



## Shotokan Karate-Do International

### S.K.I.F Cyprus Affiliation

<b>Terminology</b>	
Dojo	Place for studying the "Way"
Dojo KUn	<b>Rule</b> (kun) of <b>place</b> (jō) where the students follows the <b>Way</b> (dō) and say it at the end of every training.
Oss	Literally, the willpower that should push you towards your aim even if this means suffering.
Seiza	Formal Kneeling Position
Mokusō	Close your eyes and meditate
Kai Moku	Open your eyes
Kirizu	Stand up
Shomen ni Rei	Bow to Flag
Sensei ni Rei	Bow to Sensei
Shihan ni Rei	Bow to Master
Otagai ni Rei	Bow to each other.
Karateka	Student of Karate
KarateGi	Uniform
Obi	White, Yellow, Orange, Green, Blue, Brown and Black Belt
Kihon	Basic techniques
Kata	A pre-arranged sequence of techniques against imaginary opponents
Kumite	The practical application of techniques learned against an opponent/partner.
Rei	Bow
Yoi	Ready
Kamae	Ready and in position
Hajime	Begin
Kime	A psychophysical concentration of energy
Kiai	A shout that embodies the energy of your Kime
Mawatte	Turn around
Yame	Finish
Naore	Return to ready

Jōdan	Face Level
Chūdan	Stomach Level
Gedan	Lower Level
Hidari	Side Left
Migi	Side Right
Mae	Forward
Yoko	Side
Ushiro	Backward
Gyaku	Reverse
Tate	Upward
Otoshi	Downward
Soto	Outward
Uchi	Inward

### **Ranks and Titles**

Kyū	Junior Student ( From 9 <sup>th</sup> Kyū White-Belt up to 1 <sup>st</sup> Kyū Brown-Belt )
Dan	Senior Student ( From 1 <sup>st</sup> Dan Black-Belt up to 10 <sup>th</sup> Dan Black-Belt )
Kōhai	Lower Grade
Dōhai	Same Grade
Senpai	Higher Grade
Sensei	Teacher
Shihan	Master
Kanchō	Founder of S.K.I.F.

### **Counting in the Dōjō**

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku/Kyū	Nine
Jū	Ten
Jūichi	Eleven
Jūni	Twelve
Jūsan	Thirteen
Nijū	Twenty
Nijūichi	Twenty-one
Nijūni	Twenty-two
Nijūsan	Twenty-three
Sanjū	Thirty
Sanjūichi	Thirty-one
Sanjūni	Thirty-two
Sanjūsan	Thirty-three
Hyaku	One Hundred

Sen	One Thousand
Man	Ten Thousand

### **Stances (Dachi)**

Heiko-dachi	Feet parallel and shoulder width apart (Yoi)
Heisoku-dachi	Feet and heels together
Musubi-dachi	Heels together and toes at 90 degrees
Hachinoji-dachi	Like Heiko-dachi, but with your feet pointed 45° outwards
Teiji-dachi	T-Angled Stance
Renoji-dachi	L-Angled Stance
Zenkutsu-dachi	Front Stance
Kokutsu-dachi	Back Stance
Kiba-dachi	Straddle-leg Stance
Sanchin-dachi	Hour-glass Stance
Shiko-dachi	Square Stance
Hangetsu-dachi	Half-Moon Stance
Sochin-dachi o Fudo-dachi	Rooted Stance
Neko-ashi-dachi	Cat Stance

### **Blocking (Waza Uke)**

Age-uke	Rising Block
Soto Ude-uke	Outside Forearm Block
Uchi Ude-uke	Inside Forearm Block
Shutō-uke	Knife-Hand Block
Gedan-bari	Downward Block
Haishu-uke	Backhand Block
Teishō-uke	Bottom Palm Block
Te-Nagashi-uke	Sweeping hand Block
Tate Shutō-uke	Knife Hand Block (Handstand)
Otoshi-uke	Downward Block
Kakuto-uke	Bent-wrist Block
Keitō-uke	Chicken-head hand Block
Kakiwake-uke	Inside Wedge Hands Block
Juji-uke/Kosu-uke	X hands Block
Morote-uke	Reinforced Block
Teishō-awase-uke	Combined Bottom Palm Block
Sokutei-osae-uke	Pressing block with sole of feet
Sokutei-mawashi-uke	Circular sole block

### **Attacking (Waza Uchi)**

Choku-zuki	Straight Punch
Oi-zuki	Stepping Punch
Jōdan zuki	High level stepping Punch (zone between nose and eyes)
Chūdan zuki	Medium level stepping Punch
Gedan zuki	Low level stepping Punch
Gyaku-zuki	Opposite Punch
Morote-zuki	Double-fist Punch
Age-zuki	Rising Punch
Ura-zuki	Reverse Punch

Mawashi-zuki	Circular Punch
Kagi-zuki	Hook Punch
Awase-zuki	U- Punch
Yama-zuki	Wide U Punch
Hasami-zuki	Scissors Punch
Kizami-zuki	Jabbing Punch
Sanbon-zuki	Treble Punch
Uraken Uchi	Back-fist strike
Tettsui Uchi	Hammer fist strike
Enpi Uchi	Elbow strike
Mae Enpi Uchi	Forward elbow strike
Yoko Enpi Uchi	Side elbow strike
Mawashi Enpi Uchi	Circular elbow strike
Otoshi Enpi Uchi	Downward elbow strike
Ushiro Enpi Uchi	Back elbow strike
Tate Enpi Uchi	Upward elbow strike
Shutō Uchi	Knife Hand strike (pinkie side)
Haitō Uchi	Knife Hand strike (thumb side)
Teishō Uchi	Bottom Palm strike
<b>Kicking (Waza Geri)</b>	
Mae geri	Front Kick
Yoko geri Keage	Side Snap Kick
Yoko geri Kekomi	Side Thrust Kick
Mawashi geri	Circular Kick
Ushiro geri	Back Thrust Kick
Fumikomi-geri	Downward Thrust Kick
Ashi barai	Foot or Leg Sweep
Hiza geri	Knee Kick
Mikazuki geri	Rising foreward Kick (half-Moon)
Nidan geri	Double jumping kick
Ura mawashi geri	Reverse circular kick

**Savvas Papademetriou**

**Chief Instructor**

**S.K.I.F CYPRUS**