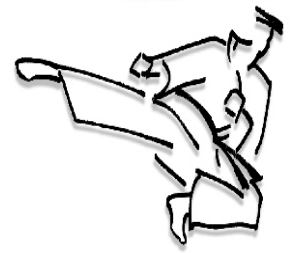




Karate Do, LLC

Basic Japanese Vocabulary for Black Belt Test



Basic Japanese Vocabulary Required For Black Belt Test

1. **Uechi Ryu** – Uechi is a family name and Ryu mean “style”, so Uechi-ryu means The Style of Uechi.
2. **Sensei** – Teacher
3. **Kata** – means “form”, a choreographed routine of steps, turns, blocks, strikes, and kicks.
4. **Sanchin** – means three conflicts. The conflicts are the mind, body, and spirit.
5. **Hajime** – begin
6. **Yame** – stop
7. **Kiotsuke** – attention
8. **Rei** - bow
9. **Jumbi undo** – warm-up exercises or preparation exercises
10. **Hojo undo** – supplementary exercises or second exercises
11. **Dojo** – “Way place,” a karate training hall or school
12. **Karate** – Kara means empty and te means hand, so karate means “empty hand,” a method of self-defense that embodies physical, mental, emotional, and spiritual development.
13. **Animals** – the three animals represented in Uechi Ryu Karate Do are the Tiger, Crane, and Dragon.
14. **Numbers** – Ichi, ni, san, shi, go, roku, shichi, hachi, kyu, jyu
15. **Domo arigatoo gozaimasu** – Thank you very much
16. **Wa-uke** - circle block with the arm on the same side of the body as the forward foot and bring the hand all the way back to the belt while bringing the other hand back to the shoulder then push forward with both hands, then return arms to Sanchin position.
17. **Uraken tsuki** - back fist strike
18. **Shuto uchi** - a karate chop
19. **Yoi** – face the front of the dojo then stop into an attention stance
20. **Seiken tsuki** - a straight forward punch
21. **Sokuto geri** - side kick
22. **Hiji tsuki** - elbow strike
23. **Ashi sakio ageru undo** - **Ashi** means *the foot*, **sakio** means *the tip*, **ageru** means *to lift*, **undo** means *exercise*. So, this means ‘To lift the tip of the foot exercise’ or as we say ‘heel pivots’.
24. **Kagato o ageru undo** – **Kagato** means *the heel*, **ageru** means *to lift*, and **undo** means *exercise*. So, this means ‘To lift the heel exercise’ or as we say ‘heel lifts’.
25. **Hiza o mawasu undo** – **Hiza** means *knees*, **mawasu** means *to circle*, and **undo** means *exercise*. So, this means ‘Knee Circle exercise’ or Knee Circles.
26. **Ashikubi o mawasu undo** – **Ashi** means *the foot*, **kubi** means *the neck*, **mawasu** means *to turn or circle*. Foot circles.
27. **Karado mae ni taosu undo** (Cara-doe mae-nee tao-sue undo) – to drop the body forward exercise or waist scoops.
28. **Ashi mae yoko undo** (Ah-she may yoko undo) – **Ashi** means *the foot*, **mae** means *to the front*, **yoko** means *to the side*, and **undo** means *exercise*. We call this exercise “leg lift and turn”.





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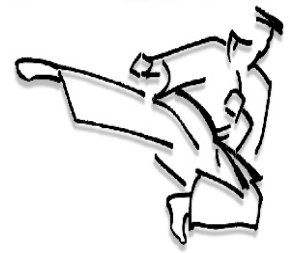
29. **Ashi o ageru undo** – to lift the foot exercise, or as we say “straight leg kicking”. Or said in another way, **Ashi o mae nanameni ageru undo** (Ah-she-o may nanamay-nee agere-u undo) which means *to lift the leg above the eyes and across the diagonal*.
30. **Koshi no nenten undo** (Ko-she no nen-ten undo) – **Koshi** means *the lower back*, **nenten** means *to turn or bend*. So, this means *to turn or bend the lower back exercise*, or as we say ‘trunk twists’. This can also be said as **Karado mawasu undo** – to circle the lower back exercise.
31. **Kunbun Uechi** (1977-1948) – The man who the style or karate we study is named after.
32. **Chou Tzo Ho** (1874-1926) – Shushiwa. Kunbun Uechi’s teacher in China.
33. **Pangainoon** – our system of karate before it was renamed to **Uechi Ryu** in 1940. Pangainoon Kenpo is a half-hard-half soft fist method of self-defense. This style had only the three main katas as we know them today; Sanchin, Seisan (Say san), and Sanseirui (San-say-ru).
34. **Udeo mae yoko shitani nobassu undo** (Ud-e-o mai yo-ko she-tan-ee no-bas-u undo) -- **Ude** means *the arm*, **mae** means *to the front*, **yoko** means *to the side*, **shitani** means *downward*, **nobassu** means *to stretch or lengthen*, and **undo** means *exercise*. We call this exercise “Arm Trusts”.
35. **Kubio mawasu undo** (Ku-bee-oh ma-wasu undo) – **Kube** means neck, **mawasu** means *to twist or rotate*, and **undo** means *exercise*. We call this exercise “Neck Exercise”.
36. **Shinko Kiu** (Shin-ko cue) – Deep Breathing.
37. **Kanei Uechi** (1911-1966) (Kan-eye Way-chee). Kunbun Uechi’s son and the person responsible for the additional five non **Pangainoon** katas (Kanshiwa, Kanshu, Seichin, Seiryu, and Kanchin).
38. **Hojo undo** – supplementary exercises or second exercises.
39. **Shomen Geri** – Front snap kick.
40. **Sokuto Geri** – Side snap kick.
41. **Mawashi Tsuki** – round punch.
42. **Hiraken Tsuki** – flat fist.
43. **Shoken Tsuki** – Single knuckle strike.
44. **Migi** – right.
45. **Kidari** – left.
46. **Dachi** – stance.
47. **Seiza** – to sit properly (kneel).
48. **Kumite** – Crossing of Hands.
49. **Go Kura Sama** – Thank you for working hard (thank you for your hard work)
50. **Dojo Kun** – Dojo Code of Conduct.
51. **George Mattson** – Brought Uechi-Ryu Karate to this country in 1958.
52. **Tomoyose Ryuko** – (1928 -) First to teach Uechi-Ryu Karate to Americans.
53. **Tachiagaru** – standup
54. **Dachi** – stance
55. **Do itashimashite** – your welcome (a response to thank you)
56. **Konnichi wa** – hello
57. **Sayonara** – good bye
58. **Konban wa** – good evening (hello)
59. **Ohayo Gozaimasu** – good morning (hello)
60. **Kote kitae** – conditioning





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61. **Go Ippon Kumite** - five point sparring
62. **Kumite** - sparring
63. **Yakusoku kumite** – prearranged sparring
64. **Ippon kumite** – one step sparring
65. **Jiyu kumite** – free sparring
66. **Mushin** - state of being. Looking at nothing and seeing everything. Listening to nothing and hearing everything.
67. **Zanshin** – being alert, correct mental alertness after executing a technique
68. **Kime** -- putting all energy into one focus point

