

BWKS MEMBERSHIP DETAILS

Family Name..... *HUGHES*

First Name..... *James*

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..... *COAKESLAND*

Telephone No..... *828 87 74 8747*

Date of starting Karate

Club

Membership No: BWKS.....

Date of expiry.....

EKGB No. 98..... *99*

2000..... *01*

02..... *03*

04..... *05*

06..... *07*

12 years and under must use Junior Grading Syllabus

10 years and above must use Senior Grading Syllabus

All students must have a minimum of 3 months and 20 lessons between their Kyū grading

Students must show their valid BWKS/EKGB Licences when they take their Grading

Examiners have to give official BWKS Certificate to the successful candidates of the Grading. (BWKS official certificates bear the Chief Instructor's Red Stamp on the front and name stamp at the back).

HISTORY OF KARATE

Karate is a martial art, developed in Loochoo (the old name of Okinawan Islands) since the ancient times. The inhabitants of these islands had peculiar bare hand striking and bare feet kicking techniques which constituted special features of Karate. They called their martial art "Tei" which means hand.

During the Tang dynasty of China, a special method of Kempō (boxing) was introduced to the islands together with the culture of the dynasty. This contributed so much to the development of the native way of boxing. The inhabitants named this superior foreign way of fighting "Tō-dei" which literally means "Tang Hand".

In 1406, the King of the Loochoo Islands proclaimed the establishment of a peaceful country and forbade inhabitants to hold or carry weapons. This prohibition is said to have made "Tō-dei" more popular although some warriors were allowed to re-arm themselves later to protect their islands from possible invasion.

In 1609, Ryūkyū (as Loochoo was subsequently re-named) was conquered by the Japanese Shimazu Daimyō of Satsuma and made a dominion of the clan. The conquerors confiscated all the weapons of the Ryūkyūans in order to rule the islands with greater ease and prohibited the practice of martial arts. The Ryūkyūan warriors (most of whom were members of the Shizoku = Samurai class) fought against the soldiers of the Shimazu clan and were renowned for their bravery and fighting skills. This prohibition led to them practising the art of weaponless defence Tō-dei clandestinely. This art of Okinawan unarmed combat was introduced to the public of Japan proper for the first time in the spring of 1922, as Okinawa Kempō of Tō-dei or Ryūkyū Karate Jutsu. Japanese Martial Arts master Mr Hironori Otsuka studied the Karate-Jutsu with great interest and later combined the art with techniques from an ancient form of Japanese unarmed combat, Jūjitsu, to produce an advanced fighting art Wadō-Ryū Karate-dō in 1934. Wadō-Ryū Karate-dō is now one of the most popular styles of Karate in the world. (Wadō means 'the way of peace and harmony' Karate-do means 'the way of the empty hand' meaning without weapons).

Except in the defence of life or limb, Karate techniques must never be used outside the Dójó, because they can be extremely dangerous.

The purpose of Karate training is to develop and maintain health and strength, both physical and mental, to teach good manners, self-discipline and mutual respect between Karate-Ka and others, and also to encourage decency and respect between all members of society.

Karate is endless, because every technique can always be improved upon. This inculcates modesty and a strong intellectual stature.

Karate-dó has no connection with Buddhism, Shintoism, Confucianism or any other religion.

- Seiryoku Zenyó jita kyóci. (Kanó Jigoró. 1859-1938. Kódókan Júdó) Use your energy for good purposes to achieve prosperity for yourself and others.
- Martial art techniques are as infinite as the universe, there is no perfection in the techniques. (H.Otsuka. 1892-1982. Wadó-Ryú).
- The ways of the martial arts are not only physical but also a search and to master the ways of WA. (H.Otsuka).
- This art of self-defence makes use of no weapons, only bare feet and empty hands, Karate-ka aim not only towards perfecting their chosen art but also towards emptying heart and mind of all earthly desires and vanity. (G.Funakoshi. 1868-1957. Shótókan).
- Karate-ka must render his mind empty of selfishness and evil thoughts in an effort to react appropriately towards anything he might encounter. (G.Funakoshi)
- Systematic and scientific training is essential, incorrect training methods can result in acquiring bad habits which can obstruct progress or even cause physical injury. Hard training is necessary to obtain proficiency, but thoughtless, unsystematic training will do more harm than good. (M.Nakayama. 1914-1987. JKA)

1. Before entering and leaving the Dójó (training hall) bow from the waist. "Karate wa rei ni hajimari rei ni owaru" (Karate begins and ends with courtesy).
2. In the Dójó (whilst used as Dójó) silence must be maintained, no radio and stereo, no mobile phone, no chatting, no smoking, no gum-chewing, no eating, no drinking and no bad language to be used.
3. Nobody will be allowed to train while under the influence of alcohol or drugs.
4. Clean white Karate-gi must be worn, not more than one badge may be worn on the front of a jacket and no markings of any kind on the back of the jacket or the trousers.
5. No wrist watches, jewellery or other accessories may be worn.
6. Finger and toe nails must be kept short and clean at all times., hands and feet must always be clean.
7. However intimate master and pupil may be outside the Dójó, inside the instructor is always called Sensei and treated with utmost respect. If, for whatever reason, the pupil loses respect for his master, he MUST immediately find another master.
8. The Karate-ka must always respect an opponent, never losing his temper no matter how an opponent might have behaved. Karate-ka of inferior grade to oneself must be treated with consideration.
9. Punctuality at all times is essential.
10. Outside the Dójó or Shiaijó (contest area), the Karate-ka must never use the techniques he has learnt, other than in defence of life or limb. He must never be the first to attack (Karate ni sente nashi).
11. Karate students must always inform their Sensei if they are to be absent for more than 2 weeks.
12. Visitors are always welcome, subject to their observing the above rules, where applicable.

KARATE-DO

MARTIAL ART
SELF-DEFENCE

SPORT

SELF-DISCIPLINE (SELF-CULTURE)

WADÓ RYÚ KARATE DÓ

Founder: HIRONORI ÓTSUKA (1892-1982)

Established: 1st May 1934

SPECIAL DISTINCTIONS OF WADÓ RYÚ

NAGASU: Flowing, brushing techniques

INASU: Diversion, feinting techniques

NORU: Anticipation, counter techniques

KAWASU: Ducking, dodging techniques

TORU: Holding, throwing and sweeping techniques

KARATE TRAINING SUCCESSION

1. KIHON WAZA (basic techniques)

2. RENKEI WAZA (combination techniques)

3. KATA (form)

4. KIHON GUMITE (basic fighting techniques)

5. YAKUSOKU GUMITE (prearranged fighting techniques)

6. JIYÚ GUMITE (free fighting)

7. SHIAI/SHINPAN (contest/judging)

8TH KYU (Yellow Belt)

(Junior Grading is same as Senior Grading)

KIHON WAZA (basic techniques)

1. Jódan uke Zenshin (step forward, upper rising block)
2. Chúdán Soto uke Zenshin (step forward, outer body block)
3. Chúdán Uchi uke Zenshin (step forward, inner body block)
4. Gedan barai Zenshin (step forward, downward block)
5. Junzuki Zenshin (step forward, straight body punch)
6. Gyakuzuki Zenshin (step forward, opposite body punch)
7. Maegeri Zenshin (front kick, step forward)
8. Uraken Zenshin (step forward, back fist strike)

RENKEI WAZA (combination techniques)

1. Maegeri Chúdán - Tobikomizuki Jódan
(front kick to body - snap punch to face)
2. Maegeri Chúdán - Gyakuzuki Chúdán
(front kick to body -opposite punch to body)

YAKUSOKU GUMITE (prearranged fighting techniques)

1. Jódan (zuki) Uke L & R Ipponne (No. 1 face punch, and block)
2. Chúdán (zuki) Uke L & R Ipponne (No. 1 body punch, and block)
3. Maegeri Uke L & R Ipponne (No. 1 front kick, and block)

7TH KYU (Orange Belt)

(Junior Grading is same as Senior Grading)

KIHON WAZA

1. Junzuki
2. Gyakuzuki
3. Junzuki no Tsukkomi
4. Gyakuzuki no Tsukkomi
5. Maegeri Chúdan
6. Mawashigeri Chúdan
7. Sokutógeri
8. Uraken Jódan

RENKEI WAZA

1. Maegeri Chúdan - Mawashigeri Chúdan - Gyakuzuki Chúdan
2. Gyakuzuki Jódan - Okutte Maegeri Chúdan

KATA

Pin'an Nidan (2)

YAKUSOKU GUMITE

1. Jódan (zuki) Uke L & R Nihonne (2)
2. Chúdan (zuki) Uke L & R Nihonne (2)
3. Maegeri Uke L & R Gohonne (5)
4. Mawashigeri Uke L & R Ipponne (1)

6TH KYU (Green Belt)

(Junior Grading is different in Kata and Yakusoku Gumite)

KIHON WAZA

1. Kette Junzuki
2. Kette Gyakuzuki
3. Tobikomizuki
4. Shutó Uke Zenshin
5. Okutte Maegeri Chúdan
6. Okutte Mawashigeri Chúdan
7. Okutte Sokutógeri Chúdan
8. Ushirogeri

RENKEI WAZA

1. Okutte Maegeri Chúdan - Sokutógeri Chúdan - Uraken Jódan
2. Tobikomi Jódan + Chúdanzuki - Okutte Maegeri Chúdan

KATA

Pin'an Shodan (1)

Pin'an Sandan (3)

JUNIOR GRADING (-13)

Pin'an Nidan (2)

Pin'an Shodan (1)

YAKUSOKU GUMITE

1. Jódan (zuki) Uke L & R Sanbonme (3)

2. Chúdan (zuki) Uke L & R Sanbonme (3)

3. Maegeri Uke L & R Nihonne (2) Ropponme (6)

4. Mawashigeri Uke L & R Nihonne (2) Yonhonme (4)

JUNIOR GRADING

1. Sanbonme (3)

2. Sanbonme (3)

3. Nihonne (2)

4. Nihonne (2)

JİYÚ GUMITE

(Free fighting)

5TH KYU (Blue Belt)

(Junior Grading is different in Kata, Kihon Gumite, Yakusoku Gumite)

KIHON WAZA

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Tobikomizuki Jódan
6. Nagashizuki Jódan
7. Ushirogeri Chúdan
8. Tobigeri Jódan

RENKEI WAZA

1. Maegeri Chúdan - Mawashigeri Chúdan - Ushirogeri Chúdan
Gyakuzuki Chúdan
2. Tobikomi Jódan + Chúdanzuki - Mawashigeri Chúdan

KATA

1. Pin'an Shodan (1)
2. Pin'an Yodan (4)

KIHON GUMITE

Ipponme (1)

YAKUSOKU GUMITE

1. Jódan (zuki) Uke L & R Nihonne (2)
2. Chúdan (zuki) Uke L & R Yonhonme (4) Gohonme (5) 2. Yonhonme (4)
3. Maegeri Uke L & R Sanbonme (3) Kyuhonne (9) 3. Ropponme (6)
4. Mawashigeri Uke L & R Sanbonme (3) Ropponme (6) 4. Sanbonme (3)

JIYÚ GUMITE

JUNIOR GRADING

- Pin'an Shodan (1)
Pin'an Sandan (3)

JUNIOR GRADING

Not Required

JUNIOR GRADING

1. Ipponme (1)
2. Yonhonme (4)
3. Ropponme (6)
4. Sanbonme (3)

4TH KYU (Purple Belt)

(Junior Grading is different in Kata, Kihon Gumite, Yakusoku Gumite)

KIHON WAZA

1. Kette Junzuki
2. Kette Gyakuzuki
3. Nagashizuki Jódan
4. Shutó uke Zenshin
5. Maegeri Chúdan
6. Mawashigeri Chúdan
7. Sokutógeri Chúdan
8. Okutte Ushirogeri Chúdan

RENKEI WAZA

1. Maegeri Chúdan - Nagashizuki Jódan - Gyakuzuki Chúdan
2. Maegeri Chúdan - Sokutógeri Chúdan - Ushirogeri Chúdan
Uraken Jódan

KATA

- Pin'an Yodan (4)
Pin'an Godan (5)

KIHON GUMITE

Nihonne (2)

YAKUSOKU GUMITE

1. Jódan (zuki) Uke L & R Sanbonme (3)
2. Chúdan (zuki) Uke L & R Yonhonme (4)
3. Maegeri Uke L & R Yonhonme (4) Nanahonne (7) 3. Sanbonme (3)
Happonne (8) Jupponme (10)
4. Mawashigeri Uke L & R Nihonne (2) Gohonme (5) 4. Yonhonme (4)

JIYÚ GUMITE

JUNIOR GRADING

- Pin'an Sandan (3)
Pin'an Yodan (4)

JUNIOR GRADING

Not Required

JUNIOR GRADING

1. Nihonne (2)
2. Gohonme (5)
3. Sanbonme (3)
4. Yonhonme (4)

3RD KYU (Brown Belt)

(Junior Grading is different in Kata, Kihon Gumite, Yakusoku Gumite)

KIHON WAZA

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukomi
4. Kette Gyakuzuki no Tsukomi
5. Tobikomizuki Jódan
6. Nagashizuki Jódan
7. Okutte Mawashigeri Jódan
8. Okutte Sokutógeri Chúdan

RENKEI WAZA

1. Tobikomi Jódan + Chúdanzuki - Okutte Maegeri Chúdan Sokutógeri Chúdan - Uraken Uchi Jódan
2. Zenshinshite Jódan + Chúdanzuki - Maegeri Chúdan Nagashizuki Jódan - Gyakuzuki Chúdan - Mawashigeri Jódan

KATA

1. One Pin'an Kata of Student's choice (tokui gata) 1. Pin'an Yodan (4)
2. Kúshankú 2. Pin'an Godan (5)

JUNIOR GRADING

KIHON GUMITE

Ipponme (1), Nihonme (2), Sanbonme (3)

JUNIOR GRADING

Ipponme (1)

YAKUSOKU GUMITE

(No arrangements with partner)

1. Jódan (zuki) Uke L & R any 2 of student's choice 1. Sanbonme (3)
2. Chúdan (zuki) Uke L & R any 2 of student's choice 2. Sanbonme (3)
3. Maegeri Uke L & R any 2 of student's choice 3. Jupponme (10)
4. Mawashigeri Uke L & R any 2 of student's choice 4. Gohonme (5)

JYÚ GUMITE

1-3 minutes

2ND KYU (Brown Belt)

(Junior Grading is different in Kata, Kihon Gumite, Yakusoku Gumite)

KIHON WAZA

1. Kette Junzuki
2. Kette Gyakuzuki
3. Nagashizuki Jódan
4. Maegeri Jódan
5. Mawashigeri Jódan
6. Sokutógeri Jódan
7. Ushirogeri Chúdan
8. Nidangeri Chúdan + Jódan

RENKEI WAZA

1. Maegeri Chúdan - Mawashigeri Jódan - Ushiro Mawashigeri Jódan - Gyakuzuki Chúdan
2. Sunegeri + Mawashigeri Jódan - Ushirogeri Chúdan - Gyakuzuki Chúdan

KATA

1. One Pin'an Kata chosen by Examiners
2. Kúshankú
3. Naihanchi

JUNIOR GRADING

1. Pin'an Godan (5)
2. Kúshankú

KIHON GUMITE

Sanbonme (3), Yonhonme (4), Ropponme (6)

JUNIOR GRADING

1. Ipponme (1)
2. Nihonme (2)

YAKUSOKU GUMITE

(No arrangements with partner)

1. Jódan (zuki) Uke L & R any 2 of student's choice 1. -
2. Chúdan (zuki) Uke L & R any 2 of student's choice 2. Gohonme (5)
3. Maegeri Uke L & R any 2 of student's choice 3. Happonme (8 Kyúhonme (9)
4. Mawashigeri Uke L & R any 2 of student's choice 4. Ropponme (6)

JYÚ GUMITE

1-3 minutes

KUMITE SHIAI

Nihon Shóbu, 1-3 minutes

1ST KYU (Brown Belt)

(Junior Grading is different in Kata, Kihon Gumite, Yakusoku Gumite)

KIHON WAZA

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Nagashizuki Jódan
6. Okutte Mawashigeri Jódan
7. Okutte Sokutógeri Jódan
8. Okutte Ushirogeri Chúdan

RENKEI WAZA

1. Zenshinshite UrakenUchi Jódan + Gyakuzuki Chúdan - Maegeri Chúdan
Mawashigeri Jódan - Ushirogeri Chúdan - Gyakuzuki Chúdan
2. Nagashi UrakenUchi Jódan - Gyakuzuki Chúdan - Ashibarai
Gyakuzuki Chúdan - Okutte Sokutógeri Jódan - Gyakuzuki Chúdan

KATA

1. Kúshankú
2. Naithanchi
3. Seislan

KIHON GUMITE

Yonhonme (4), Ropponme (6)
Nanahonme (7) Happonme (8)

YAKUSOKU GUMITE

(Improvised by students)

1. Jódan (zuki) Uke 2 of each
2. Chúdan (zuki) Uke 2 of each
3. Maegeri Uke 2 of each
4. Mawashigeri Uke 2 of each

JYÚ GUMITE

1-3 minutes

KUMITE SHIAI

Nihon Shóbu, 1-3 minutes

GÓREI (Commands)

Kiotsuke!	Attention! (Musubi dachi)
Mokusó	Meditation
Seiza	Kneel
Sensei-ni-Rei	Bow to Instructor
Otagai-ni-Rei	Bow to (all assembled) each other
Kiritsu	Stand
Yói	Ready stance (Hachiji dachi)
Junzuki Hidari Gamae	Left Junzuki position
Hidari Hanmi Gamae	Left (fighting) sideway stance
Hidari Shizentai	Left natural stance (Lenoji dachi)
Hidari Shutó uke	Left knifehand block position
Mawatte Jódan uke	Turn with upper rising block
Mawatte Gedanbarai	Turn with downward block
Sonobade Gyakuzuki	Change to reverse punch and position
Kiai	Shout (not always audible). intense life force
Kake goé	(audible regular interval) shout
Yame	Stop
Naore	Relax
Kýukei	A break, a rest, recess

NUMERATION	
(Cardinal)	(Used in Kata and dangrades)
1. Ichi	Shodan
2. Ni	Nidan
3. San	Sandan
4. Shi, Yon	Yodan
5. Go	Godan
6. Roku	Rokudan
7. Shichi, Nana	Shichidan
8. Hachi	Hachidan
9. Kú, Kyú	Kyúdan
10. Jú, Tó	Júdan

	(Ordinal)
	Ipponme
	Nihonme
	Sanbonme
	Yonhonme
	Gohonme
	Ropponme
	Nanahonme,
	Shichihonme
	Happonme
	Kyúhonme
	Jupponme,
	Jipponme

Kata is a combination of basic Karate techniques arranged in a series of consecutive body movements, which form various attacking and defending techniques, using both hands and feet, against a number of imaginary opponents who attack from every possible direction. This demands good balance and posture, correct stances, speed, strong focus, swift and accurate perception and correct breathing.

Kata is very important in Karate training and is considered to be the 'Life and Soul' of Karate-dó, having been practiced and developed for centuries by literally millions of Karate-ka.

Kata is said to be the expression of both mental culture and human nature.

WADÓ-RYÚ KATA (15)

Pin'an Shodan (1)

Pin'an Nidan (2)

Pin'an Sandan (3)

Pin'an Yodan (4)

Pin'an Godan (5)

Kúshankú

Naihanchi

Seishan

Chintó

Bassai

Jion

Jitte

Róhai

Níseishi

Wanshú

In these pair work exercises, all attacks must be executed with accuracy and meaning. Each punch and each kick must be intended to hit its target. In Kihon-gumite, you can learn Taisabaki, which means body shift, consisting of Ten-i (foot work), Ten-tai (body turning), and Ten-gi (arm blocking) techniques, used in conjunction with each other (=Sanmi ittai)

ATTACKER (Preparation No. 1 through to No. 10)

Migi Hanmi gamae (right fighting stance) in No.s 1,2,3,8,9,10.

Hidari Hanmi gamae (left fighting stance) in No.s 4,5,6,7.

Move closer to the Defender with Nijiri ashi to get correct distance to attack, but without moving body.

DEFENDER (Preparation No. 1 through to No. 10)

Migi Hanmi gamae

Slightly move back from the attacker to adjust safe distance and prepare for the attack.

No.s 1,2,3,8,9,10 = Ai gamae

No.s 4,5,6,7 = Gyaku gamae

* There are three stages of basic attitude of mind during
Martial Art combat;

1. Zenshin = Awareness, before an attack
2. Tsúshin = Awareness, during an attack
3. Zanshin = Awareness, after an attack

YAKUSOKU-GUMITE (Prearranged Fighting)

Yakusoku-gumite consists of blocks, evasions or sweeps, followed by counter-blows, and is carried out as pair work.

The counter-blows are a mixture of punches and kicks, and foot sweep is also used.

Whether in attack or in defence or in counter-attack, the Karate-ka must be ambidextrous. Therefore, attacks and defenses must be practiced left-handed and right-handed, left-footed and right-footed. Throughout, the word 'counter' means pre-emptive action to forestall an attack.

In all pair work, the exercises are ineffective unless the attacks are executed with accuracy and meaning, because otherwise the defender cannot defend properly. Each punch and each kick must be intended to hit its target, but the defender must control his/her techniques.

YAKUSOKU-GUMITE (Prearranged Practical Fighting)

(A) Attacker (D) Defender (L) Left Stance (R) Right stance

JODAN (ZUKI) UKE

1. (A) L.R. Zenshinshite Jódanzuki (D) L.R. Step back, Jódan uke Gyakuzuki Chúdan
2. (A) L.R. Zenshinshite Jódanzuki (D) L.R. Step back and side, Mawashigeri Chúdan/Jódan
3. (A) L.R. Tobikomi Jódanzuki (D) L.R. Step side, Counter Gyakuzuki Chúdan

CHUDAN (ZUKI) UKE

1. (A) L.R. Zenshinshite Chúdanzuki (D) L.R. Step back and side Soto-uke Gyakuzuki Chúdan
2. (A) L.R. Zenshinshite Chúdanzuki (D) L.R. Step back/side, Chúdanbarai Gyakuzuki Chúdan
3. (A) L.R. Zenshinshite Chúdanzuki (D) L.R. Step back 1/2 turn, Uchi uke Uraken Jódan
4. (A) L.R. Tobikomi Chúdan Gyakuzuki (D) L.R. Counter, Maegeri Chúdan
5. (A) L.R. Tobikomi Chúdan Gyakuzuki (D) L.R. Side step, Otoshi-uke Uraken Jódan

MAEGERI UKE

1. (A) L.R. Maegeri Chúdan (D) L.R. Uchi-Gedanbarai, Gyakuzuki Chúdan
2. (A) L.R. Maegeri Chúdan (D) L.R. Half step back, Maegeri Chúdan
3. (A) L.R. Maegeri Chúdan (D) L.R. Half step back, Mawashigeri Chúdan/Jódan
4. (A) L.R. Maegeri Chúdan (D) L.R. Tobikomi Counter Gyakuzuki Chúdan
5. (A) L.R. Okutte Maegeri Chúdan (D) L.R. Step back 1/2 turn Uchi-Gedanbarai Gyakuzuki Chúdan
6. (A) L.R. Okutte Maegeri Chúdan (D) L.R. Move back/side, Soto-Gedanbarai Gyakuzuki Chúdan
7. (A) L.R. Okutte Maegeri Chúdan (D) L.R. Counter, Nagashizuki Jódan/Chúdan
8. (A) L.R. Okutte Maegeri Chúdan (D) L.R. Counter, Tobikomi Gyakuzuki Chúdan
9. (A) L.R. Maegeri Chúdan (D) R.L. Move back/side Soto Gedanbarai, Ashibarai-Gyakuzuki Chúdan/Jódan
10. (A) L.R. Maegeri Chúdan (D) R.L. Counter Nagashizuki Jódan/Chúdan

MAWASHIGERI UKE

1. (A) L.R. Mawashigeri Chúdan (D) L.R. Back foot step side Chúdan-uke Gyakuzuki Chúdan
2. (A) L.R. Mawashigeri Chúdan/Jódan (D) L.R. Half step back Mawashigeri Jódan/Chúdan
3. (A) L.R. Okutte Mawashigeri (D) L.R. Step back/side Chúdan/Jódan-uke Gyakuzuki Chúdan
4. (A) L.R. Okutte Mawashigeri (D) L.R. Counter Nagashizuki Jódan/Chúdan
5. (A) L.R. Okutte Mawashigeri (D) L.R. Tobikomi, Kakae-Nage, Gyakuzuki Chúdan/Jódan
6. (A) L.R. Mawashigeri (D) R.L. Counter Nagashizuki Jódan/Chúdan

In Jiyū gumite, there are neither rules nor any prohibited techniques, nor can protectors be worn.

Any techniques can be used to make full contact on the opponent on any part of his body, especially to the vital points or pressure points, including Sunegeri (skin kicks), Kingeri (groin kicks), Barate Uchi (open backhand strike) to the face, any throwing techniques, arm locks and strangle holds, until the opponent surrenders. Therefore for safety, free fighting must always be conducted under the supervision of a qualified Dangrade referee. However in Kyū-grading, examiners look only for effective attacking and defending techniques.

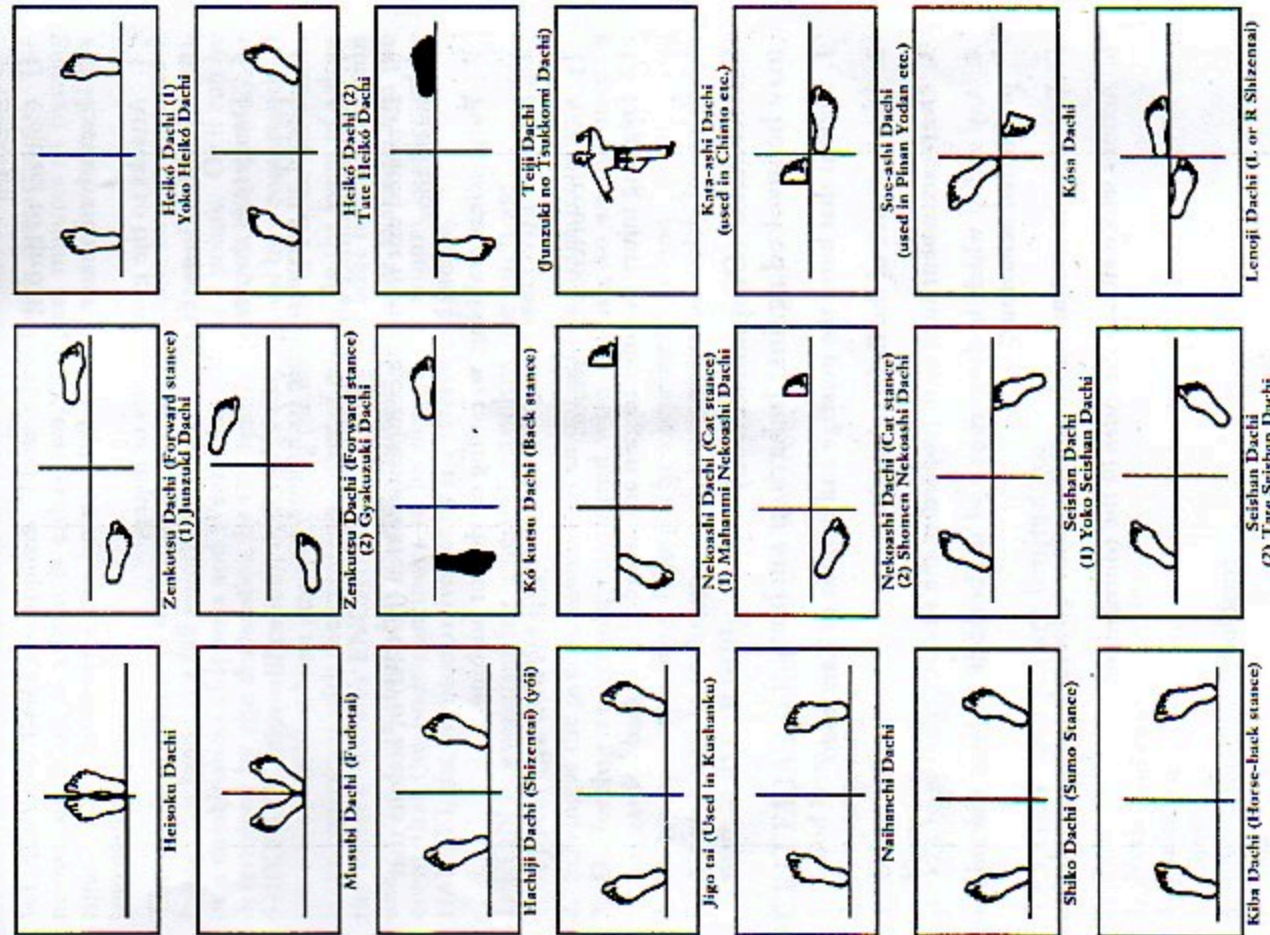
FIGHTING STRATEGY

Includes forestalling the opponent. There are three principal methods, known as SEN.

These are:

1. **SEN-TE**, or Ken-No-Sen (first attack) - This is to attack the opponent before he has prepared for the attack.
2. **GO-NO-SEN**, or Go-Sen-No-Te, or Tai-No-Sen (counter attack) - After the attacker has started his attack, defender (with block, if necessary) strikes attacker before he has struck.
3. **SEN-NO-SEN**, or Sen-Sen-No-Sen-Te, or Tai-Tai-No-Sen (anticipatory attack) - This is to attack the opponent after he has prepared his attack, but has not yet carried it out.

- | | |
|--------------------------------|--|
| 1. Shushin | Referee |
| 2. Fukushin | Judge |
| 3. Kansa | Arbitrator |
| 4. Shōbu Sanbon (Ippon)-Hajime | Start Sanbon (Ippon) match |
| 5. Fujūbun | Technique insufficient |
| 6. Torimasan | Unacceptable as a score |
| 7. Aiuchi | Simultaneous blow |
| 8. Jōgai | Exit from fighting area |
| 9. Keikoku | Warning with Waza-ari penalty |
| 10. Jōgai-Chūi | Jogai warning with an Ippon penalty |
| 11. Hansoku-Chūi | Foul warning with an Ippon penalty |
| 12. Aka (Shiro) Waza-ari | Red (White) scores a half point |
| 13. Aka (Shiro) Ippon | Red (White) scores a full point |
| 14. Tsuzukete-Hajime | Resume fighting-begin |
| 15. Tsuzukete | Fight on |
| 16. Ato-Shibaraku | A little more time left (30 secs) |
| 17. Yame! | Stop! |
| 18. Motono-Ichi | Resume original position |
| 19. (Shōbu) Soremade | End of match |
| 20. (Fukushin) Shūgo | Judge called |
| 21. Hantei | Judgement/Decision |
| 22. Hikiwake | Draw |
| 23. Enchō-Sen | Extended Match |
| 24. Shōbu-Hajime | Start the extended bout |
| 25. Daishō sen | Deciding bout |
| 26. Hansoku | Foul |
| 27. Shukkaku | Disqualification |
| 28. Kiken | Withdrawal/Renunciation |
| 29. Mubōbi | Lack of regard for own safety (no guard) |
| 30. Aka (Shiro) No Kachi | Red (White) Wins |
| 31. Fusenshō | Walkover/Bye |



TSUKI WAZA (Punching (Thrust) Techniques)

1. Seiken zuki
Forefist punch
2. Tateken zuki
Vertical fist punch
3. Gyakuken zuki
Reverse (upside down) fist punch
4. Hitosashi Ipponken zuki
Forefinger one knuckle fist
5. Nakadaka Ipponken zuki
Middle finger one knuckle fist
6. Ippon Nukite
One finger spear hand
7. Nihon Nukite
Two finger spear hand
8. Yonhon Nukite
Four finger spear hand
9. Morote zuki
Punch with both fists (at same level)
10. Hiraken zuki, Chūsetsuken
Middle row of knuckles fist
11. Kagizuki
Short punch (arm bent)
12. Yamazuki
Double punch at different levels
13. Washide (Shizuki, Shishu)
Beak hand punch

UCHI WAZA (Striking Techniques)

1. Tetsui uchi (Kentsui)
Bottom fist strike
2. Uraken uchi (Riken)
Backfist strike
3. Shutō uchi
Knife hand strike
4. Barate uchi (Hirate)
Back of fingers strike
5. Furiken uchi
Swinging fist strike
6. Teishō uchi (Shotōi)
Palm heel strike
7. Haitō uchi
Ridge hand strike
8. Kumade uchi (Kumate)
Bear hand strike
9. Kakutō uchi (Koken)
Crane head strike
10. Mae Empi uchi
Front elbow strike
11. Yoko Empi uchi
Side elbow strike
12. Tate Empi uchi
Upward elbow strike
13. Ushiro Empi uchi
Back elbow strike
14. Furi Empi uchi
Swinging elbow strike
15. Otoshi Empi uchi
Downward elbow strike
16. Nekote
Cat hand (thumb and fingers bent)
17. Hirabasami
Flat scissors, thumb and open fingers strike
18. Yubibasami (kokou)
Finger scissors, use of thumb and fore finger

1. Jōdan (age) uke
 2. Gedan barai
 3. Chūdan (Soto) Uchi uke
 4. Shutō uke
 5. Teishō uke
 6. Juji uke
 7. Nagashi uke
 8. Otoshi uke
 9. Kakiwake uke
 10. Kake te (Kake uke)
 11. Sasae uke
 12. Harai uke
 13. Haishu uke
 14. Wa uke
 15. Mawashi uke
 16. Hiji uke
 17. Morote uke
- Upper rising block
Downward block
Middle (Outer) Inner block
Knifehand block
Palm heel block
Cross arms block
Arm brushing cover block
Downward cover block, dropping block
Uncross arms block, double block
Hooking hand block
Reinforced arm block
Open hand brushing cover block
Back of open hand block
Both arms round block (used in Bassai)
Circular block, arms spinning block (Niseishi)
Elbow block (used in P3, Seishan)
Both arms (hands) block

ASHI WAZA (Foot Techniques)

KERI WAZA (Kicking Techniques)

1. Maegeri
 2. Shōmen Mawashigeri
 3. Uchi Mawashigeri
 4. Ushiro Mawashigeri
 5. Ura Mawashigeri
 6. Yokogeri
 7. Sokutōgeri
 8. Ushirogeri
 9. Tobigeri
 10. Nidangeri
 11. Kesageri
 12. Mikazukigeri
 13. Hizageri
 14. Sunegeri
 15. Kōgeri
- Front kick
Front roundhouse kick
Inner roundhouse kick
Reverse roundhouse kick
Forward reverse roundhouse kick
Side kick (used in P1, P4, Kū shankū)
Edge of foot kick
Back kick
Flying kick
Double level flying kick
Flying edge of foot kick
Crescent kick (used in Seishan, Bassai etc.)
Knee kick (used in P4)
Shin kick (kick to shin)
Groin kick (kick to groin)

ASHI SABAKI (Foot Movements)

1. Zenshin ashi, Ayumi ashi
 2. Okuri ashi
 3. Tsugi ashi, Yori ashi
 4. Nijiri ashi
 5. Hiraki ashi
 6. Kaiten ashi
 7. Yokoidō ashi
 8. Ashi barai
 9. Kanibasami
- Step forward (Zenshinshite)
Sliding step (Okutte)
Sliding step but without crossing legs
Move forward with toes (used in Kihongumite)
Twist open foot movement (Nagashizuki)
Turning movement (Mawatte)
Sideways step (used in Naihanchi etc.)
Foot sweep
Scissor trip

- Ai gamae.....Attacker and Defender in the same stance
Atemi waza.....Techniques of attacking vital points
Atenaiyōni.....Do not contact (warning)
Ashisabaki.....Foot work, foot movements
Ashiura.....Sole of the foot
Ayumi ashi.....Stepping, walking
Budō, Bujutsu, Bugei.....Martial arts
Bushidō.....The way of Samurai warrior
Chūdan.....Middle area, body
Chūshin.....The centre
Dan.....Rank, grade (Black belt)
Dentō Karate.....Traditional Karate
Dōhai.....Equal colleague
Dōjō.....Training hall, Dojo kun=dojo (training) code
Empi.....Elbow (in Samuri language). long arm like monkey
En, Wa.....Circle, circular
Engisen.....Line of demonstration
Fudōchi.....Immovable wisdom
Fudōshin.....Immovable mind
Fumikomi.....Stamping
Futarigake, Ninigake.....One against two fighting
Ganmen, Kao.....Face
Gedan.....Lower area (hip and below)
Gijutsu to Shisō.....The techniques (skills) and the conception (thoughts)
Giri to Ninjō.....Obligation and humanity, love and duty
Go-No-Sen.....Counter attack
Goshinjutsu.....Self-defence techniques
Gyaku gamae.....Attacker and defender in the opposite stance
Hampo hi-ite.....Half step back and...
Hachimaki.....Head band
Hakama.....Traditional long skirt-type garment
Hangetsu, Mikazuki.....Half moon, semicircular, crescent
Hanni.....Sideways posture
Haisoku.....Instep of foot
Hara.....Abdomen, mind, heart, guts
Heijōshin.....Normal state of mind
Henka Waza.....Variation of a technique
Hidari.....Left
Hiji.....Elbow
Hikite.....Arm drawn back horizontally

- Hiza.....Knee
 Hyōshi.....Rhythm, timing
 Ichigeki hissatsu.....Certain (knock down) death with a single blow
 Idori.....Kneeling defence
 Inasu.....To avoid, feinting techniques
 Jōdan.....Upper area (neck and above)
 Jikan.....Time, limit of the contest period
 Jisoshin.....The spirit of self-respect, one's pride
 Jiyū.....Freedom, liberty, jiyu gumite=free fighting
 Jōsokutei, Koshi.....Ball of foot
 Kakari geiko.....One fighting against many (but one at a time)
 Kakato.....Heel of foot
 Kakutō (jutsu) gi,
 Tōshu bujutsu.....Unarmed (grappling) combat (ie. Karate, Jūdō)
 Kamae, gamae.....Prepared posture or position, on guard
 Kansetsu waza.....Joint locking techniques
 Kara te.....Kara - Empty, sky, infinity, endless, eternal,
 Te=hand, means, direction, skill, ability
 Karate-ka.....Karate (expert) professional, Karate-gi=Karate suit
 Karate-ya.....People who use Karate just for commercial business
 or financial gain
 Karate renshūsei.....Karate student (=Karate no seito)
 Kata, gata.....Form, prearranged series of techniques
 Kawasu.....Ducking, dodging techniques
 Keage.....Kick upwards
 Keiko, geiko.....(renshu, kunren, shūren, shugyō) practice, training
 Kekomi.....Stamping
 Kempō.....Oriental boxing (ancient & primitive form of Karate)
 Kendo.....Japanese fencing
 Kenri to gimu.....Right and duties
 Kentai ittchi, Kōhō ittchi.....Offence and defence are linked
 Kerigaeshi.....Returning kick
 Kōhai.....Junior colleague
 Kokyū, ibuki.....Breathing
 Kime, gime.....Focus of techniques
 Kihon.....Basics
 Kiten-Shūten.....Starting point - terminus (the end)
 Kizamizuki.....Jab
 Kokoro to Karada.....Mind (heart, feeling, spirit, thoughts) & body (physique)
 Kokoro gamae.....Mental attitude, readiness
 Kōtai.....Retreat, step back
 Kumite, gumite.....Fighting, sparring
 Kyū.....Class, grade (lower than Black belt)

- Kyūsho.....Vital points
 Ma'ai.....Combat distance (between opponent or opponent's weapon)
 Menkyo kaiden.....A certificate of full proficiency in an art
 Metsuke.....Focal point (=Mekubari: look out, watch out)
 Migi.....Right
 Monte, deshi.....Disciple, student
 Mugen.....Infinity, eternity, endless, unlimited
 Mushin.....Innocence, without any desire, feelings or vanity
 Nagasu, Nagashi.....Flowing, diverting, brushing technique
 Nagewaza.....Throwing techniques
 Namigaeshi.....Wave form (used in Naihanchi)
 Nidōzuki.....Double punch (Sandozuki = triple punch)
 Noru.....Take an advantage, anticipation, counter attack
 Obi.....Belt (shiro obi=white belt, kuro obi=black belt)
 Randori.....Free fighting (in Jūdō)
 Rei.....Bow, salute, courtesy, gratitude
 Reigi sahō.....Rules of etiquette, manners
 Renkei (renraku,
 renzoku, renketsu) waza.....Combination techniques
 Ryūgi.....A style, a way (ie. Wadō-ryū, Gojū-ryū)
 Ryūha.....A school or a Dōjō (ie. Wadō-kai, Gojū-kai)
 Sabaki, sabaku.....Shifting, manipulation
 Sagiashi dachi.....Posture of a heron
 Sanmi ittai.....The three uses at all together
 (ie. Ten-i, Ten-tai, Ten-gi or Shin, Gi, Tai)
 Seishin.....Mind, spirit
 Sempai.....Senior colleague
 Sente.....First attack
 Sen-No-Sen.....Anticipatory attack (=Sen-Sen-no-Sente)
 Seiryoku zenyō.....Use one's energy for good purposes
 Seme (te) kata-Uke (te) kata.....Attacker - Defender
 Sessa takuma.....Train (study) hard to (perfect) improve
 Shigoki.....Severe training
 Shihan.....Master of exceptional quality, chief instructor
 Shikūkai.....Purple (meiji university's colour) Karate Association
 Shimewaza.....Strangling techniques
 Shin-gi-ittai.....Spirit and techniques in a body
 Shin-Gi-Tai.....Spirit-techniques-physique
 Shiwari, tameshiwari.....Breaking tests
 Shizentai.....Natural posture
 Shu-Ha-Ri.....Three stages of development in the traditional arts
 (Shu=obedience, Ha=divergence Ri=transcendence)

GLOSSARY CONT.

- Suki, kangeki.....An opening, a gap, unpreparedness, a weak point
Sutemiwaza.....Risky techniques, sacrificial techniques
Tanden.....Lower part of abdomen (about 3cm below the navel)
Tai-iku.....Physical (culture, training) education, athletics
Tai-sabaki.....Body shift (Ten-i, Ten-tai, Ten-gi)
Tobikomi (zuki).....Jump forward (punch)
Tokui waza (i.e. gata).....Favourite technique (i.e. Kata)
Toru.....Holding, throwing and sweeping techniques (in Wado-ryu)
Tsuki, zuki.....Thrust punch, direct (attack) strike with
Ude.....Arm (nino ude = upper arm)
Ude dameshi.....A trial of one's strength or skills and ability
Ude mae.....Ability, talent, skill
Unsoku.....Foot movements, foot work (=Ashisabaki)
Wa.....Peace, Harmony
Wadô-Ryû.....Style of the way of Peace and Harmony
Yakusoku.....Promise, agreement, contract, pact
Yakusoku gumite.....Prearranged fighting
Yûdansha.....Dangrades
Zanshin.....Awareness after a decisive technique, perfect finish
Zenshin (shite).....An advance, step forward (and...)
Zutsuki.....Head butt

NOTES:

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