMINOLOGY**

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## **THE KARATE CREED**

*I come to you with only KARATE, my empty hands. I have no weapons. But should I be forced to defend myself, my honor, or my principles, should it be a matter of life or death, of right or wrong, then here are my weapons, KARATE, my empty hands.*

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## **THE 15 BASIC ISSHINRYU EXERCISES**

1. Seiken Oi Tsuki ..... (SAY ken o eat SU key)
  2. Jodan Oi Tsuki ..... (JOE don o eat SU key)
  3. Seiken Giyak Tsuki ..... (SAY ken GE yak SU key)
  4. Jodan Giyak Tsuki ..... (JOE don GE yak SU key)
  5. Gedan Barraï Seiken Tsuki ..... (GAY don bar RYE SAY ken SU key)
  6. Chudan Uke Seiken Tsuki ..... (CHEW don OO key SAY ken SU key)
  7. Tegate Barraï Nukite ..... (ta GOT ta bar RYE NEW key tay)
  8. Jodan Tegate Uke Jodan Tsuki ..... (JOE don ta GOT ta OO key JOE don SU key)
  9. Jodan Uke Seiken Tsuki ..... (JOE don OO key SAY ken SU key)
  10. Ura Uchi Seiken Tsuki ..... (U rah OUCH SAY ken SU key)
  11. Gedan Barraï Goden Joku Tsuki ..... (GAY don bar RYE GO den JOE koo SU key)
  12. Chudan Uke Goden Joku Tsuki ..... (CHEW don OO key GO den JOE koo SU key)
  13. Shuto Uchi Shuto Uchi ..... (sh-toe OUCH sh-toe OUCH)
  14. O-Uchi O-Uchi ..... (oh OUCH oh OUCH)
  15. Hige No Ato Tsukai ..... (HEE gee no AH toe su KAI)
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## **ISSHINRYU KARATE KICKS**

Front Kick	MAE GERI	MY gary
Cross Kick	SHOBA KONATA	SHOW ba cone AH tay
Forward Angle Kick	SOKUTO GERI	so KOO toe gary
Heel Thrust Kick	MAE KONATA	MY cone AH tay
Knee Kick	HIZA GERI	HEEza gary
Side Kick, Ball of Foot	SHOBA GERI	SHOW ba gary
Side Kick, Blade of Foot	YOKO GERI	YOko gary
Squat Kick	OTOSHI GERI	o TOE sha gary
Front Kick Back Kick	MAE GERI-UROSHI GERI	MY gary-your OH sha gary
Back Kick Front Kick	UROSHI GARY-MAE GERI	your OH sha gary-MY gary
Balance Kick	KAJUSHI GERI	kah JOO sha gary

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## **COUNTING IN OKINAWAN**

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|---------|-----------|-----------------------|
| 1. ICHI | 6. ROKO   | 11. JU-ICHI           |
| 2. NI   | 7. SHICHI | 12. JU-NI (etc.)      |
| 3. SAN  | 8. HACHI  | 20. NI-JU             |
| 4. SHI  | 9. KU     | 21. NI-JU ICHI (etc.) |
| 5. GO   | 10. JU    | 30. SAN JU            |

## **BUNKAI (DEFINITION)**

1. **Seiken Oi Tsuki (straight punch):** Step out right, straight punch with right fist to heart.
2. **Jodan Oi Tsuki (uppercut):** Step out right, right uppercut to throat.
3. **Seiken Giyak Tsuki (reverse punch):** Step out right, punch with left fist to solar plexus.
4. **Jodan Giyak Tsuki (reverse uppercut):** Step out right, left uppercut to throat.
5. **Gedan Barrai Seiken Tsuki (down block, reverse punch):** Step out right, block kick to pelvic bone with right forearm; reverse punch left to solar plexus.
6. **Chudan Uke Seiken Tsuki (middle area block, reverse punch):** Step out right, block a straight punch to chest with right forearm; reverse punch left to solar plexus.
7. **Tegate Barrai Nukite (sweeping hand block, fingertip strike):** Step out right, open hand sweep block, block a hook punch to middle area with right hand; fingertip strike left to solar plexus.
8. **Jodan Tegate Uke Jodan Tsuki (open hand overhead block, reverse uppercut):** Step out right, block over-the-head club or knife attack with blade edge of right hand; uppercut left to throat.
9. **Jodan Uke Seiken Tsuki (face block, reverse punch):** Step out right, block punch to face with right forearm; reverse punch left to solar plexus.
10. **Ura Uchi Seiken Tsuki (deflect, nose strike, reverse punch):** Step out right, drop right fist down center of body, deflect sucker punch to face, backfist to nose; reverse punch left to solar plexus.
11. **Gedan Barrai Goden Joku Tsuki (down block, 5 rapid punches):** Step out right, down block with right forearm, blocking kick to pelvic bone; five rapid punches to heart and solar plexus.
12. **Chudan Uke Goden Joku Tsuki (middle area block, 5 rapid punches):** Step out right, middle block with right forearm, blocking straight punch to chest; five rapid punches to heart and solar plexus.
13. **Shuto Uchi Shuto Uchi (shuto block, shuto strike –or-- blade hand block, blade hand strike):** Step out right, open hand block right, blocking punch to groin; open hand strike left to neck.
14. **O-Uchi O-Uchi (deflect, ball and chain strike):** Step out right, deflect sucker punch to chest with palm heel of right hand; ball and chain strike with left fist then right fist.
15. **Hige No Ato Tsukai (hip strike, elbow strike, face block):** Opponent attempts to grab you from behind, cross arms in front of chest, right one on inside, step back with right foot into cat stance, hip strike to pelvic bone, elbow strike to solar plexus. Block a second opponent in front punching to your face.

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**Mae Geri:** Kick to pelvic bone with ball of foot.

**Yoko Geri:** Using peripheral vision, kick to floating rib with blade of foot.

**Shoba Konata:** Kick to leg joint at knee using heel.

**Otoshi Geri:** Step out right, kick solar plexus with ball of foot. Repeat on other side.

**Sokuto Geri:** Kick 2" above knee with blade of foot.

**Mae Geri-Uroshi Geri:** Kamai, hands up in a guard; step back into right guard stance. Front kick pelvic bone with ball of foot. Back kick solar plexus with heel.

**Mae Konata:** Kick to pelvic bone using heel.

**Uroshi Geri-Mae Geri:** Kamai, hands up in a guard; step forward into right guard stance. Back kick to solar plexus with heel. Front kick pelvic bone with ball of foot.

**Hiza Geri:** Kick to pelvic bone with top of knee.

**Kajushi Geri:** Mae Geri, Shoba Geri, Yoko Geri, Sokuto Geri

**Shoba Geri:** Listen, look, turn into cat stance, kick to pelvic bone with ball of foot.