

**UNITED KINGDOM SEIKI-JUKU
KARATE ORGANISATION**

正氣塾

GRADING SYLLABUS

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UNITED KINGDOM SEIKI-JUKU KARATE ORGANISATION

**HEADQUARTERS
9 King Street,
Twickenham,
Middlesex.,
TW1 3SD.
ENGLAND.**

**Telephone: 020-8892 3338
Fax: 020-8892 6132**

**AFFILIATED: SEKAI BUTOKUKWAI
ENGLISH KARATE GOVERNING BODY
SPORTS COUNCIL ADVISORY GROUP for MARTIAL ARTS**

CHAIRMAN : F.T. PERRY

CHIEF INSTRUCTOR : F.T. PERRY (KYOSHI)

ASSISTANT CHIEF INSTRUCTOR : (YONDAN)

THE GRADING SYLLABUS FOR THE U.K.S.K.O.

It is very difficult to construct a grading syllabus that is totally comprehensive, so I have laid down the minimum requirements for each grade. Thus giving each instructor a framework to build on according to his and each student's own ability.

Gradings are important because the conditions of a strict and formal grading will affect a student's character and application of technique, thus showing any specific weakness in overall ability.

All students should look forward to gradings and treat them as another experience within Karate-Do.

Sensei F.T. Perry

SENSEI F.T.PERRY

Sensei F.T. Perry began his instruction at the age of five under the late Sensei Kaoru Mishiku, a master of traditional Japanese instruction who pioneered martial arts teaching in Britain.

By the age of 14, Sensei Perry held a Black Belt in Judo. He won his first Karate Black Belt at 16, in Sensei Mishiku's Anglo-Japanese School.

At the Age of 20, Sensei Perry sought instruction abroad following the death of his teacher and studied under various Japanese Masters.

He has fought at National and International level, in contact and non-contact events, and was the first English Karate student to fight 50 successive full contact bouts.

Sensei Perry holds the rank of 6th Dan Kyoshi and also holds Dan ranking's in Judo, Kobijutsu, Ju Jutsu and Kendo/Jutsu.

The United Kingdom Seiki Juku Karate Organisation and the Anglo-Japanese School of Martial Arts are under his control, and he is Karate Coach for the Sekai Butokukai of Great Britain. He is currently the Vice Chairman of the English Karate Council, Chairman of the Coaching Committee which works directly with the National Coaching Foundation to improve teaching and performance in karate. The Chairman of the technical committee of the English Karate Council which is responsible for setting technical standards and grading criteria for English karate. The representative for English karate on the British Karate Federation and the Martial Arts Commission.

His school and students featured on the cinema in the first Martial Arts film to be circulated Nation-wide by a major film company and both he himself and his students have appeared on television on numerous occasions in programmes such as Thames News, Nation-wide, News at Ten, in order to promote Karate. During his time as a teacher his school has produced many champions in Karate and associated arts.

BRIEF HISTORY OF KARATE-DO

The Karate we practice today was brought to its present form during 17th century when Okinawa was overrun and occupied by the Japanese, and the Okinawan samurai forbidden to own any weapons. In those desperate years they developed and refined the techniques of Karate until their bodies and hands were as deadly and effective in their defence as the swords that were taken from them. Where and how Karate was taught was a mystery to most Okinawans, for to be introduced to the discipline of Karate was to be marked as one of the most poised and trusted human being and was an honour as high as any that could be bestowed. In the more settled times that followed, although remaining secret and known only through word of mouth on the island of Okinawa, became a course of exercise valued for its health and character building.

HISTORY OF BUTOKU-KWAI

Dai Nippon Butoku-Kwai

The Dai Nippon Butoku-Kwai, Japan Martial Arts Organisation, traces its origin all the way back to Emperor Kanmu, the 50th Emperor of Japan (781 - 805 A.D.).

Emperor Kanmu organised the first Martial Arts Tournament to be presented before the preceding Emperor on Boy's Day (May 5th). This set a tradition which has been carried on up to the present time, to hold an annual Martial Arts Tournament before the Emperor.

In 1895 the Dai Nippon Butoku-Kwai was formally organised as a physical culture organisation with its centre in Kyoto, Japan. It became a flourishing concern with a membership of several million and branches throughout Japan. Until the end of World War 11 all martial arts in Japan came under the official direction of the Butoku-Kwai.

The Butoku-Kwai's aims are the preservation and investigation, survey, research and development of Judo, Ju-jutsu, Archery, Fencing, Karate and the other Martial Arts. But above all, through the study of the martial arts, development of character and virtue.

OUR SCHOOL OF KARATE:

The United Kingdom Seiki-Juku Karate Organisation

After entering our school of Karate each student is expected to train diligently so as to become strong enough to fell his enemy with a single blow. Karate-Ka within our group must be physically very strong, but must also develop their mental powers (Kokryu). In order that nothing may ever over-awe them.

Classical Karate is at first a means of combat, a means by which the exponent defends himself or his family. However, by a process of repetitious training he also cultivates a morally correct state of mind. The true understanding of Karate-Do may only be understood after one engages in sufficient rigours training.

Championship tournaments of any type have no place in real Karate. The results of a real challenge would end in serious injury. Thus contest becomes artificial combat. Both teachers and students are required only to devote themselves to training and helping each other. However, those students who wish to take part in contest in order to test both their nerve and prowess are encouraged to do so.

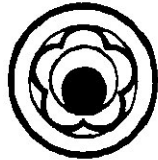
To have thousands of followers in any school makes it impossible for teachers to give any type of individual attention. Therefore it is the policy of our school to seek controlled expansion and to scrutinise any would be teacher, or student hoping to progress above Kyu grade. This is one major point of difference between our school and most other schools of Karate. I reiterate that the quality of our school comes first and foremost and is therefore preferable to an over-large group.

Our name, Seiki-Juku, means "True Spirit".

Sensei F.T.Perry
Kyoshi

THE MONS (BADGES) OF OUR SCHOOL

United Kingdom Seiki-Juku Karate Organisation Mon.



The Mon worn by our school is that of the English rose and three circles. The rose represents our country and the three circles the corner stones of our school, Honesty, Diligence and Respect.

- * Note: This badge is worn on the left arm.
Between the elbow and the shoulder

Butokukai Mon



The Butokukai Mon is the symbol of the Samurai. The outer line represents the sacred mirror of Japan. A mirror which is perfect, one which reflects a true undistorted image of that which comes before it.

The calligraphy means 'Military Virtue' and the lines radiating from the centre represent the rays of the cosmic universe.

The Bow represents the teacher and the arrow the student. The Bow may guide the arrow, but when released it flies an independent course.

- * Note: This badge is worn on the left breast.

DOJO ETIQUETTE AND PROCEDURE

(Rei Shiki)

- 1. On entering the dojo (hall) all Karate-ka (students) should say, "osu" loudly and with confidence.
- 2. Always pay attention to the instructor and attempt to follow his instructions to the best of your ability.
- 3. No eating, drinking or smoking is permitted in the dojo.
- 4. Karate gi's should be kept clean and in good repair at all times.
- 5. Finger nails and toe nails should be kept clean and well cut (short).
- 6. Jewellery must not be worn. If it cannot be removed, it must be taped over.
- 7. All Karateka should use the time before class as a period for warming up and asking the higher grades for information and advice.
- 8. Instructors must be addressed appropriately: Sensei 3rd dan or over, or Sempai highest grade up to 3rd dan.
- 9. When arriving late, you should kneel down by the side of the dojo and wait for the instructor to let you know if you are permitted to join the class. Always ask permission to leave the dojo for whatever reason.
- 10. Any member found using the art of Karate for personal gain or conducting his or herself in a violent or rude manner will have his or her membership terminated.
- 11. The dojo must always be kept clean and tidy. This is the responsibility of the lower grades.
- 12. When sparring, association recommended groin guards, mittens and shin and instep pads are mandatory.

THE ORDER OF GRADES WITH THE UNITED KINGDOM SEIKI-JUKU KARATE ORGANISATION

10th KYU	Red Belt
9th KYU	Blue Belt
8th KYU	Purple Belt with White Stripe
7th KYU	Purple Belt
6th KYU	Yellow Belt
5th KYU	Orange Belt
4th KYU	Green Belt with White Stripe
3rd KYU	Green Belt
2nd KYU	Brown Belt with White Stripe
1st KYU	Brown Belt

In order that a student's progress is not halted if that student makes one type of basic error whilst grading, we have a provisional grade between each Kyu grade. If you attain a provisional grade, you must try for the full grade at your next examination, and then you may be considered for further promotion to the following **GRADE** if you have the necessary hours of training between those grades.

1st DAN	FIGHTING GRADES
2nd DAN	
3rd DAN	
4th DAN	HONORARY GRADES
5th DAN	
6th DAN	
7th DAN	

SPECIAL AWARDS

In keeping with all Classical Schools, the awards Doshi, Renshi, Kyoshi and Hanshi are awarded within our school. These special awards are only ever given to those Karate-Ka of proven contest and teaching ability.

DOSHI	Blackbelt with Red Stripe through the centre
RENSHI	Blackbelt with Red and White stripe through the centre. The white is worn uppermost
KYOSHI	Blackbelt with Red and White stripe inverted
HANSHI	Red Belt

TIMES BETWEEN GRADES

10th to 4th KYU	:	20 hours minimum (each belt)
3rd to 1st KYU	:	50 hours minimum (each belt)
1st Kyu to SHODAN	:	100 hours
SHODAN to NIDAN	:	2 years training
NIDAN to SANDAN	:	3 years training

- **Please Note: These are the minimum times set. However, all grades are awarded by Sensei and he may withhold grades or jump them.**

10th KYU (RED BELT)

ETIQUETTE AND PROCEDURE?

How to Wear and Fold a Karate Gi (suit)

TECHNICAL REQUIREMENTS

JAPANESE TERMINOLOGY

ENGLISH TERMINOLOGY

Stances : Fudo Dachi

Informal Stance

**Strikes : Jodan Tsuki
Chudan Tsuki
Gedan Tsuki**

**Upper Punch
Middle Punch
Lower Punch**

**Blocks : Gedan Barai
Jodan Uke**

**Lower Block
Upper Block**

**Kicks : Hiza Geri
Kin Geri**

**Knee Kick
Groin Kick**

SELF DEFENCE TECHNIQUES AGAINST:

Hair Grab

Throat Grab

9th KYU (BLUE BELT)

Understanding of warm up exercises and stretching routines

Understanding of the badges worn within our School

TECHNICAL REQUIREMENTS

JAPANESE TERMINOLOGY

ENGLISH TERMINOLOGY

Stances : Zenkutsu Dachi

Forward Leaning Stance

**Strikes: Jodan Gyaku Tsuki
Chudan Gyaku Tsuki
Gedan Gyaku Tsuki**

**Upper Reverse Punch
Middle Reverse Punch
Lower Reverse Punch**

**Blocks : Chudan Uchi Uke
Chudan Soto Uke**

**Middle Inside Block
Middle Outside Block**

**Kick Mae Keage
Yoko Keage**

**Front Pendulum Kick
Side Pendulum Kick**

SELF DEFENCE TECHNIQUES AGAINST:

Pushing against chest and throat

Grab of collar or shoulder

8th KYU (PURPLE BELT WITH WHITE STRIPE THROUGH CENTRE)

History of Karate-Do?

TECHNICAL REQUIREMENTS

JAPANESE TERMINOLOGY	ENGLISH TERMINOLOGY
Stances : Sanchin Dachi	Diamond Stance
Strikes : Uraken Shomen Uchi Uraken Yoko Uchi Uraken Hizo Uchi	Backfist to Head Backfist to Side Backfist to Spleen
Blocks : Kaiten Uke	Round Block
Kicks : Mae Geri Hiza Kansetsu Geri	Front Kick Knee Joint Kick
Kata : Taikoyoko-Sono-Ichi Taikoyoko-Sono-Ni	Body Control Movement Number 1 Body Control Movement Number 2

SELF DEFENCE TECHNIQUES AGAINST:

Pull from front, head lock front and rear holds.

7th KYU (PURPLE BELT)

TECHNICAL REQUIREMENTS

JAPANESE TERMINOLOGY	ENGLISH TERMINOLOGY
Stances : Kokotsu Dachi	Back Leaning Stance
Strikes: Morote Tsuki Ago Tsuki	Double Punch Jaw Punch
Blocks : Shuto Mawashi Uke	Knifehand Roundhouse Block
Kicks : Yoko Geri Sokuto	Side Kick Knife Foot
Kata : Taikoyoko-Sono-San Yohon Kumite	Body Control Movement Number 3 Four One Steps

6th KYU (YELLOW BELT)

TECHNICAL REQUIREMENTS

JAPANESE TERMINOLOGY

ENGLISH TERMINOLOGY

Stances: Shiko Dachi
Neko Ashi Dachi

Sumo Stance
Cat Stance

Strikes: Shita Tsuki

Inverted Punch

Blocks : Shotei Gedan Uke
Shotei Jodan Uke

Palm Heel Lower Block
Palm Heel Upper Block

Kicks : Mawashi Geri Chudan
Haisoku
Mae Kaketo Geri

Roundhouse Middle Kick
with Instep
Front Heel Kick

Kata : Pinan Ichi

Pinan One

Go-Yon-Kumite

5 Step Fighting

BodyTests :

20 Push ups
30 Sit ups

5th KYU (ORANGE BELT)

TECHNICAL REQUIREMENTS

JAPANESE TERMINOLOGY

ENGLISH TERMINOLOGY

Stances: Kiba Dachi

Straddle Stance

Strikes: Shuto Yoko Ganmen Uchi
Shuto Sokotsu Uchi
Shuto Yoko Uchi

Knifehand to Side of Head
Knifehand to Collar Bone
Knifehand Side Strike

Blocks : Shuto Gedan Barai
Shuto Jodan Uke

Knifehand Lower Block
Knifehand Upper Block

Kicks : Ushiro Geri

Back Kick

Kata : Pinan Ni

Pinan Two

Kumite : To fight in a contest situation and show an understanding of the contest rules of the World Union of Karate Organisation.

BodyTest :

30 push-up
50 sit-ups.

4th KYU (GREEN BELT WITH WHITE STRIPE THROUGH CENTRE)

TECHNICAL REQUIREMENTS

JAPANESE TERMINOLOGY

ENGLISH TERMINOLOGY

Stances: Moroachi Dachi
Kake Dachi

One Foot Forward Stance
Hook Stance

Strikes: Hiji Ate Jodan
Hiji Ate Chudan
Hiji Ate Age

Elbow Strike, Upper
Elbow Strike, Middle
Elbow Strike, Rising

Blocks : Uchi Uke / Gedan Barai

Double Block

Kicks : Kake Geri

Hook Kick

Kata : Pinan San

Pinan Three

Kumite : To fight 4 fights in a pool of 5 and win one fight in order to gain full promotion.

Body Tests : Jump over a pole 10 times whilst holding it in both hands.

Kumite and body test do not apply to those candidates over 35 years of age. However a degree of competence in these areas will be required.

3rd KYU (GREEN BELT)

TECHNICAL REQUIREMENTS

JAPANESE TERMINOLOGY

ENGLISH TERMINOLOGY

Strikes : Tetsui Jodan Uchi
Haito Uchi Jodan

Hammerfist to Head
Inner Knifehand Strike
Upper

Haito Uchi Chudan

Inner Knifehand Strike
Middle

Haito Uchi Gedan

Inner Knifehand Strike
Lower

Blocks : Haito Uchi Uke
Jodan Shuto Uchi Uke

Inner Knifehand Block
Upper Knifehand Inside
Block

Kicks : Tobi Mae Geri
Mawashi Geri Gedan

Jumping Front Kick
Low Roundhouse Kick
Pinan Four

Kata : Pinan Yon

Kumite : The Candidate will be required to fight 4 fights in a pool of 5 and win one fight

Body Tests : The Candidate will be required to complete:

50 push-ups and

100 sit-ups

Kumite and body test do not apply to those candidates over 35 years of age. However a degree of competence in these areas will be required.

2nd KYU (BROWN BELT WITH WHITE STRIPE THROUGH CENTRE)

TECHNICAL REQUIREMENTS

Complete the first five One Steps of the Seiki-Juku Karate-Do.

JAPANESE TERMINOLOGY

ENGLISH TERMINOLOGY

Strikes :	Ippon Ken Uchi Koken Uchi Koken Uchi Chudan	One Knuckle Strike Wrist Strike Upper Wrist Strike Middle
Blocks :	Koken Uke Koken Uke Chudan	Wrist Block Upper Wrist Block Middle
Kicks :	Ushiro Mawashi Geri Tobi Mawashi Geri	Rear Roundhouse Kick Jumping Roundhouse Kick
Kata :	Pinan Go	Pinan Five

Kumite : Kenka Kumite

Semi-Contact fighting

Body Tests : For those over 18 years of age but under 35 years: Candidates will be required to break with Shuto or Seiken of no less than 5 Concrete roofing tiles

Kumite and body test do not apply to those candidates over 35 years of age. However a degree of competence in these areas will be required

1st KYU (BROWN BELT)

Complete the second 5 of the Seiki-Juku One Steps

TECHNICAL REQUIREMENTS

JAPANESE TERMINOLOGY

ENGLISH TERMINOLOGY

Strikes :	Keiko Uchi Nukite Nihon	Chicken Beak Strike Two Finger Thrust
Blocks :	Suni Uke	Shin Blocks
Kicks :	Tobi Nidan Geri Tobi Yoko Geri Tobi Ushiro Geri	Jumping Double Kick Jumping Side Kick Jumping back Kick
Kata :	Tsuki No Kata Geki Sai Dai	Fortune and Luck Fortress Attack

Kumite : The Candidate will fight 4 fights in a pool of 5 in Kenka Kumite and win 2 fights

Body Tests : The Candidate may be required break a 1 inch Wooden Board with a technique selected from Chudan Tsuki, Mae Keage, Mawashi Geri, Shuto Sekotsu Uchi.

1st DAN (SHODAN BLACK BELT)

Complete the 15 Seiki-Juku One Steps

Kata : Sanchin Three Phase Attack
 Yantsu Kata of Purity
 Saifa Rolling Wave
Weapons : Bo Katas Ichi, Ni and San
Body Test : Brick and Stone Breaking

Kumite : All Candidates under the age of 35 years will be required to fight a minimum of 15 fights with Senior grades.

Note : All Candidates prior to entering must have written permission from their Sempai or Sensei and hold a current first aid certificate.

2nd DAN (NIDAN BLACK BELT)

Kata : Sei Yunchin
 Tensho Rolling Hand
 Gek-Sai-Sho
Weapons : Sai Katas Ichi and Ni

Body Tests : Demonstration of unsupported breaks on Wood, Concrete and Tiles

Kumite : All Candidates under the age of 35 will be required to fight 20 fights with their equals and seniors wherever possible

3rd DAN (SAN DAN BLACK BELT)

Kata : Seipai
 Shisochin
 Kanku Dai
Weapons : Nanchuku Kata

Kumite : Each Candidate may be asked to complete 100 fights

Note : Candidates at this level will be assessed on their ability to teach and how many Dan grades they have themselves produced from their own teaching.

ENGLISH

PRONUNCIATION

JAPANESE

Action	Kam-my-tay	Kamaitee
Begin	Ha-jim-may	Hajime
Bow	R-lay	Rei
Bow to Dojo	O-tag-o-ni r-lay	Otago ni rei
Bow to Instructor	Sen-say-ni r-lay	Sensei ni rei
Breaking	Tammi-she-a-wal-ee	Tameshiwari
Cross	Jew-jee	Juji
Face	Gan-Men	Ganmen
Fighting Stance	Kum-ettay da-she	Kumite Dachi
Free Sparring	Jew kum-ettay	Jiyu Kumite
Groin area	Gee-dan	Gedan
Head area	Jor-dan	Jodan
Jaw	A-Go	Ago
Prearranged forms of movement	Ka-ta	Kata
Kneel	Say-za	Seiza
Left	He-dar-ray	Hidari
Middle body area	Choo-dan	Chudan
Place of the way	Doe-joe	Dojo
Ready	Yoy	Yoi
Rest	Now-ray	Nawre
Reverse	Gak-koo	Gyaku
Right	Me-gee	Migi
Shout	Kee-eye	Kiai
Stand	Kee-rit-soo	Kiritsu
Stop	Yam-may	Yame
Sweeping	Bal-eye	Barai
Turn	Ma-wat-tay	Mawatts
Continue	Yosh-e	Yoshi
Punches	Ski	Tsuki
Middle Punch	Choo-dan ski	Chudan Tsuki
Upper Punch	Jor-dan ski	Jodan Tsuki
Lower Punch	Ge-dan ski	Gedan Tsuki
Straight Punch	Tet-a ski	Tetta Tsuki
Reverse Punch	Gak-oo ski	Gyaku Tsuki
Double Punch	Mo-rot-ay-ski	Morote Tsuki
Middle knuckle fist	Ee-pon-ken	Ipponken
Hammer fist	Tet-soo-i	Tettsui
Thumb knuckle fist	O-ya-you-bee-ken	Oyayubi-ken
Blocks	Oo-kay	Uke
Head block	Jor-dan oo-kay	Jodan uke
Outer middle block	Sotto oo-kay	Soto uke
Inner middle block	Oo-chi oo-kay	Uchi uke
Lower block	Gee-dan bal-eye	Gedan Barai
Knife hand block	Shtol oo-kay	Shuto uke
Augmented block	Mo-rot-ay oo-kay	Morote uke
Inner knife hand block	High-toe oo-chi oo-kay	Haito uchi uke
Palm heel block	Sho-tay oo-kay	Shotai uke
Crossed wrist block	Say-ken jew-gee oo-kay	Saikensuji uke
Strikes	Oo-chi	Uchi
Back fist strike	Yule-aken	Uraken
Forward strike to face	Yule-aken sho-men oo-chi	Uraken ganmen uchi
Spleen strike	Yule-aken he-zo oo-chi	Uraken Hizo uchi

Strike to head (Left & Right)	Yule-aken yok-ow oo-chi	Uraken Yoko uchi
Jaw strike	A-go ski	Ago uchi
Strike to temple	Shtol yok-ow gan-men oo-chi	Shuto yoko ganmen uchi
Strike to collar bone	Shtol so-kottsou oo-chi	Shuto sakotsu uchi
Strike to spleen	Shtol he-zo oo-chi	Shuto Hizo uchi
Strike to sternum	Shtol oo-chi kom-me	Shoto uchi komi
Roundhouse strike	Yule-aken ma-washee oo-chi	Uraken mawashi uchi
Hammer fist strike	Tet-soo-i oo-chi	Tettsui uchi
Straight fingers to stomach	Nook-ettay choo-dan	Nukite chudan
Straight fingers to eyes	Nook-ettay nee-on	Nukite Nihon
Palm heel strike	Sho-tay oo-chi	Shotei uchi
Strike to ear drum	Here-a-ken	Hiraken
Knuckle joint strike	Row-ken	Ryoken
Inner knife hand strike	High-toe oo-chi	Haito uchi
Wrist strike	Ko-ken oo-chi	Koken uchi
Back hand strike	Hi-shoe	Haishu
Elbow strike	Hiji-attay (em-pee)	Hijiate (empi)
Elbow to head	Hiji-attay jor-dan	Hijiate Jodan
Elbow to stomach	Hij-ee st-ay choo-dan	Hijiate Chudan
Elbow to head(rising)	Ag-ay hiji-attay	Age Hijiate
Descending elbow	O-rosh-ee Hiji-attay	Oroshi Hijiate
Kicks	Gelli	Geri
Groin kick	Kin gelli	Kin geri
Knee kick	He-za gelli	Hiza geri
Front kick	My gelli	Mae geri
Pendulum kick	Kay-ar-gay	Keage
Roundhouse kick with instep	Ma-washee-gelli high-sock-oo	Mawashi geri Haisoku
Roundhouse kick with ball of foot	Ma-wash-ee gelli choo-sock-oo	Mawashi geri Chusoku
Joint kick	Kan-set-su gelli	Kansetsu geri
Outer pendulum kick	Sotto- kay-ar-gay	Soto keage
Inner pendulum kick	Oo-chi kay-ar-gay	Uchi keage
Side thrust kick	Yok-ow gelli	Yoko geri
Back kick	U-she-ro gelli	Ushiro geri
Heel kick	Ka-ka-toe gelli	Kakato geri
Hook kick	Ka-ki gelli	Kake geri
Jumping kick	To-be gelli	Tobi geri
Stamping kick	Foo-me kom-me	Fumi Komi
Reverse Roundhouse kick	U-she-ro ma-washee gelli	Ushiro Mawashi geri
Parts of the foot		
Knee	He-za	Hiza
Ball of the foot	Choo-sock-oo	Chusoku
Instep	High-sock-oo	Haisoku
Heel	Ka-ka-toe	Kakato
Arch	Tay-sock-oo	Teisoku
Edge of foot	Sock-oo-toe	Sokuto
Stances		
Forward leaning stance	Zen-kut-soo da-she	Zenkutsu Dachi
Diamond stance	San-shin da-she	Sanchin Dachi
Back leaning stance	Ko-cot-soo da-she	Kokotsu Dashi
Cat stance	Ne-ko-achi da-she	Nekoashi Dachi
Straddle stance	Kee-bs da-she	Kiba Dachi
Sumo stance	She-ko da-she	Shiko Dachi

Ready stance	Yoy da-she	Yoi Dachi
Formal stance	Foo-doe da-she	Fudo Dachi
Crane stance	T-soori-a-she da-she	Tsuri-ashi Dachi
Open toe stance	Mu-soo-bi da-she	Musubi Dachi
Parallel stance	He-ko da-she	Heiko Dachi
Normal stance	High-sock-oo da-she	Heisoku Dachi
Hook stance	Ka-ki da-she	Kake Dachi
One foot forward stance	Mo-rosh-ee da-she	Morachi Dachi
Teacher	She-han	Shihan
Master	Sen-say	Sensei
Senior	Sem-pie	Sempai

Counting in Japanese

One	ichi
Two	ni
Three	san
Four	yon (Shi)
Five	go
Six	roku
Seven	shichi
Eight	hachi
Nine	ku
Ten	ju