

USA KARATE

Terms and Definitions

<u>Term</u>	<u>Definition</u>
Aiki	indicates a principle, a way of using the body as a weapon in harmony
Aikido	Ai/harmony/Ki, internal power/do, way. Founded 1942 by Morihei Ueshiba, from jujutsu.
Aiki Jutsu	Harmony art, also known as Aiki-jutjutsu, founder Shinra Sabruo Yoshimitsu in the Kamakura period 1185-1336.
Back stance	Shotokan/karate stance. Japanese kokutsu- dachi
Bakufu	Term used to describe a military dictatorship in feudal Japan
Bokken	Wooden sword.
Ba Si Di	Storm the castle/Shotokan kata.
BJJ	Brazilian Jui Jitsu derived from Japanese Jui Jitsu. Maeda was the expert who was sent to Brazil to colonize where he befriended Gastao Gracie's a man of Scottish decent who had political influence, Maeda taught Gracie's sons.
Bojutsu	System of armed combat using the bo.
Buddhist	Religion of Shaolin Monks.
Bunki	Performing kata partners/with application.
Bo	Wooden weapon/tool.
Bodhidharma	The Indian monk who introduced the basic movements that all martial arts sprung from, 1600ad.
Budo	Broad term encompassing way/warfare.
Budoka	A martial arts practitioner
Bujutsu	Military arts/ Budo grew from.
Bushido	The Samurai code of conduct. Honor, loyalty, bravery, obedience, benevolence, justice, honesty, courtesy.
Butterfly	A guard from ground
Carni Gawa	The name of an Okinawan Island/ kata
Cat forms	Names for Nick Cerio's kenpo kata.
Cat stance	A stance for getting out of the way, then back in quickly.
Cerio, Nick	Founder of Nick Cerios Kenpo, trained with many different masters including Chow, and Ed Parker who awarded Cerio his 9 th deg. Promoted hundreds of black belts, which include Grand Masters Fred Villari, and Larry Sullivan. Sullivan was his only business partner, his soke-di, and his highest-ranking black belt up to his death in 1998.
Ch'I	Internal energy/Chinese term/ Ki/Japanese term.
Chow, William	Kenpo originator 1949 in Hawaii, received his black belt from James Mitose who only promoted five people to black belt from 1942 to

	1953 in Hawaii. Chow also studied Chinese concepts from his father, and was the teacher of Ed Parker, Nick Cerio.
Chuan-fa	Chinese boxing/kempo/kung-fu.
Crane	One of the five animals/kata, grace and balance.
Combat bo	Bo kata from Nick Cerio's kenpo.
Dachi	Japanese for stance.
Daimyo	"Great names" the lords of feudal Japan
Daisho	Two swords one long one short worn by Samurai
Dan	Black belt ranks. Shodan, nidan, sandan, yodan, godan, rokudan, shichidan, hachidan, kudan, Judan
Do	Way/Path
Dojo	Work out hall. (Japanese term)
Dojo kun	Dojo precepts recited at the close of a training session
Emperado, Adriano	Founder of kajukenpo in 1947, received his black belt from William Chow.
Empi	Swallow/Shotokan kata.
Five Animals	Tiger, tenacity/stubborn, fearless, leopard, speed and power, crane, grace and balance, dragon, fluency-to ride the wind, snake, suppleness.
Five Rules	Effort/try hard, etiquette/good manners, character/strong morals, sincerity/honesty, self-control/ control yourself on all levels.
Forms	See kata.
Fulcrum	Target under the nose.
Gi	Uniform/Japanese term
Guarding stance	$\frac{3}{4}$ stance/fighting stance.
Guillotine	A choke
Hakama	Skirt like pants worn as aikido uniform.
Hama Higa	An Okinawan island where Matsu Higa lived; a series of katas, kama, tonfa, sai.
Hanshi	Okinawa/Japanese for highest karate rank in the world
Hari Keri	Suicide by knife for Japanese soldiers.
Horse stance	Training stance for strength, endurance, and balance.
Iaido	Japanese sword training art of drawing.
Ju	Applied to combat arts.
Jutsu	Warfare arts rather than sporting arts.
Ju lann	Japanese art of manipulation of joints, throws, come –along, etc. The gentle art.
Judo	Japanese form of wrestling, emphasis on take downs/flips/using your opponent's movements against them. Founder Dr. Jigoro Kano in 1882, Kano was born 1860-1938 making him only 22 at the time/ way of gentleness. Came from jujutsu.
Kajukenbo	Hawaiian style of kenpo founded by Adriano Emperado of kenpo, Walter Choo of karate, Joseph Holke of judo, and Frank Ordonez of

	jujutsu, and Clarence Chang of Chinese boxing, in 1947. the name comes from the combined martial arts.
Kali	Blade/Philippine fighting with bladed weapons after the Spanish conquered them in the late 1500's it was banned, and then resurfaced in the twentieth century using sticks. Arnis de mano/eskrima.
Kama	Okinawan weapon, tool for haying field.
Karate	Empty hand/Japanese.
Kata	series of movements designed as a form of exercise to perfect technique.
Katana	Samurai sword, long.
Kempo	Way of the fist, with 'm' Chinese style, known to be the oldest style of karate and the basis for all other martial arts, originated by the Shao-lin monks. Bodhidharma a monk from India in 600ad gave the monks a series of exercises that became the foundation for many styles.
Kenpo	Japanese style of kempo according to Cerio, also signifies the break between Chow and Mitose, note Parkers Kenpo has very strong Chinese influences.
Keri	Japanese for kicking.
Kiai	A shout!
Kimono	Judo/Jui Jitsu gi
Kimura	A shoulder lock.
Kobudo	Okinawan arts of weapons formed for warfare in 1477 when Okinawa was split up into north and south, and middle mountains, recorded records don't start until 1609 due to the Japanese occupying the islands.
Kosho-ryu Kempo	The ancestral art of James Matose based on Shao-lin kung-fu
Kumite	Japanese term for a sparring match.
Kung-fu	Hard work, or time and energy, original founder Bodhidharma 600ad.
Kyudo	The Way of the Bow
Kyu	Beginning colored belt levels.
Lin-wan-kune	Continues and returning fists, hard style kung fu horse stance kata.
Matsu Higa	a Sensei who taught karate in Okinawa, said to be the founder of modern Okinawan karate,(1733-1815). A series of kata's, Tonfa, bo. Sai.
Mitose, James	Spread kenpo to the Hawaiian islands in 1936, born 1916 in Hawaii was sent to Japan at the age of five to study his ancestral art of kosho-ryu kempo, said to be based directly on Shao-lin kung-fu. Promoted William Chow to black belt. Mitose came to the mainland in 1953, was later convicted of murder and spent the rest of his life in prison.
Nan-Ch'uan	Southern fist, soft style kung fu kata.
Ninja	A Japanese assassin.
Nunchaku	Okinawan tool used for smashing rice turned into weapon.
Obi	A sash or belt.

Omoplata Parker, Ed	A shoulder lock with your legs Known as the father of American kenpo. Started teaching in 1954 at Brigham Young University. Received black belt from Chow.
Pinan	Meaning peaceful mind was derived from the Okinawan art of Shorin-ryu by Yasutsune “Anko”, a student of master Gusukuma.
Ryu Sai	School Okinawan a weapon used by police who carried 3, one was for throwing.
Samurai Seishin Sensei Shihan	A warrior class of feudal Japan, meaning to serve Spiritual energy, also name of kata in Sullivan’s American Kenpo. Japanese for teacher. Japanese for master, this titled is awarded, it does not automatically come at fifth deg.
Shao-lin	The type of Buddhist monks, who started kempo, 600ad with the influence of an Indian monk, Bodhidharma.
Shogun	Japanese/The Shogun a large landowner, ”king like” that the Samurai swore allegiance too.
Shotokan	“Hall of Shoto”, Shoto was the penname for Gichin Funakoshi who was the founder in 1917, through the chance visit to Japan, Funakoshi was Okinawa and combined two opened hand systems of fighting. He called his system karate-do, way of the empty hand.
Shuriken	Throwing star.
Soke	Head of family
Sueshi	Name of Okinawan master born in the 1800’s to a prominent samurai family is known for two katas, Sueishi-no-kon, and Shoun-no-kon.
Sullivan’s American Kenpo	Founded by Larry Sullivan in 1999, stress hard and soft, a mixture of kenpo and kempo with Okinawa weapons jui lann boxing, muay thai and ground fighting techniques with practical Self-defense, received grandmaster ranking from Nick Cerio, and was his Soke-di.
Sumo	Japanese sport of wrestling from jujutsu.
SWAT	Students working at teaching, our future Sensei’s.
T’ai Chi Ch’uan	Internal art, Chinese slow motion form of exercise and meditation.
Tang soo do	Korean style, Chuck Norris’ style.
Taoism	Chinese philosophy of harmony between man and nature.
Tonfa	A farm tool used on a grinding wheel turned to weapon. Also known as PR24, used by police.
Tori	Person who defends.
Triangle	Choke with legs
Tsuki	Japanese for punches.
Uchi	Japanese for striking.
UKE	Attacker.
Upa	An escape from a mounted position
Ukemi	Japanese for falling, slapping out.

Villari, Fred	Started United Studios of Self Defense in 1967, Shao-lin kempo, received black belt from Cerio, opened up what many believe to be the largest chain of karate schools ever, over 240 schools went from the east coast to the west coast, after the demise of the chain numerous other chains emerged and continue to prosper today. USA KARATE is also a distant offshoot of that brake up.
Wakizashi	Samurai short sword.
Waza	Japanese for technique.
Wing Chun Kung Fu	Chinese southern style.
Yin/Yang	From Taoism, opposites, yet alike, balance of mind and body.
Zanshin	Japanese for the state of total awareness through experience and instinct.
Zen Buddhism	A religion that stress the search for enlightenment.