



Ueshiro Okinawan Karate Family Club

(Est. 2004)

Kyoshi Matt Kaplan, *Denshi Shihan, Hachi-Dan*

Welcome to our Karate Family Club! To help you get started, below are our dojo guidelines and an introduction to Japanese terminology we often use in our classes. New white belts are invited to simply follow along and copy senior students to the best of your ability.

Our Dojo Rules

"Fundamental to Shorin-ryu is the observance by practitioners of courtesy and mutual respect."

— Hanshi Robert Scaglione

1. Always show courtesy to all.
2. Address your instructor as sensei or sempai.
3. Bow to the instructor/sensei when entering or leaving the dojo.
4. When a black belt instructor of *sandan* rank or above enters or leaves the deck in *gi* (uniform) for the first time, the senior student stops the activity on the deck and calls the other students to attention.
5. Prohibited in the dojo:
 - No wearing jewelry or other ornaments on the deck during class
 - No food or drink allowed on the deck
 - No talking or laughing while class is in session
 - No profanity
6. Keep your *gi* clean.
7. Keep your fingernails and toenails short.
8. Refrain from misusing your karate knowledge.
9. Do not leave the deck while class is in session without the instructor's permission.
10. Students should bow to each other before and after each practice.
11. Strive to promote the true spirit of the martial arts by:
 - Character - mental development
 - Health - physical development
 - Skill - proficiency in karate
 - Respect - courtesy to others
 - Humility - be aware of your shortcomings
12. Each student is responsible for keeping their own attendance sheet.
13. Always show courtesy to all.

"It was always emphasized to me, both on and off the deck, by Hanshi and my instructors throughout my training that karate begins and ends with courtesy." — Sensei Kevin Raymond



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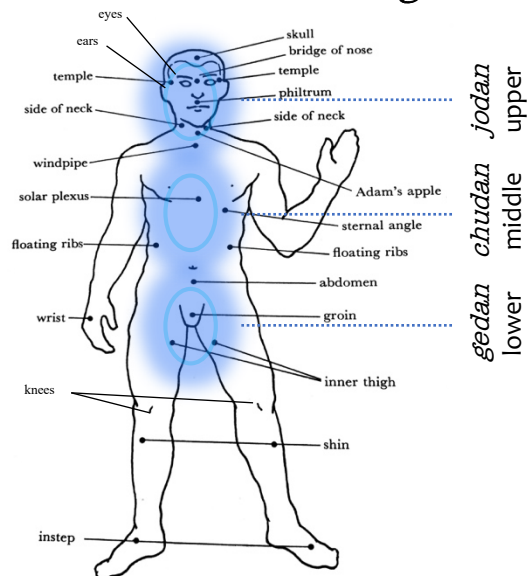
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Counting

Kazu (#s)	Kanji	Pronounced	Means:
ichi	一	ee-chee	one
ni	二	nee	two
san	三	sahn	three
shi	四	shee	four
go	五	goh	five
roku	六	roh-koo	six
shichi	七	shee-chee	seven
hachi	八	hah-chee	eight
ku	九	koo	nine
ju	十	joo	ten
hyaku	百	heeya-ku	hundred
sen	千	sehn	thousand

Karate Strike & Self-Defense Targets



"Karate ni sente nashi." – *There is no first attack in karate.* — Master Ginchin Funakoshi

Ueshiro Shorin-Ryu Karate USA Kata

Kata	Composed/ Introduced by	Born	Birth Place	When Composed	# of Moves
1. Fukyugata Ichi	Shoshin Nagamine	1907	Tomari	1940	21
2. Fukyugata Nidan	Chosin Chibana	1887	Shuri	1940	18
3. Fukyugata Sandan	Ansei Ueshiro	1933	Kin	1960	17
4. Pinan Shodan	Anko Itosu	1830	Shuri	1907	22
5. Pinan Nidan	Anko Itosu	1830	Shuri	1907	22
6. Pinan Sandan	Anko Itosu	1830	Shuri	1907	16
7. Pinan Yondan	Anko Itosu	1830	Shuri	1907	20
8. Pinan Godan	Anko Itosu	1830	Shuri	1907	18
9. Naihanchi Shodan	Bushi Matsumura	1796	Ryukyu		19
10. Naihanchi Nidan	Bushi Matsumura	1796	Ryukyu		19
11. Naihanchi Sandan	Bushi Matsumura	1796	Ryukyu		13
12. Ananku					21
13. Wankan					35
14. Rohai					27
15. Wanshu	Wanshu		China		33
16. Passai	Kyan	1870	Shuri		39
17. Gojushiho	amended royal Okinawan folk dance				54
18. Chinto	Chinto				43
19. Kusanku	Kusanku		China		60

"Anyone can learn karate." — Master Ansei Ueshiro



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Term/phrase	Pronounced	Means
anza	ahn-zah	sit cross-legged
arigato gozaimasuta	ah-ree-gah-toe go-zai-ma-shuh-tah	thank you (formal)
ate	ah-teh	smash
chotto-matte kudasai	choh-toh mah-tey koo-dah-sah-ee	wait a minute, please /stop please
dachi	dah-chee	stance
denzuku	den-zuu-k	no count
dojo	doh-joh	training gym
gi	ghee	jacket, uniform
hajime	hah-jee-meh	begin
karate-do	kah-rah-teh-doh	the way of the empty hand
kata / -gata	kah-tah / gah-tah	practice fighting forms
keri / -geri	keh-rhee / geh-rhee	kick
kiai	kee-eye	spirit-continuing force
kihon	kee-hone	fundamentals (basics)
kio-tsuke	kee-yoh-tsoo-keh	ready stance/attention
kumite	koo-me-teh	fighting/sparring
Kyoshi ni mawate	Kyoh-shee nee mah-wah-teh	turn to Kyoshi
mokuso	moh-koo-soh	meditate/clear mind
obi	oh-bee	belt
onagai shimasu	oh-nay-gah-ee shee-mah-suu	please teach us/me
rei	ray	respect/bow
seiza	say-zah	sit kneeling on feet
shugo	shoe-goh	line up
tsuki / -zuki	tsoo-key / zoo-key	punch
uchi	oo-chee	strike
uke	oo-keh	block
yame	yah-meh	stop/halt
yoi	yoh-ee	ready, attention
IKIKATA / DIRECTIONS		
mawate	mah-wah-teh	turn (180 degrees) ↻
migi	me-ghee	right →
hidari	he-dah-rhee	left ←
mae	ma-eh	front ↑
ushiro	oo-shee-row	back, rear ↓
gyaku	gya-koo	reverse (opposite hand & foot) ↕
yoko	yoh-koh	side ↔
jodan	joh-dahn	upper / face area ↗
chudan	chew-dahn	middle / chest area →
gedan	geh-dahn	lower / groin area ↘

"You only fail if you stop trying." — Hanshi Robert Scaglione

Ryukyu
islands

empty fist

sai
weapons

kanji for
kara & te

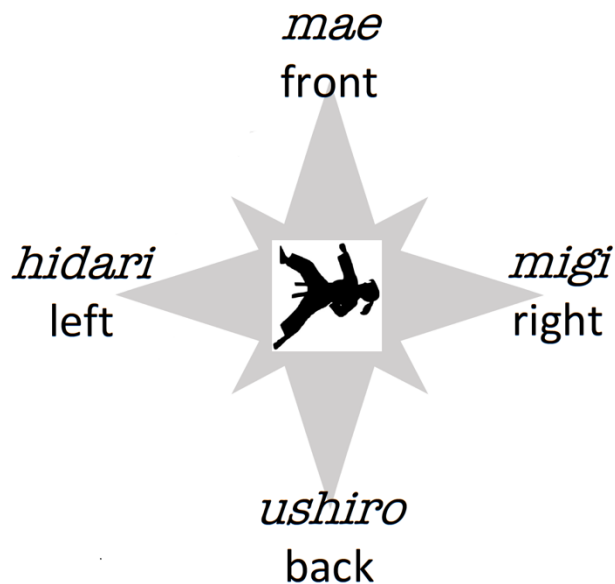
pine tree
style

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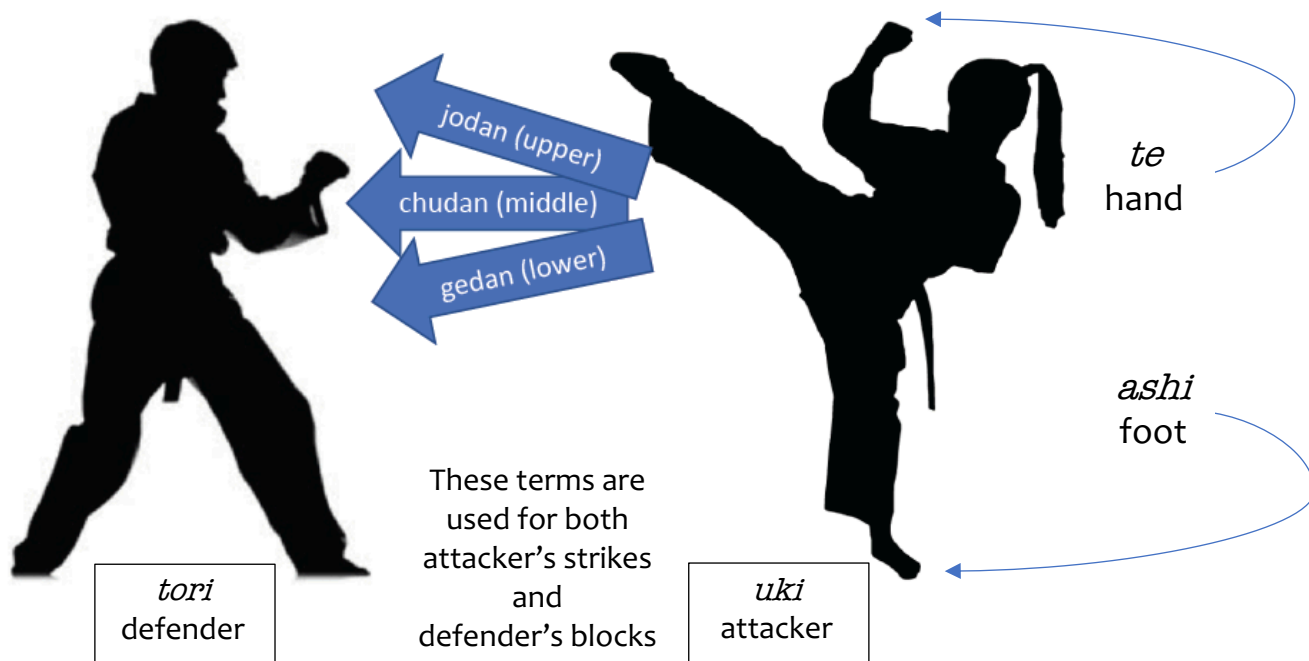
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"Be strong, be gentle, be beautiful." — Hanshi Keiko Fukuda, 10th dan judoka



I come to you with only Karate.
My hands are empty, but I fear no one.
Should I be forced to defend myself,
my honor, or my principles;
should it be a matter of right or wrong,
life or death
then here are my weapons, my empty hands.
— *The Karate Creed*

DIRECTIONAL TERMS



"If your hand goes forth, withhold your temper; if your temper goes forth, withhold your hand." — Karate precept

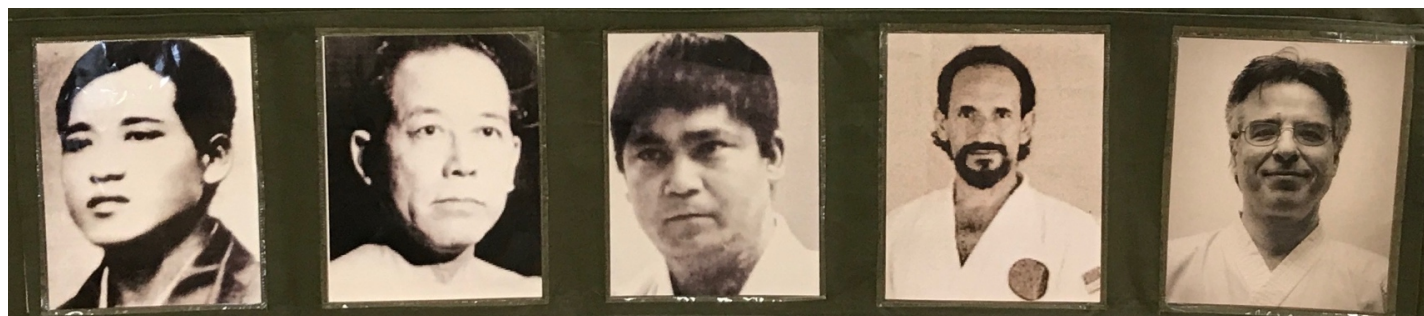


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Our Shinden

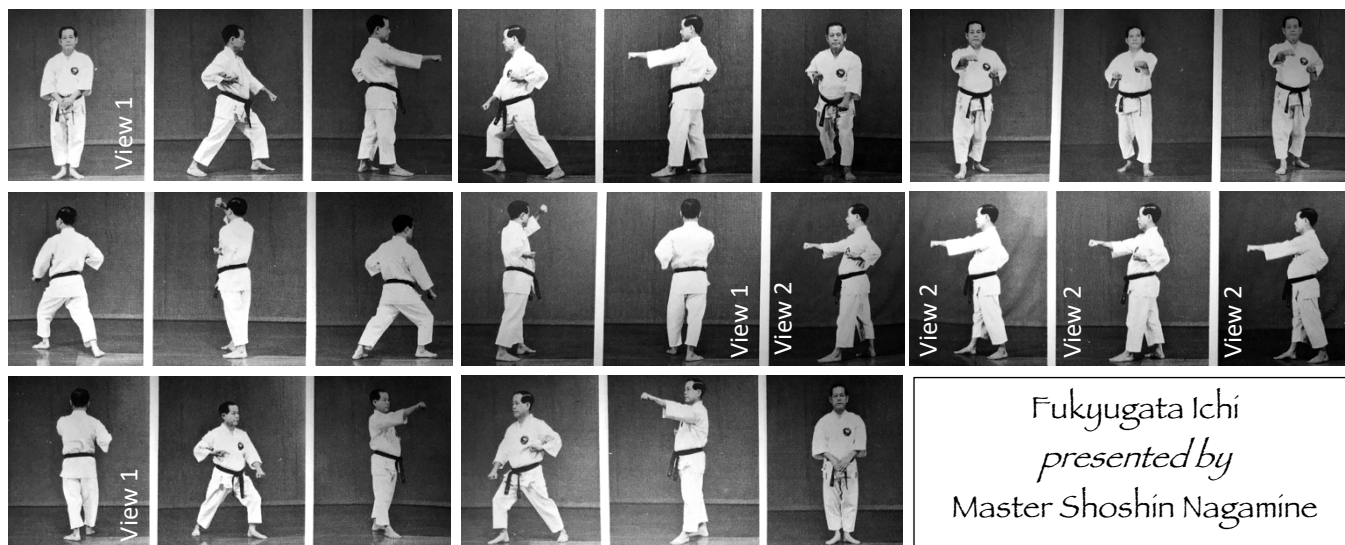


Master Ankichi Arikaki, Master Shoshin Nagamine, Master Ansei Ueshiro, Hanshi Robert Scaglione & Kyoshi Matt Kaplan

"Do not be dependent upon others for your improvement." — Sensei Miyamoto

HONORIFIC & PERSONNEL TERMS		
Shinden	Shin-dehn	Those who came before
Hanshi	Hahn-shee	Master teacher (10 th dan)
Kyoshi	Keeyoh-shee	Professor/expert teacher (7 th + dan)
Renshi	Rehn-shee	Senior teacher (5 th + dan)
Shihan	Shee-hahn	Director / teacher of teachers
Sensei	Sen-say	Teacher (3 rd + dan)
Sempai	Sem-pie	Senior student
karateka	kah-rah-tey-kahv	karate practitioners
-dan	-dahn	ranks of black belt (1 st through 10 th)
deshi	deh-shee	students below black belt
-kyu	-keeyu	rank below black belt (6 th through 1 st)

"Karate is a lifetime marathon." — Master Shoshin Nagamine



並足形



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Belt (obi)	Color in Japanese	Color in English	Rank in Japanese	Rank in English	Honorific title
	aka	red	ju-dan	10 th degree	Hanshi
	kuro shiro aka	black white red	ku-dan hachi-dan shichi-dan	9 th degree 8 th degree 7 th degree	Kyoshi
	kuro	black	roku-dan go-dan	6 th degree 5 th degree	Renshi
	kuro	black	yon-dan san-dan	4 th degree 3 rd degree	Sensei
	kuro	black	ni-dan sho-dan	2 nd degree 1 st degree	Sempai
	chairo to kuro no hinto	brown with black tips	ik-kyu	1 st kyu	Sempai
	chairo	brown	ni-kyu	2 nd kyu	Sempai
	orenji	orange	junior ni-kyu	junior 2 nd kyu	Sempai
	midori to chairo no hinto	green with brown tips	san-kyu	3 rd kyu	Sempai
	midori	green	yon-kyu	4 th kyu	Sempai
	kiro	yellow	junior yon-kyu	junior 4 th kyu	Sempai
	shiro to ni midori no hinto	two green tips	go-kyu	5 th kyu	Sempai
	shiro to ichi midori no hinto	one green tip	roku-kyu	6 th kyu	Sempai
	shiro	white		novice/beginner	Sempai

Sources

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 Ueshiro Shorin-Ryu Karate USA (2012). *USRKUSA 1962-2012 50th Anniversary Commemorative Journal*. New York, NY: Author.

Other Resources

KataGuide – Smartphone app provides video of Master Ueshiro and Hanshi Scaglione performing our 19 kata, weapons kata, yakusoku kumite, and other exercises.
 USRK55 – Smartphone app provides video with views from multiple cameras of current karateka performing kata.

Websites:

Ueshiro Okinawan Karate Family Dojo
 Ueshiro Shorin-Ryu Karate USA

<http://familykarateclub.com>
<https://www.shorinryu.com/>

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Terms for Intermediate & Advanced Students

WAZA / TECHNIQUES

ate waza	ah-the wah-zah	smashing
atemi waza	ah-teh-me wah-zah	breaking (boards, concrete)
dachi waza	dah-chee wah-zah	stance
keri / -geri waza	keh-rhee / geh-rhee wah-zah	kicking
tsuki / -zuki waza	tsoo-key wah-zah	punching
uchi waza	oo-chee wah-zah	striking
uke waza	oo-kay wah-zah	blocking
TACHIKATA	tah-chee-kah-tah	STANCES
chokuritsu-fudo-dachi	cho-koo-rhee-tsoo foo-doh dah-chee	formal attention stance
heisoku-dachi	hay-sow-koo dah-chee	closed foot stance
ippon-ashi-dachi	ee-pohn ah-she dah-chee	crane stance / one-legged stance
kiba-dachi	key-bah dah-chee	straddle-leg stance
kosa-dachi	ko-sa dah-chee	cross-legged stance
neko-ashi-dachi	neh-koh ah-she dah-chee	cat stance
shizen-tai dachi	she-zen tah-ee	natural stance
zenkutsu-dachi	zen-koo-tsue day-chee	forward stance
UKE-WAZA	oo-kay wah-zah	BLOCKING TECHNIQUES
chudan-soto-shuto-uke	chew-dahn soh-toh shoe-toe oo-kay	middle out-to-inside knife hand block
chudan-uchi-uke	chew-dahn oo-chee oo-kay	middle in-to-outside block
gedan-barai uke	geh-dahn baa-rah-ee oo-kay	downward sweeping block
gedan-uke	geh-dahn oo-kay	lower block
jodan-uke	joe-dahn oo-key	upper block against head attack
morote-soe-uke	moh-row-teh soh-eh oo-kay	augmented forearm block
otoshi-uke	oh-toe-she oo-kay	dropping downward block
shuto-uke	shoe-toe oo-kay	knife-hand block
soto-uke	so-toh oo-kay	outside to inside block
uchi-uke	oo-chee oo-kay	inside to outside block
TSUKI-WAZA	tsue-key wah-zah	PUNCHING TECHNIQUES
chudan-zuki	chew-dahn zoo-key	middle punch to body
gedan-tsuki	geh-dahn tsue-key	lower punch to groin
gyaku-zuki	gya-koo zoo-key	reverse punch
morote-zuki	moh-row-the zoo-key	augmented side/double-fist punch
oi-zuki	oh-ee zoo-key	chasing, lunge punch
UCHI-WAZA	oo-chee wah-zah	STRIKING TECHNIQUES
haito-uchi	hi-toe oo-chee	ridge-hand/reverse knife strike
hiji-ate	he-gee ah-teh	elbow smash/strike
kentsui-uchi	ken-tsue-ee oo-chee	hammerfist strike
nukite	noo-key-teh	spear-hand, straight thrust
shuto-uchi	shoe-toe oo-chee	knife-hand strike
tate-hiji-ate	tah-teh he-gee ah-teh	upward elbow strike



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uraken-uchi	oo-ray-ken oo-chee	back-fist strike
ushiro-hiji-ate	oo-she-row he-gee ah-teh	back elbow smash
yoko-hiji-ate	yoh-koh he-gee ah-teh	side elbow smash
KERI-WAZA	keh-rhee wah-zah	KICKING TECHNIQUES
hiza-ate	hee-zah ah-tay	knee smash
mae-geri	mah-eh geh-rhee	front kick
mawashi-geri	mah-wah-she geh-rhee	roundhouse kick
nidan-geri	nee-dahn geh-rhee	flying front/double jump kick
sokuto-geri	sow-koo-toe geh-rhee	foot-edge kick
ushiro-geri	oo-she-row geh-rhee	back kick
yoko-geri	yoh-koh geh-rhee	side kick
KOBUJUTSU	koh-boo-joo-tsoo	WEAPONS
bo	boh	staff weapon, carry loads
kama	kah-mah	hand sickle weapon
nunchaku	nun-chah-koo	flail, two-rod weapon
sai	sah-ee	metal forked weapon
tuifa / tonfu	too-ee-fah / tohn-foo	wooden millstone handle weapon
HOJO UNDO	hoh-joh oon-doh	STRENGTH BUILDING TOOLS
chishi	chee-shee	weighted stick
sashi	sah-shee	hand weight
kami	kah-mee	earthenware jar with sand
tetsugeta	te-tsoo-geh-tah	iron clogs
KARADA / BODY TERMS		
ashi	ah-shee	foot
atama	ah-tah-mah	head
chusoku	choo-soh-koo	ball of foot
haisoku	hi-sow-koo	instep
haito	hi-toe	ridge-hand
hara	hah-rah	belly, center of consciousness
hiji	hee-gee	elbow
hiza	hee-zah	knee
kakato	kah-kah-toe	heel
kentsui	ken-tsu-ee	hammer fist
kinteki	keen-teh-kee	groin
koshi	koh-shee	hip
kyobu	kee-yoh-boo	chest
seiken	say-ken	fist
shotei	shoh-teh-ee	palm-heel
shuto	shoo-toe (also sh-toh)	knife hand
sokuto	soh-koo-toe	foot edge
tanden	tahn-den	navel, center
te	teh	hand



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tsumasaki	tsoo-mah-sah-key	tips of toes
ude	oo-deh	forearm
uraken	oo-ray-ken	back-fist
wan	wahn	arm
yubi	yoo-bee	fingers
ADDITIONAL KARATE TERMS		
atemi	ah-teh-mee	concentrated destructive power
barai	bah-ra-ee	sweeping
bunkai	boon-kaee	“taking apart”/application of kata
bushi	boo-shee	warrior
bushi-do	boo-shee-doh	way of the warrior
dozo	doh-zoh	please
genshin	gehn-sheen	intuitive ability to anticipate an attack
jyu kumite	gee-you koo-me-teh	free-style sparring
ju	joo	flexibility
jutsu	joo-tsoo	science/technique
kamae	kah-my	fighting position
kara	kah-rah	empty
kime	kee-may	focusing
ma-ai	mah-ee	distancing
makiwara	mah-kee-wha-rah	punching board
mushin	moo-sheen	no-mind/empty mind
oyo-tan-ren	oh-yoh-tahn-rehn	special exercise
suki	soo-key	opening
tanren kumite	tan-rehn koo-mee-tey	arm & body conditioning
tenshin	tehn-sheen	body shifting
yakusoku kumite	yah-koo-so-koo koo-me-tey	prearranged fighting
zanshin	zahn-sheen	ready mind, “flow”
WHAT MAKES A WARRIOR? Warrior Spirit & Virtues		
gan	gahn	eyes, awareness, perception
soku	soh-koo	foot, foundation, balance
tanden	tahn-dehn	ki, hara, spirit, attitude, breathing
riki	ree-kee	strength, power, dynamic tension
giri	gee-ree	duty, respect for masters & tradition
shiki	shee-kee	resolution
fudo	foo-doh	steadfast, immutability
doryo	doh-reeyo	magnanimity
onsha	ohn-shah	generosity, tolerance
ninyo	neen-yoh	compassion, kindness

“One who conquers oneself is the greatest warrior.” — Karate precept