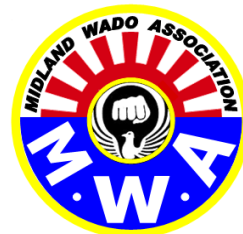


WADO TERMINOLOGY



JAPANESE	ENGLISH MEANING OR DESCRIPTION
7 DISTINCTIONS OF WADO RYU KARATE	
1. TAISABAKI	Body Movement
2. NAGASHI	Body Evasion
3. INAS	Feinting Movements
4. KAWAS	Dodging Movements
5. NORU	Anticipation
6. NAGAS	Brushing Techniques
7. TORU	Holds, Throws & Sweeping Techniques

KARATE	Means Empty Hands.
KARA	Empty
TE	Hand
WADO	The Way Of Peace And Harmony
WA	Peace Or Harmony.
DO	Way Or Method
RYU	Style
KAI	Group, Federation Or Association

LEVELS OF AWARENESS	
Attack is the best form of defence. When facing an opponent there are three levels of awareness and training.	
GO NO SEN or (Go-sen-no-te)	(the first level of awareness) You must remain calm and watch your opponent very carefully. Your block should be an automatic response to his attack and you should then counter attack him before he is able to recover from his initial movement.
SEN NO SEN or (Sen-sen-no-sente)	(the second level of awareness) you and your opponent begin to move simultaneously. Your awareness of his intention to attack allows you to attack just slightly faster, making your strike just before his.
SEN SEN NO SEN or (Sente)	(the most advanced level) In this situation both you and your opponent are ready and willing to attack. Your attack must be made first in a split second between the time your opponent mentally commits to the attack and the moment he begins his actual movement. His commitment to attack will prevent him responding with a defence.

WADO TERMINOLOGY

GENERAL TERMS.	
AGE	Rising
ASHI	Foot
ATEMI	Strike
BUNKI	The Practical Application Of A Kata
CHUDAN	Body Or Middle Section
DACHI	Stance
DAN GRADE	Black Belt Grades
DO	Way
DOJO	Training Hall
GEDAN	Lower
GI	Suit Or Training Uniform
HA JIMAE	Start / Begin
HIDARI	Left
JODAN	Head Or Above
JUTSU	Art
KARATE	Empty Hand
KAITEN	Turning In Various Directions
KARATEGI	Student
KATA	Form
KI	Energy, Living Power, Sprit.
KIAI	Shout From The Gut
KIME	Focus
KUMITE	Sparring
KYU GRADE	Grades Before Black Belt
MAE	Front
MAWATTE	Standard Turn
MI AI	Distance
MIGI	Right
MOKUSO	Meditation
NAGASHI	Evasion To Move Off Line
NAOREI	Command To Move From Ready Stance To Bowing Stance
NAGE	Throw
OSU	I Understand And Will Try To Do My Best
OBI	Belt
OTOSHI	Dropping
RANDORI	Free Style Practice
REI	Bow
RENRAKUWAZA	Combination Of Techniques
RENZUKI	Continuous Action Or Movement
SEIZA	Seated / Kneeling Position
SEMPEI	Senior Student / Trainee Instructor Who Assists The Sensei
SENSEI	Teacher Or Instructor

WADO TERMINOLOGY

SUNE	Shin
TAISABAKI	Body Movement
TATE	Vertical
TOBI	To Jump Forward Or Backwards
TORI	Attacker
UKE	Block
USHIRO	Back
WADO	Way Of Peace
WAZA	Technique
YAME	Stop
YOI	Ready Position
YOKO	Side
ZANSHIN	Awareness
ZENSHINSHITEI	To Move Forward Off The Back Foot
ZUKI	Punch Or Strike

LEG / KICKING TECHNIQUES	
ASI BARAI	Foot Sweep
FUMIKOMI	Stamping Kick
GERI	Kick
HIZA GERI	Knee Kick
KAKATO	Axe Kick Or Heel Kick
KEAGE	Fast Snapping Forward Kicking Technique
KEKOMI	Thrusting Forward Kicking Technique
KIN GERI	Groin Kick
MAE GERI	Front Kick
MAE TOBI GERI	Front Jumping Kick
MAWASHI GERI	Roundhouse Kick
MIKAZUKI GERI	Crescent Kick
NIDAN GERI	Jumping Front Kick (2 Kicks In The Air)
SOKUTO	Side Kick To The Front With Foot Edge
SOKUTO FUMIKOMI	Stamping Side Kick
SUNE GERI	Shin Kick
TOBI GERI	On The Spot Jumping Kick
URAMAWASHI GERI	Hook Kick
USHIRO GERI	Back Kick
USHIROMAWASHI GERI	Spinning Roundhouse
USHIROSOKUTO	Spinning Side Kick
YOKO GERI	Side Kick To The Side

HAND TECHNIQUES & STRIKES	
EMPI OR HIJI	Elbow Strike
FURI ZUKI	Hook Or Swing Punch
GYAKUZUKI	Reverse Hand Punch
GYAKUZUKI NO TSUKOMI	Back Hand Leaning Punch (Done In A Short Stance)

WADO TERMINOLOGY

HAITO	Ridge Hand
IPPONKEN	One Knuckle Fist
JUNZUKI	Front Hand Lunge Punch
JUNZUKI NO TSUKOMI	Front Hand Leaning Punch
KEN	Fist
KOKEN	Crane Head Strike (Use Back Of Wrist)
NUKITE	Straight Finger Strike Spear Hand
SEIKEN	Fore Fist
SEIKEN ZUKI	Normal Front Punch
SHOTEI	Palm Heel
SHOTEI	Palm Heel
SHUTO	Knife Hand Strike
TAE ZUKI	Vertical Fist
TETTSUI	Bottom Or Hammer Fist
TOBIKOMIZUKI	Snap Punch
UCHI	Strike
URA ZUKI	Upper Punch
URAKEN	Back Fist

STANCES	
AYUMIASHI	One Full Step Forward Or Backwards (Like Walking)
CHIDORI ASHI	"Drunk Foot" Stance As Step Across In Naihanchi Kata
GYAKU NEKOASHI DACHI	Reverse Cat Stance
GYAKUZUKI TSUKKOMI	Deep Gyakuzuki Stance
HEISOKU DACHI	Closed Toe Attention Stance (Feet Together)
HIDARI HAMNI GAMAE	Left Fighting Stance
KIBA DACHI	Horse Stance (Feet Parallel)
KOKUTSU DACHI	Back Leg Bent Stance
KOSA DACHI	Cross Leg Stance
MIGI HAMNI GAMAE	Right Fighting Stance
MUSUBI DACHI	Heels Together Feet Apart 45 Degrees
NAIHANCHI DACHI	As In Naihanchi Kata (Feet And Knees Pointing Inwards)
NEKOASHI DACHI	Cat Stance
SAGIASHI DACHI	One Legged Stance As In Chinto (Heron Stance)
SANCHIN DACHI	Sanchin Stance Pigeon Toe / Hour Glass
SEISHAN DACHI	Feet Parallel To Attack Line, Heel And Toe Length
SHIKO DACHI	Horse Stance (Feet Pointing Out At 45°)
SHIZENHONTAI	Feet Shoulder Width, Feet Parallel
SHIZENTAI	Natural Stance
SURIASHI	To Glide Forward Or Back
SURIKOMI	Two Steps Forward Or Backward
TATE SEISHAN	Feet Parallel To Attack Line, Heel And Toe Width
TOBI	To Jump Forward, Back Or Upwards
YORIASHI	Leap Or Step Moving The Front Foot First.
ZENKUTSU DACHI	Front Leg Bent Stance

WADO TERMINOLOGY

BLOCKS.	
CHUDAN UKE	Middle Block
GEDAN BARAI	Lower Block
JODAN UKE	Head (High) Block
JUJI UKE	Cross Or X Block
KAKE UKE	Hooking Block
KOKEN UKE	Crane Head Block
MAWASHI UKE	Circular Or Round Block
MOROTE UKE	Augmented Forearm Block
OSAE UKE	Press Block
OTOSHI UKE	Dropping Block
SHUTO UKE	Knife Hand Block
SOTO UKE	Outer Block
SUKUI UKE	Scooping Block
UCHI UKE	Inner Block
URA UKE	Back Hand Block

NUMBERS / COUNTING	
ICHI	1
NI	2
SAN	3
SHI	4
GO	5
ROKU	6
SHICHI	7
HACHI	8
KU	9
JU	10
JUU-ICHI	11
JUU-NI	12
JUU-SAN	13
JUU-SHI	14
JUU-GO	15
JUU-ROKU	16
JUU-SHICHI	17
JUU-HACHI	18
JUU-KU	19
NI-JUU	20