

## GENBUKAI CANADA - JAPANESE TERMINOLOGY

Dojo	Training Hall	<b>Hand Techniques (Te Waza)</b>	
Shinzen	Focal point of Dojo	Oi Tsuki	Lunge Punch
Jodan	Head Level	Gyaku Tsuki	Reverse Punch
Chudan	Mid Level	Shuto Uchi	Knife Hand
Gedan	Lower (Groin) Level	Tettsui Uchi	Hammer Fist
Kyotske	Attention (feet together)	Ura Ken Uchi	Back Knuckle
Mawate	Turn Around	Nuki Te	Spear Hand
<b>STANCES (Tachi Kata)</b>		Haito Uchi	Ridge Hand
Zenkutso Dachi	Forward Striking	Hiji Ate	Elbow
Shiko Dachi	Square	<b>Kicking Techniques (Geri Waza)</b>	
Nifanchi Dachi	Horse	Mae Geri	Front Snap
Neko Ashi Dachi	Cat	Yoko Geri Kekomi	Side Thrust
Ayumi Dachi	Natural	Yoko Geri Keage	Side Snap
Okutso Dachi	Okinawan Back Stance	Mawashi Geri	Round House
Hachiji Dachi Yoi	Open Leg Stance Ready	Ushiro Geri	Back
<b>Blocking (Uke Waza)</b>		Mikazuki Geri	Crescent
Age Uke or Jodan Uke	Rising Block	Gyaku Mawashi Uchi	Reverse Roundhouse
Harai Uke or Gedan Barai	Downward	Nidan Geri	Two Level Kick
Yoko Uchi Uke	Outside	Tobi Geri	Flying Kick
Yoko Uke	Inside	<b>Japanese Counting:</b>	
Shuto Uke	Knife Hand	<b>Ich</b> .....One	<b>Roku</b> .....Six
Gedan Ude Uke	Forearm	Ni.....Two	Shichi....Seven
Juji Uke	Cross	San.....Three	Hachi.....Eight
Morote Uke	Augmented	Shi.....Four	Ku.....Nine
Kakete Uke	Hook Block	Go.....Five	Ju.....Ten
Kakiwake Uke	Separating Block		
Haishu Uke	Back Hand Block		
Hiji Uke	Elbow Block		

### NOTICE

The karate school will not function on public holidays.

For the safety of the students the following regulations should be adhered to:

1. Jewelry of any sort should not be worn in the dojo. (sharp edges may be hazardous to yourself or your training partner).
2. Students nurturing an injury should inform the instructor before the class starts.
3. Students who intend to participate in sparring should wear a mouth guard and hand protectors (groin guard for male students).
4. If you are holding a weapon in your hands then you are responsible for it.
5. If for some reason you cannot make a class, please inform your instructor.

