

# TAKA KARATE SCHOOL

## Terminology and Etiquette



### Dojo Etiquette: Entering and Exiting

Students are to bow when entering and exiting the doorway of the dojo.

With the first entrance to the dojo floor, students are to kneel and bow to the shinden and to Sensei.

During the class when entering and exiting the dojo floor, students may stand to bow to the shinden.

When practice is complete and exiting the dojo floor, students are to kneel and bow to the shinden and to Sensei.

### **Words to know**

Onegai shimasu

“Please/please teach me”  
Said when entering the dojo and bowing at the beginning of practice.

Arigato gozaimashita

“Thank you very much”  
Said when leaving the dojo and bowing at the end of practice.

Always remember to show respect to Sensei and other students when requesting practice “onegai shimasu” and completing practice together “arigato gozaimashita”.

## Dojo Etiquette: Beginning and Ending of Class

Practice begins and ends with bowing to the shinden and to Sensei. All students are expected to kneel in a respectful manner at this time. If there are physical restraints to kneeling, please speak with Sensei to arrange comfort measures.

At the start of each class, Sensei will choose a student to lead the class through the bows. Upon Sensei's direction, the leader will call for students to bow to the shinden, to Sensei, and branch school teachers if present.

At the end of each class, the same student appointed at the beginning will lead the class through bows. Upon Sensei's direction, the leader will call for students to bow to the shinden, to Sensei, branch school teachers (if present), senior students of the next class, and students in the same class.

### **Words to know**

Shinden ni taishite rei

Bow to the shinden

Sensei ni taishite rei

Bow to Sensei

Sensei gata ni taishite rei

Bow to group of Sensei (used when bowing to multiple branch school teachers)

Senpai ni taishite rei

Bow to the senior students

Otagai ni taishite rei

Bow to your peers

## Dojo Etiquette: Basic Practice

Each class sensei will appoint a student to lead stretching and “hojoundo” basics. Students must always show respect and listen to the directions of the leader.

Each student will take turns throughout basic practice to count a set of 10 for each basic move. Students may count in English until comfort is achieved in counting in Japanese.

### **Words to know**

Kio tsuke korekara hojoundo  
hajimemasu. Rei. Yoi.

Stand at attention. Hojoundo  
practice will start. Bow. Ready  
stance.

Kio tsuke korede hojoundo  
owarimasu. Rei.

Stand at attention. Hojoundo  
practice will end. Bow.

Yame

Stop – used to stop basic  
practice

### **Names of basics (in order)**

Seiken zuki

Middle punch

Jodan zuki

Upper punch

Seisan zuki

Middle block punch

Keiko zuki

Knuckle punch

Shuto nuki te

Open hand punch

Chudan uke

Middle block

Jodan uke

Upper block

Kake uke

Hooking block

Ko uke

Wrist block

Harai uke

Back hand – snap block

Sukui uke

Double block

Gedan uke

Lower block

Sokuto

Lower side kick

Yoko geri

Side kick

Ushiro geri

Back kick

Mae geri migi

Front right kick

Mae geri hidari

Front left kick

## Counting

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Kyu	Nine
Ju	Ten

## Dojo Etiquette: Kata Practice

Katas are combined techniques and movements which require balance, coordination, and concentration. With kata practice, students are able to improve their techniques, learn application to movements, and practice “movement meditation”. It is up to Sensei to determine when a student is ready to learn a new kata.

## Names of katas

### Goju-ryu style

Gekisen ichi

Gekisen ni

Saifa

Seienchin

Sanseru

Seipai

Shisochin

Seisan

Kururunfa

Pechurin

Sanchin

Tensho

### Tomarite style

Naihanchi shodan

Naihanchi nidan

Wankan

Wansu dai

Wansu sho

Naihanchi sandan

Kusanku

Chinto

Rohai

Passai

Rinkan

## Other terminology

### Stances

Sanchin dachi	Basic stance
Shiko dachi	Squat stance
Zenkutsu dachi	Lunge stance
Neko Ashi	Cat stance
Kiba dachi	Naihanchi stance

### Commonly used words

Mokuso	Meditation
Kumite	Sparring
Seiza	Kneeling
Kiai	Karate yell
Gi	Karate uniform
Bunkai	Application of kata