

空手に先手なし  
*Karate-do ni sente nashi*

**"There is no first attack in Karate-do"**  
Inscription on Gichin Funakoshi Sensei's tomb



### *Gichin Funakoshi's 20 Precepts of Karate-Do*

1. Karate begins with courtesy and ends with courtesy.
2. There is no first attack in Karate.
3. Karate is an aid to justice.
4. First control yourself before attempting to control others.
5. Spirit first, technique second.
6. Always be ready to release your mind.
7. Accidents arise from negligence.
8. Do not think that Karate training is only in the dojo.
9. It will take your entire life to learn Karate; there is no limit.
10. Put your everyday living into Karate and you will find "Myo" (subtle secrets).
11. Karate is like boiling water. If you do not heat it constantly, it will cool.
12. Do not think that you have to win, think rather that you do not have to lose.
13. Victory depends on your ability to distinguish vulnerable points from invulnerable ones.
14. The battle is according to how you move guarded and unguarded  
(move according to your opponent).
15. Think of your hands and feet as swords.
16. When you leave home, think that you have numerous opponents waiting for you.

It is your behavior that invites trouble from them.

17. Beginners must master low stance and posture,

natural body positions are for the advanced.

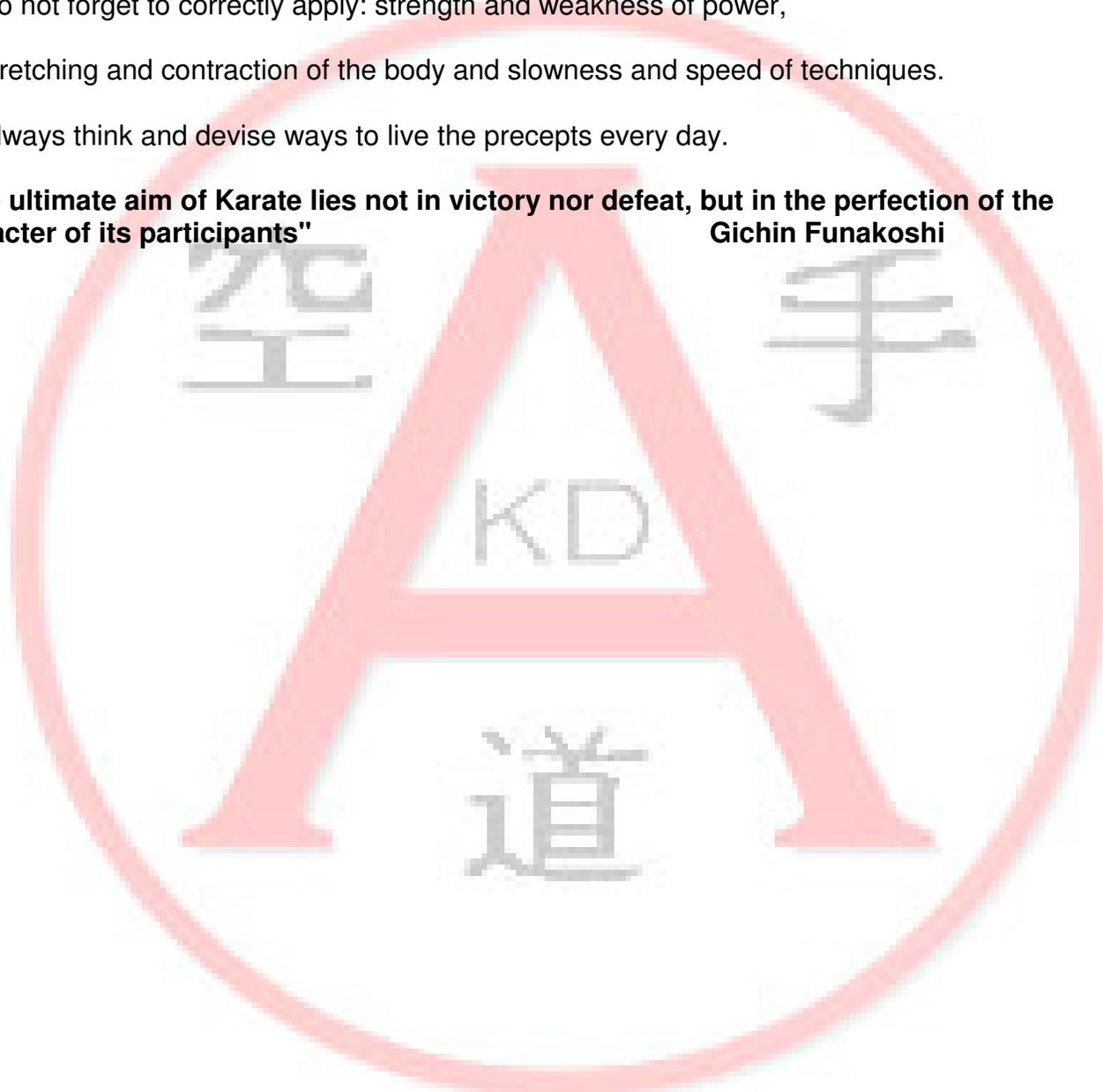
18. Practicing a kata is one thing, engaging in a real fight is another.

19. Do not forget to correctly apply: strength and weakness of power,

stretching and contraction of the body and slowness and speed of techniques.

20. Always think and devise ways to live the precepts every day.

**"The ultimate aim of Karate lies not in victory nor defeat, but in the perfection of the character of its participants"**  
**Gichin Funakoshi**



# Funakoshi's Six Rules of Karate-Do

## 1. Be deadly serious in training.

- Your opponent must always be present in your mind, whether you sit or stand or walk or raise your arms.
- Should you in combat strike a karate blow, you must have no doubt whatsoever that the one blow decides everything.
- If you have made an error, you will be the one who falls.
- You must always be prepared for such an eventuality.

## 2. Train with heart and soul without worrying about theory.

- Very often the man who lacks that essential quality of deadly seriousness will take refuge in theory.

## 3. The kiyomatachi (horse-riding stance), for instance, looks extremely easy but the fact is that no one could possibly master it even if he practiced every day for an entire year.

- What nonsense, then, for a man to complain after a couple of months practice that he is incapable of mastering a kata.
- Karate-do consists of a great number of kata and basic skills and techniques that no human being is capable of assimilating in a short space of time.
- Further, unless you understand the meaning of each technique and kata, you will never be able to remember, no matter how much you practice, all the various skills and techniques.
- All are interrelated and if you fail to understand each completely, you will fail in the long run.
- But once you have completely mastered one technique, you will realize its close relation to other techniques.
- You will, in other words come to understand that all of the more than 20 kata (in Shotokan) may be distilled into only a few basic ones.
- If therefore you become a master of one kata, you will soon gain an understanding of all the others merely by watching them being performed or by being taught them in an instruction period.

## 4. Avoid self-conceit and dogmatism.

- A man who brags in booming tones or swaggers down the street as though he owned it will never earn true respect even though he may actually be very capable in karate or some other martial art.
- It is even more absurd to hear the self-aggrandizing of one who is without capability.
- In karate it is usually the beginner who cannot resist the temptation to brag or show off; by doing so, he dishonors not only himself, but also his chosen art.

**5. Try to see yourself as you truly are and try to adopt what is meritorious in the work of others.**

- **As a karateka, you will of course often watch others practice.**
- **When you do and you see strong points in the performance of others, try to incorporate them into your own technique.**
- **At the same time, if the trainee you are watching seems to be doing less than his best, ask yourself whether you too may not be failing to practice with diligence.**
- **Each of us has good qualities and bad; the wise man seeks to emulate the good he perceives in others and avoid the bad.**

**6. Abide by the rules of ethics in your daily life, whether in public or private.**

- **This is a principle that demands the strictest observance.**
- **With the martial arts, most particularly with karate-do, many neophytes will exhibit great progress, and in the end some may turn out to be better karateka than their instructors.**
- **All too frequently one hears teachers speak of the trainees as oshiego (pupil), or mentei (follower), or deshi (disciple), or kohai (junior). Such terms should be avoided for the time may well come when the trainee will surpass his instructor.**
- **The instructor, meanwhile, in using such expressions runs the risk of complacency, the danger of forgetting that some day the young man he has spoken of rather slightly will not only catch up with him, but go beyond him-in the art of karate or in other fields of human endeavor.**
- **No one can attain perfection in karate-do until he finally comes to realize that it is, above all else, a faith, a way of life.**
- **When a man enters upon an undertaking, he prays fervently that he will achieve success in it.**
- **Further, he knows that he requires the help of others and, by accepting it from them, acquires the ability to elevate the art into a faith wherein he perfects both body and soul and so comes finally to recognize the true meaning of karate-do.**
- **In as much as karate-do aims at perfection of mind as well as body, expressions that extol only physical prowess should never be used in connection with it.**
- **As one buddhist saint, Nichiren, has so aptly said, everyone who studies the Sutras should read them not only with the eyes that are in his head, but also with those of his soul.**
- **This is the perfect admonition for a trainee of karate-do to always keep in mind**

# Bushido Warrior Code

Bushido, (boo shee do) is Japanese for “way of the warrior.” Bushido was a warrior’s code of ethics developed over centuries in feudal Japan. Bushido permitted a warrior to determine right from wrong. Traditionally, students of the martial arts were expected to observe the seven virtues of Bushido. Today we acknowledge the Bushido code of ethics and its history and try to adapt this into our lifestyles.

## *The Seven Virtues of Bushido*

### **Justice**

Moral virtue or strength. Rectitude is the power of deciding upon a certain course of conduct in accordance with reason and what is right and wrong. This is done without wavering: to die when it is right to die, to strike when it is right to strike.

### **Politeness**

Politeness should be as a result of your consideration for the feelings of others. It should not be a result of fear of offending good taste or convention. The more it is practiced, the greater becomes your consideration for others and your understanding of other peoples points of view. As a typical example, you don’t mar the pleasure or serenity of others with expressions of your own pain or sorrow.

### **Courage**

Courage is to live when it is right to live and to die when it is right to die. To rush into battle half heartedly, not making the full effort because you "know" you won't live anyway, lacks real courage. To engage in a seemingly hopeless battle and not give up till your time is up, is courageous. It is also courage to do what you know is morally right, when it is right to do it. It is also courage to bear life’s hardships without complaining and maintain composure under adverse circumstances, approaching good and bad times in life with equal composure, dignity and patience.

### **Benevolence**

A benevolent man is ever mindful of those who are suffering and in distress. Beginning with empathy for others in distress, benevolence can be described as the correct usage of your power to act for the good of the recipient.

### **Veracity (SINCERITY)**

While lying was not condemned as a sin, it was viewed as a weakness. While westerners will tell "little white lies", the samurai, (who believed that their high social position required high moral standards), would regard these lies as "deception by sweet words." Like the phrase, "the word of a gentleman", the word of the samurai was always accepted because everyone knew that the Samurai would not dishonor himself by lying.

## **Honor**

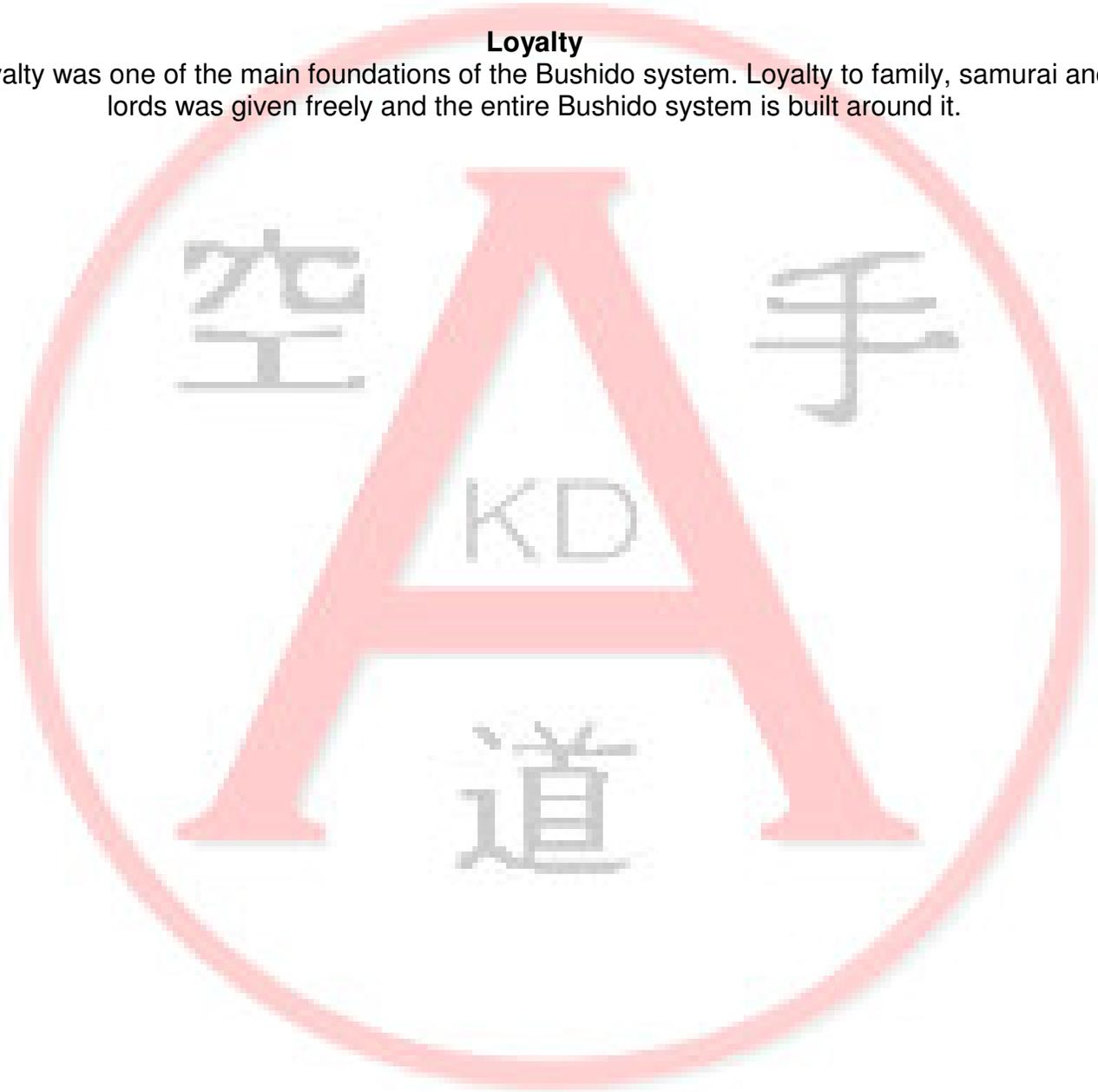
To the Samurai, honor was:

- the understanding of their own worth and dignity and
- the understanding of their station in life, his responsibilities and duties and how continued correct practice of their code ensured the continuance of their good reputation.

From early in life, shame was used to educate children in what was correct behavior and what was not. Honor was not vain, but an understanding and discharging of their moral responsibilities

## **Loyalty**

Loyalty was one of the main foundations of the Bushido system. Loyalty to family, samurai and lords was given freely and the entire Bushido system is built around it.



# KDA Dojo Etiquette

Karate begins and ends with courtesy and respect. Etiquette in the dojo is an important aspect of karate training as it is an outward expression of your martial arts awareness. By observing good dojo etiquette, you will be demonstrating proper understanding of your relationships with other students and the martial aspects of karate training.

## Before Class:

1. Always be physically clean. Pay particular attention to your hands and feet. Avoid wearing strong cologne or perfume.
2. Make your body safe for training. Remove any chewing gum or other loose objects from your mouth. Keep your fingernails and toenails trimmed short. Remove any jewelry, particularly earrings, bracelets, necklaces, and rings. Socks are not recommended, but karate shoes (no street shoes) may be worn.
3. Make certain that your *gi* (uniform) is clean and wear it neatly. Wear the jacket with the left flap on the outside and tie the belt in a proper square knot. Karate pants are required, and a gi top is always appropriate. T-shirts are acceptable on hot days or under your gi top, but should never hang out below your jacket.
4. As you enter the dojo, acknowledge your arrival with a bow towards the front part of the dojo or toward the Sensei.
5. Come to class prepared to focus, listen, and learn. It is critical to enter into training with the proper frame of mind.
6. If class has not yet begun, you may begin stretching or warming up on your own.

## Beginning of Class:

1. Bow to the Sensei as an indication of your readiness to begin practice. Listen to the announcements.

## During Class:

1. Put your best effort forward during the warm-up exercises.
2. Try not to be late for class. If you are late, wait until the instructor acknowledges you and invites you to join in. Thank the instructor with a bow and join the class. If you have missed the warm ups, take time to stretch out at the back of the room. Then approach any group of students and ask to join them. Be quick and quiet - take your place as soon as possible.
3. When the instructor determines that it is time to stop or change techniques, the instructor will clap or announce it verbally. Do not continue conversation/ practice after the instructor has announced the change. At that time, bow to your partner and move on to the next activity as instructed.

4. If the instructor stops to provide clarification concerning a technique, listen attentively.
5. Should you need to fix your *gi* during class, first bow to your partner to indicate the interruption in practice. Then step out while straightening your *gi*. When you are finished, return and bow to your partner to indicate your readiness to continue.
6. Once class has started, never leave or re-enter the dojo without asking the instructor. To avoid leaving during class, use the facilities before class. If it is truly an emergency, you may ask to step out.
7. During breaks, students are expected to manage themselves as if they were still in formal class, no roughhousing, running, or playing is acceptable. Bow as you leave and re-enter.
8. When walking through the dojo, walk around groups of people to avoid interrupting their class.
9. Always report any injury to the instructor.
10. There is no shame in having to stop to catch your breath. Your partner can join another pair until you are ready to continue.
11. Speaking while the Sensei is talking or demonstrating is considered very rude. Fidgeting is also rude, and is not tolerated. An obnoxious yawn can quickly earn pushups or some other form of discipline.
12. Any time your Sensei or a higher rank offers to help you, always accept and listen closely with enthusiasm and proper respect. The higher ranks are always willing to help, do not be afraid to ask.
13. If there is ever a discrepancy over the proper technique, take the issue to a black belt and do not argue.
14. No slouching, leaning on walls, or sitting is allowed during class. Poor posture shows lack of enthusiasm to learn.
15. A loud *kiai* is the perfect display of powerful spirit. The choice of sound and/or word is yours. Don't be afraid to *kiai* loudly as this displays good spirit and will motivate everyone in the class, but never do it half-heartedly. When counting, count in whatever language you feel comfortable with, but make sure the counts are short, sharp, and spirited.
16. Do not argue or try to excuse yourself for a mistake or a deficiency that the senior student tells you about. Karate is not about being embarrassed about your mistakes - rather about taking pride in your achievements. Take in all that you are being told, practice it on your own, then return with more questions if you have them. More often, you will find that everything makes sense once you put effort into it!
17. Respect the upper ranks. They have put in the time and effort to learn martial arts. Respect them and they will be respectful towards you.

### End of Class:

1. At the end of class, straighten your gi and line up in an orderly row as at the beginning of class. Bow to the instructor as the instructor bows to you.
2. After class is ended, bid farewell to your practice partners with a bow and thanks.
3. Bow as you leave the dojo.

### Testing Procedures:

1. Though you chose when to pretest, the instructor has the right to allow you to test when s/he feels you are ready. If you are told you should wait until the next testing session, take this answer as words of encouragement to work harder to prepare for the next testing date.
2. During a test, students must refrain from speaking unless asked a question by the instructor.
3. **NEVER** ask when you will be promoted, this is extremely rude and can only add time to the length of your next promotion.

### Observers / Parents:

1. Do not interrupt class to chat. Do not correct your child/friend. This is the instructor's job, who is in charge of the class and will correct the students. This allows you to focus your attention on learning.
2. Keep distractions (phone calls, conversation) quiet and to a minimum. This includes small children.
3. Though all students are welcome, children must know left from right and be able to pay attention throughout class.

## KDA Formal Presentation

This is the procedure to be conducted before all belt test and formal class presentations.

*Stand up when called turn around (with your back to Judges) and adjust Gi and belt.*

*Turn and quickly move to judges stopping about 8 feet in front of them.*

Attention Stance (Heisuko Dachi)

Bow

Repeat the following:

**“Judges my name is** (state your full name)

**My style of Karate is Kajukenpo.**

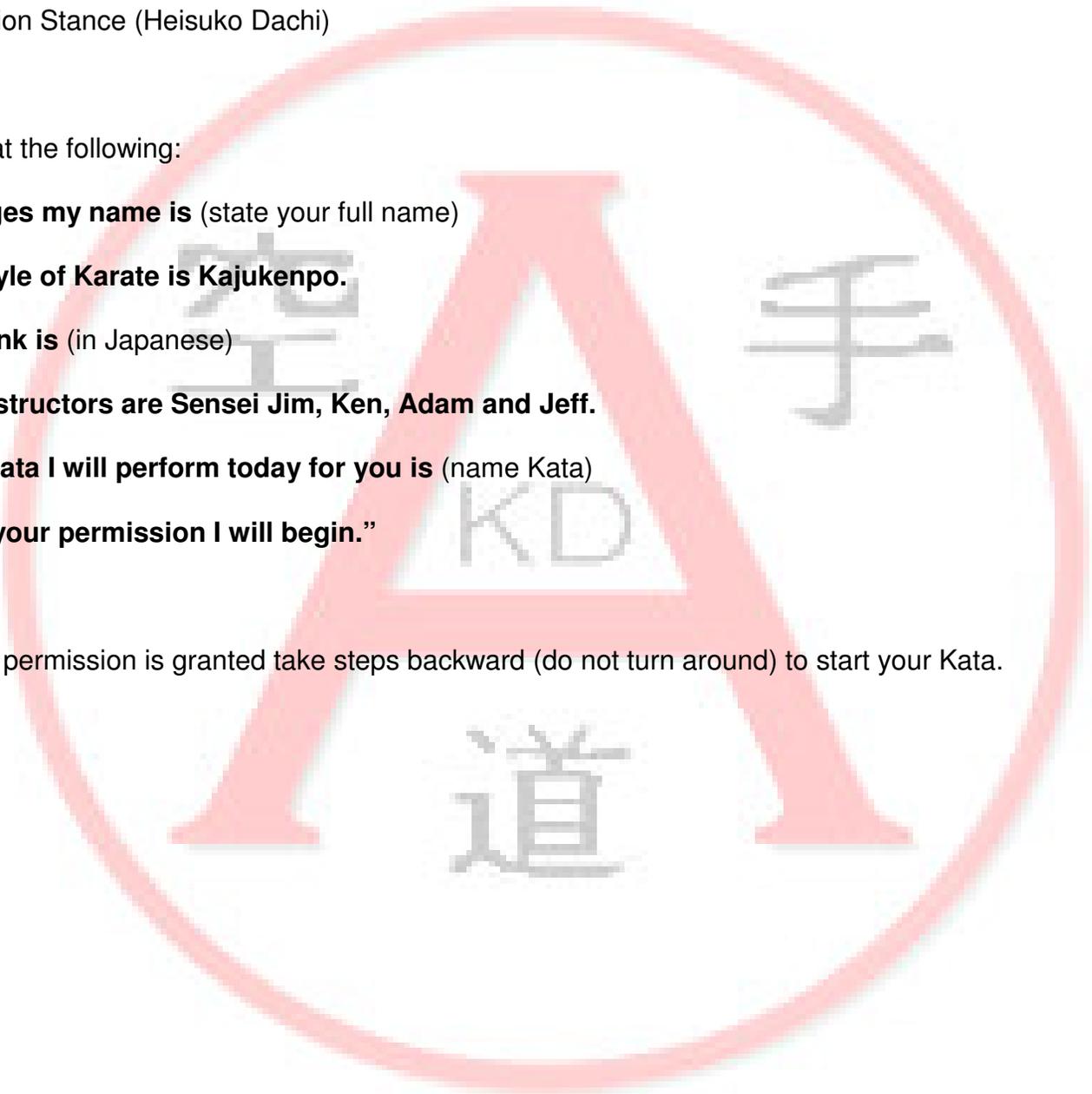
**My rank is** (in Japanese)

**My instructors are Sensei Jim, Ken, Adam and Jeff.**

**The Kata I will perform today for you is** (name Kata)

**With your permission I will begin.”**

When permission is granted take steps backward (do not turn around) to start your Kata.



## KDA Seven Hand Kata

- Attention stance (Heisuko Dachi)
- Bow
- Preparation
- Horse stance (Kiba Dachi) *Always move left foot out!*
- Hands back to hips

### **Starting with your left hand:**

1. Punch (Seiken) Left  
Punch (Seiken) Right
2. Knife Hand (Shuto) Left  
Knife Hand (Shuto) Right
3. Hammer Fist (Tettui) Left  
Hammer Fist (Tettui) Right
4. Flat Fist (Han Uchi Ken) Left  
Flat Fist (Han Uchi Ken) Right
5. Short/Vertical Punch (Tate) Left  
Short/Vertical Punch (Tate) Right
6. Bear Claw (Kumade) Left  
Bear Claw (Kumade) Right
7. Back Fist (Uraken) Left *Left hand over right*  
Back Fist (Uraken) Right *Right hand over left*

### **Kenpo Fist**

Left foot to right  
Attention stance (Heisuko Dachi)  
Bow  
Wait 4 seconds  
Ready Stance (Hachiji Dachi)

# KDA Twenty-Seven Hand Kata

- Attention stance (Heisuko Dachi)
- Bow
- Preparation
- Horse stance (Kiba Dachi) *Always move left foot out!*
- Hands back to hips

## **Starting with your left hand:**

1. High rise block (Jo Dan Age Uke) Left
2. High rise block (Jo Dan Age Uke) Right
3. Inward Block (Soto Uke) Left
4. Inward Block (Soto Uke) Right
5. Middle Outward (Chudan Uke) Left
6. Middle Outward (Chudan Uke) Right
7. Down Block (Gedan Uke) Left
8. Down Block (Gedan Uke) Right
9. Punch (Seiken) Left
10. Punch (Seiken) Right
11. Punch (Seiken) Diagonal /45 degrees Left
12. Punch (Seiken) Diagonal/ 45 degrees Right
13. Punch (Seiken) over right shoulder Left
14. Punch (Seiken) over left shoulder Right
15. Punch (Seiken) same shoulder Left
16. Punch (Seiken) same shoulder Right
17. Knife Hand (Shuto Uke) Left
18. Knife Hand (Shuto Uke) Right
19. Palm Heel (shotei Uke) Left
20. Palm Heel (shotei Uke) Right
21. Elbow Back (Empi Uke) Left
22. Elbow to front of body strike to right hand
23. Elbow Back (Empi Uke) Right
24. Elbow to front of body strike to left hand
25. Elbow Back (Empi Uke) Left
26. Elbow Back (Empi Uke) right
27. X Block (Juju Uke)

## **Kenpo Fist**

Left foot to right

Attention stance (Heisuko Dachi)

Bow

Wait 4 seconds

Ready Stance (Hachiji Dachi)

# KDA Taihokyu Kata

## The Taihokyu Kata forms an “I” when properly executed

1. **Attention stance** (Heisuko Dachi)
2. *Bow*
3. *Preparation*
4. **Horse stance** (Kiba Dachi) *Always move left foot out!*
5. *Announce the name of your Kata.*
6. *Look left then forward, right then forward.*
7. Look left then step out right and turn left 90 degrees to a **Forward Balance stance** (Zen Kutusu Dachi) Execute a **Left Down Block** (Gedan Uke).
8. Step forward right and punch right **Lunge Punch** (Oi Tsuki)
9. Look over your right shoulder then turn 180 Degrees to a **Forward Balance stance** (Zen Kutusu Dachi) Right foot forward while simultaneously doing a **Right Down Block** (Gedan Uke).
10. Step left, punch left **Lunge Punch** (Oi Tsuki)
11. Look over your left shoulder then turn 90 degrees to the left to a **Forward Balance stance** (Zen Kutusu Dachi) Left foot forward while simultaneously doing a **Left Down Block** (Gedan Uke).
12. Step right **Lunge Punch** (Oi Tsuki)
13. Step left **Lunge Punch** (Oi Tsuki)
14. Step right **Lunge Punch** (Oi Tsuki) **Kiai**
15. Look right, hook left foot around right foot and turn 270 degrees to a **Forward Balance stance** (Zen Kutusu Dachi) while simultaneously doing a **Left Down Block** (Gedan Uke).
16. Step left, punch left **Lunge Punch** (Oi Tsuki)
17. Look over your right shoulder then turn 180 Degrees to a **Forward Balance stance** (Zen Kutusu Dachi) Right foot forward while simultaneously doing a **Right Down Block** (Gedan Uke).
18. Step to a **Lunge Punch** (Oi Tsuki)
19. Look over your left shoulder the turn 90 degrees to the left to a **Forward Balance stance** (Zen Kutusu Dachi) Left foot forward while simultaneously doing a **Left Down Block** (Gedan Uke).
20. Step right, punch right **Lunge Punch** (Oi Tsuki)
21. Step left, punch left **Lunge Punch** (Oi Tsuki)
22. Step right, punch right **Lunge Punch** (Oi Tsuki) **Kiai**
23. Look right, hook left foot around right foot and turn 270 degrees to a **Forward Balance stance** (Zen Kutusu Dachi) while simultaneously doing a **Left Down Block** (Gedan Uke).
24. Step right, punch right **Lunge Punch** (Oi Tsuki)
25. Look over your right shoulder then turn 180 Degrees to a **Forward Balance stance** (Zen Kutusu Dachi) Right foot forward while simultaneously doing a **Right Down Block** (Gedan Uke).
26. Step left, punch left **Lunge Punch** (Oi Tsuki)
27. Open your left hand palm facing ground and raise your right fist up to form a Kempo fist. Step back with left foot, turning 90 degrees left so you are facing the same direction you started and bring left foot to right.
28. Drop your hands to your side to form an **Attention stance** (Heisuko Dachi)
29. *Bow*
30. Wait 3-4 seconds
31. Step our left to a **Ready Stance** (Hachiji Dachi)

# KDA Pinan 1 Kata

*The Pinan 1 Kata is similar to the Taihokyu but with the addition of 4 knife hand blocks.*

*The Taihokyu Kata forms an "I" when properly executed*

1. **Attention stance** (Heisuko Dachi)
2. *Bow*
3. *Preparation*
4. **Horse stance** (Kiba Dachi) *Always move left foot out!*
5. *Announce the name of your Kata.*
6. *Look left then forward, right then forward.*
7. Look left then step out right and turn left 90 degrees to a **Forward Balance stance** (Zen Kutusu Dachi) Execute a **Left Down Block** (Gedan Uke).
8. Step forward right and punch right **Lunge Punch** (Oi Tsuki)
9. Look over your right shoulder then turn 180 Degrees to a **Forward Balance stance** (Zen Kutusu Dachi) Right foot forward while simultaneously doing a **Right Down Block** (Gedan Uke).
10. Raise your right leg up as to avoid a body and execute another **Right Down Block** (Gedan Uke).
11. Step left, punch left **Lunge Punch** (Oi Tsuki)
12. Look over your left shoulder then turn 90 degrees to the left to a **Forward Balance stance** (Zen Kutusu Dachi) Left foot forward while simultaneously doing a **Left Down Block** (Gedan Uke).
13. Step to a **High Rise Block** (Jo Dan Age Uke)
14. Step to a **High Rise Block** (Jo Dan Age Uke)
15. Step to a **High Rise Block** (Jo Dan Age Uke)
16. **Kiai**
17. Look right, hook left foot around right foot and turn 270 degrees to a **Forward Balance stance** (Zen Kutusu Dachi) while simultaneously doing a **Left Down Block** (Gedan Uke).
18. Step left, punch left **Lunge Punch** (Oi Tsuki)
19. Look over your right shoulder then turn 180 Degrees to a **Forward Balance stance** (Zen Kutusu Dachi) Right foot forward while simultaneously doing a **Right Down Block** (Gedan Uke).
20. Step to a **Lunge Punch** (Oi Tsuki)
21. Look over your left shoulder the turn 90 degrees to the left to a **Forward Balance stance** (Zen Kutusu Dachi) Left foot forward while simultaneously doing a **Left Down Block** (Gedan Uke).
22. Step right, punch right **Lunge Punch** (Oi Tsuki)
23. Step left, punch left **Lunge Punch** (Oi Tsuki)
24. Step right, punch right **Lunge Punch** (Oi Tsuki) **Kiai**
25. Look over your left shoulder take your left foot and move it 135 Degrees counterclockwise, spin and execute a **Knife Hand Block** (Shuto Uke) *4 corners.*
26. Take your right foot move it 90 degrees clockwise and execute a **Knife Hand Block** (Shuto Uke).
27. Take your right foot and turn 180 Degrees clockwise and execute a **Knife Hand Block** (Shuto Uke).
28. Take your left foot and move it 90 Degrees counterclockwise and execute a **Knife Hand Block** (Shuto Uke).
29. Hold your left hand Palm facing ground and raise your right hand up to a Kempo Fist. Look left then turn 45 degrees left so you are facing the same direction you started and bring left foot to right.
30. **Attention stance** (Heisuko Dachi)
31. *Bow*
32. *Wait 4 seconds*
33. **Ready Stance** (Hachiji Dachi)

## KDA First Series

All attacks are Overhead Attacks. Uke steps forward with an Overhead Attack and holds his position.

### For a Right Handed Overhead attack:

1. **Ready Stance** (Hachiji Dachi)
2. Execute a **Left High Rise Block** (Jo Dan Age Uke) while moving your Right leg back into a **Forward Balance Stance** (Zen Kutsu Dachi).
3. Execute a **Front Kick** (Mae Geri) with your right foot while simultaneously striking with a Right **Knife Hand** (Shoto) to the clavicle. (The Right Foot executing should land down simultaneously with the strike into a **Forward Balance Stance** (Zen Kutsu Dachi).
4. **Kiai** with the Strike.
5. Execute a Left **Short Punch** (Tate) then a Right **Short Punch** (Tate).
6. Recover-moving into a **Forward Balance Stance** (Zen Kutsu Dachi), right foot back.

*The Series movements are the same as above with the following strikes in step #3:*

1. **Knife Hand to clavicle.**
2. **Hammer Fist to temple.**
3. **Flat Fist to throat.**
4. **Short Punch to solar plexus.**
5. **Bear Claw to temple then ear.**

### For Left Handed Overhead Strikes

7. **Ready Stance** (Hachiji Dachi)
1. Execute a **Right High Rise Block** (Jo Dan Age Uke) while moving your Left leg back into a **Forward Balance Stance** (Zen Kutsu Dachi).
2. Execute a **Front Kick** (Mae Geri) with your Left Foot while simultaneously striking with a Left **Knife Hand** (Shoto) to the clavicle. (The Left Foot executing should land down simultaneously with the strike into a Forward Balance stance.)
3. **Kiai** with the Strike.
4. Execute a Right **Short Punch** (Tate) then a Left **Short Punch** (Tate).
5. Recover-moving into a **Forward Balance Stance** (Zen Kutsu Dachi)-left foot back.

Execute the same series of strikes.

## KDA Second Series

All attacks are Lunge Punches. Uke steps forward with a Lunge Punch and holds his position.

### For a Right Handed Lunge Punch First Attack:

1. **Ready Stance** (Hachiji Dachi)
2. Execute a **Left Knife Hand Block** (Shuto Uke) and step 45 degrees into a **Right Back Balance** (Kokutsu Dachi) stance.
3. Execute a **Right Reverse Punch** (Gyaku Tsuki) to the chin while simultaneously turning into a **Front Balance Stance** (Zen Kutsu Dachi).
4. **Kiai** with the Strike.
5. Recover-moving your Left foot back into a **Forward Balance Stance** (Zen Kutsu Dachi).

### For a Right Handed Lunge Punch Second Attack:

1. **Ready Stance** (Hachiji Dachi)
2. Execute a **Right Inward Block** (Soto Uke) (moving Left leg back.)
3. Raise your Right elbow and execute a Right **Back Fist** (Ura Ken) to the temple
4. Execute a **Left Reverse Punch** (Gyaku Tsuki) to the Chin while moving into a **Forward Balance Stance** (Zen Kutsu Dachi).
5. **Kiai** with the Strike.
6. Recover-moving your Right foot back into a **Forward Balance Stance** (Zen Kutsu Dachi).

### For a Right Handed Lunge Punch Third Attack:

1. **Ready Stance** (Hachiji Dachi)
2. Execute a Left Parry
3. Step back into a **Cat Stance** (Neko Dachi) (Right leg back)
4. Step forward to a **Forward Balance Stance** (Zen Kutsu Dachi) and execute a right leg **Round House Kick** (Mawashi Geri) to the midsection.
5. Place your right foot to the outside of the Uke and execute a right **Back Fist** (Ura Ken) to the Temple.
6. **Kiai** with the Strike
7. Recover to a right leg back **Forward Balance Stance** (Zen Kutsu Dachi).

### For a Right Handed Lunge Punch Fourth Attack:

1. **Ready Stance** (Hachiji Dachi)
2. Execute a **Horse Stance** (Kiba Dachi) with a **Palm Heel Block** (Shotei Uke) left leg back.
3. Execute a **Skip Kick** striking the midsection of Uke. Simultaneously execute a **Knife Strike** (Shoto Uke) to the Temple.
4. **Kiai** with the Strike
5. Recover by moving Right leg back to a **Forward Balance Stance** (Zen Kutsu Dachi).

### For a Right Handed Lunge Punch Fifth Attack:

1. **Ready Stance** (Hachiji Dachi)
2. Execute a **Horse Stance** (Kiba Dachi) with a **Palm Heel Block** (Shotei Uke) left leg back.
3. Execute a Spinning Kick striking the midsection of Uke. Simultaneously execute a **Knife Strike** (Shoto Uke) to the bridge of the nose.
4. **Kiai** with the Strike
5. Recover by moving Right leg back to a **Forward Balance Stance** (Zen Kutsu Dachi).

## KDA First Blocking Series

1. **Ready Stance** (Hachiji Dachi)
2. Execute a **Left High Rise Block** (Jo Dan Age Uke) while moving your Right leg back into a **Forward Balance Stance** (Zen Kutsu Dachi).
3. Step forward into a **Forward Balance Stance** (Zen Kutsu Dachi) while simultaneously executing a **Middle Outward Block** (Chudan Uke)
4. Step forward into a **Forward Balance Stance** (Zen Kutsu Dachi) while simultaneously executing a **Down Block** (Gedan Uke).
5. Step forward into a **Horse Stance** (Kiba Dachi) while simultaneously executing an **Inward Block** (Soto Uke)
6. Step forward into a **Forward Balance Stance** (Zen Kutsu Dachi) while simultaneously executing a Knife Hand Block (Shuto Uke) ending in a **Back Balance Stance** (Kokutsu Dachi)
7. **Kiai**-shift into a **Forward Balance Stance** (Zen Kutsu Dachi).

## KDA Kicking Series

1. **Forward Balance Stance** (Zen Kutsu Dachi).
2. Execute a **Front Kick** (Mae Geri) -stepping into a **Forward Balance Stance** (Zen Kutsu Dachi) with the kicking foot.
3. Execute a **Side Kick** (Yoko Geri) - stepping into a **Forward Balance Stance** (Zen Kutsu Dachi) with the kicking foot.
4. Execute a **Round House Kick** (Mawashi Geri) stepping into a Horse Stance (Kiba Dachi) with the kicking foot.
5. Execute a **Spinning Back Kick** stepping into a Horse Stance (Kiba Dachi) with the kicking foot.
6. Execute a **Skip Kick** (Uchi Mawashi Geri) stepping into a **Forward Balance Stance** (Zen Kutsu Dachi) with the kicking foot.
7. **Kiai**

# Terminology

## Japanese

## English

Age-Zuki

Rising Punch

Age-Uke

Rising Block

Ashi Barail

Foot Sweep

Ashi Waza

Name given to all leg and foot techniques

Bunkai

A study of the techniques and applications in KATA

Chudan

Middle Area

Chudan-Zuki

Straight Punch to Middle Area

DO

Way/path. The Japanese character for "DO" is the same as the Chinese character for Tao (as in "Taoism"). In Karate, the connotation is that of a way of attaining enlightenment or a way of improving one's character through traditional training

Do itashimashite

Not at all. You are welcome

Dojo

Training Gym "Place of the Way or Place of Enlightenment"

Domo Arigato Gozaimashita

Japanese for "thank you very much."

Domo

Thanks. Sorry. (Very casual form) (between students)

Dozo

Please (do this). (Very casual) (between students)

Empi

Elbow

## Japanese

## English

Empi-Uchi

Elbow Strike

Gedan

Lower Area of the Body

Gedan-Barai

Downward Block

Gedan Zuki

A punch to the lower section of the opponent's body.

Geri

Kick

Gi

Suit

Go No Sen

The tactic where one allows the opponent to attack first so to open up targets for counterattack.

Gohon Kumite

Five step basic sparring. The attacker steps in five consecutive times with a striking technique with each step. The defender steps back five times, blocking each technique. After the fifth block, the defender executes a counter-strike

Gyaku-Mawashi-Geri

Reverse Round Kick/

IGyaku-Zuk

Reverse Punch

Hachiji-Dachi

Yoi Stance

Haishu

Back-Hand

Haishu-Uchi

Back-Hand Strike

Haishu-Uke

Back-Hand Block

Hajime

Begin. A command given to start a given drill, Kata, or Kumite.

Hajime shaste kudasai

Permission to begin, please

Hangetsu-Dachi

Half-Moon Stance

Heiko-Dachi

Parallel Stance

Heisuko-Dachi

Feet Together Attention Stance

Hiraken

Fore-Knuckle Fist

## Japanese

Hiraken-Zuki

Hiza Geri

Hiza Uke

Hittsui

Ippon-Ken

Jiyu-Kumite

Jodan

Juji-Uke

Kagi-Zuki

Kiai

Kaisho

Kakato

Kake-Shuto-Uke

Kake-Uke

Kakiwaeo-Uke

Kakuto

Karate

Karateka

Kata

Kagi Zuki

Keage

Kekomi

Keri

Keri-Waza

Kesa-Gera

## English

Fore-Knuckle Fist Straight Punch

A blocking action using the knee

A blocking action using the knee

Knee-Hammer

One-Knuckle Fist

Free Style Sparring

Upper Area

X-Block

Hook Punch

A shout delivered for the purpose of focusing all of one's energy into a single movement.

Open Hand

Heel

Hooking Knife-Hand Block

Hooking Block

Reverse Wedge Block

Bent Wrist

Empty Hand

A practitioner of Karate

Form

Hook Punch

Snap Kick

Thrust Kick

Kicking

Kicking Techniques

Diagonal Kick

## Japanese

Kiba-Dachi  
Kihon Kumite  
Kizami-Zuki  
Kokutsu-Dachi  
Ko-Shi  
Kudasai  
Kumite  
Mae-Geri  
Mae-Tobi-Geri  
Makiwara  
Mawashi-Geri  
Mawashi-Zuki  
Mawatte  
Mikazuri-Geri  
Morote-Uke  
Mushi  
Nakadaka-Ken  
Neko-Ashi-Dachi  
Nihon-Nukite  
Nukite  
Obi  
Oi-Zuki  
Onegai-shimasu

## English

Straddle Leg Stance  
Basic Sparring  
Jab Punch  
Back Stance  
Ball of the Foot  
- Please give me the favor of (polite form)  
Sparring  
Front Kick  
Flying Front Kick  
Punching Board  
Round Kick  
Roundhouse Kick  
Turn  
Crescent Kick  
Augmented Forearm Block  
No Mind." The state of being that allows freedom and flexibility to react and adapt to a given situation.  
Middle-Finger Knuckle Fist  
Cat Stance  
Two Finger Spear-Hand  
Spear-Hand, Straight Thrust  
A belt  
Lunge Punch  
I humbly request. Please teach me. (student to teacher)

## Japanese

## English

Rei	Respect-A bow
Reigi	Etiquette
Renzuki	Alternate Punching
Sanchin-Dachi	Hour-Glass Stance
Sanbon Kumite	Three Step Sparring
Seiken	Fore-Fist
Shuto	Knife-Hand
Shuto-Uchi	Knife-Hand Strike
Shuto-Uke	Knife-Hand Block
Sochin-Dachi	Diagonal Straddle Leg Stance
Sokuto	Foot Edge
Sokuto-Keage	Snap Kick with Foot Edge
Sokuto-Osae-Uke	Pressing Block with Foot Edge
Soto-Uke	Block from Outside Inward with Bottom of Wrist
Sukui-Uke	Scooping Block
Tate-Zuki	Vertical Fist Punch
Teiji-Dachi	T-Stance
Teisho	Palm-Heel
Tobi-Geri	Flying Kick
Tobi-Yoko-Geri	Flying Side Kick
Tsukami-Uke	Grasping Block
Tsuki	Punching
Tsuki-Waza	Punching Techniques
Tuite	Grappling skills
Uchi	Striking

## Japanese

Uchi-Waza

Ukemi Waza

Uraken

Ura Zuki

Ushiro

Ushiro-Ashi-Geri

Ushiro-Empi-Uchi

Wan  
空  
Washide  
空  
Waza

Yama-Zuki

Yoko

Yoko-Empi-Uchi

Yoko-Geri

Yoko-Geri-Keage

Yoko-Geri-Kekomi

Yoko-Mawashi-Empi-Uchi

Yoko-Tobi-Geri

Zenkutsu-Dachi

## English

Striking Techniques

Falling Techniques

Back Fist

An upper cut punch used at close range

Back, Rear

Rear Leg Kick

Back Elbow Strike

Arm

Eagle Hand

Techniques.

Wide U Punch

Side

Side Elbow Strike

Side Kick

Side Snap Kick

Side Thrust Kick

Side Round Elbow Strike

Flying Side Kick

Forward Stance



Counting to 10 in Japanese:

1 Ichi

2 Ni

3 San

4 Shi

5 Go

6 Roku

7 Shichi

8 Hachi

9 Kyu or Ku

10 Ju

