**SHINKYOKUSHIN IRONSIDE DOJO**

**INTRODUCTORY HANDBOOK:**

**ETIQUETTE, DOJO KUN AND BASIC TERMINOLOGY**

**SHINKYOKUSHIN DOJO ETIQUETTE FOR NEW STUDENTS**

1. Always remove shoes upon entering dojo.
2. Bow, crossblock and say ‘Osu’ upon entering dojo.
3. Always address instructor as ‘sempai’, ‘sensei’, or ‘shihan’, depending on their rank
4. Respond to all commands with ‘Osu’ and obey as quickly as possible.
5. Remove all jewellery (including fitness monitors) prior to training commencement.
6. Do not leave the dojo floor unless ordered to by the instructor. If you need to leave for any reason, ask permission first.
7. Be attentive and aware of your surroundings. Take care of your fellow students.
8. Ensure your uniform is clean, your nails are clipped, and long hair is tied back. Personal hygiene is important for both the dojo and the student.
9. Always give your best. Spirit is a big part of Martial Arts. It’s always important to never give up!
10. Do not talk back to the instructors. There are always reasons for the exercises they make you undergo. If you are confused, feel free to put a hand up and ask for clarification.
11. No swearing in the dojo.

**DOJO KUN**

*We will train our hearts and bodies*

*for a firm unshaking spirit.*

*We will pursue the true meaning of the Martial Way,*

*so that in time our senses may be alert.*

*With true vigour,*

*we will seek to cultivate a spirit of self denial.*

*We will observe the rules of courtesy,*

*respect our superiors,*

*and refrain from violence.*

*We will follow our religious principles,*

*and never forget the true virtue of humility.*

*We will look upwards to wisdom and strength,*

*not seeking other desires.*

*All our lives, through discipline of karate,*

*we will seek to fulfil the true meaning of the*

*Kyokushin Way.*

**Table 1: Titles and Commands.**

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| --- | --- | --- |
| **Japanese** | **Pronunciation** | **Translation** |
| Osu | Ohsss | *‘Push’.* Used by students in response to commandments, and as affirmation |
| Sosai | SOE-Say-ii | Founder. Only ever used when referring to Mas Oyama |
| Shihan | Shee-Hahn | Master instructor. 5th dan and above |
| Sensei | Sen-SAY | Teacher Instructor. 3rd dan and above. |
| Sempai | Sem-Pa-ii | Senior Student. Used forinstructors who are below 3rd dan. |
| Kohai | KOH-Ha-ii | Junior Student |
| Kyu | Kuh-YU | Coloured belt grade. Numbered in descending order from Orange Belt (10th kyu) to Brown belt with a black stripe (1st kyu). Belts for children have a white/black stripe around them signifying a different grading syllabus. |
| Dan | DAHn | Black belt grade. Counted in ascending order (shodan = 1st, nidan = 2nd, sandan = 3rd…) |
| Arigato Gozai Mas | ARR-Ri-GAT-Toe GO-Zah-ii MAS | Thank you very much. |
| Sumimasen | SU-Mee-Mah-Sen | I apologise. |
| Ni Rei | Nee-RAY | Bow to… Used in conjunction with a title at the beginning and end of class i.e: ‘Sosai ni rei’ |
| Keiko hajime masu | Kay-KO Hah-Ja-May Mas | Training has started |
| Keiko wari masu | Kay-KO Waar-REE Mas | Training has finished |
| Kiai | Kee-Ya-E | Karate yell. Used to develop power and practise breathing. |
| Kiai te | Kee-Ya-E TE | With karate yell. Usually proceeded by the number of techniques, although not always |
| Yukuri | Yoou-Kuh-REE | With the count. Means to respond to the instructors count. |
| Mokuso | MOCK-Soh | Meditate. Done at the beginning and end of class. |
| Yame | YAH-MAY | Stop |
| Hajime | HAH-Ji-MAY | Begin |
| Yoi | YOH-EE | Ready |

**Table 2: Numbers and Counting**

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| **Japanese** | **Pronunciation** | **Translation** |
| Ichi | It-Chee | One |
| Ni | NEE | Two |
| San | SAHn | Three |
| Shi/Yon | Shee/Yohn | Four |
| Go | Goh | Five |
| Roku | ROh-ku | Six |
| Sichi/Nana | SIT-chee/NAH-Na | Seven |
| Hachi | Hat-CHee | Eight |
| Ku | Kuh-Oo | Nine |
| Ju | Juh-Oo | Ten |

**Table 3: Directions**

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| **Japanese** | **Pronunciation** | **Translation** |
| Hidari | HID-DAAR-Ree | Left |
| Migi | MII-Gee | Right |
| Mae | Mah-EE | Front |
| Shomeni | SHOW-Men-NEE | To the front |
| Ushiro | You-SHEER-Row | Behind/back/rear |
| Yoko | Yoh-Koh | Side |

**Table 4: Basic Weapons and Striking terms**

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| **Japanese** | **Pronunciation** | **Translation** |
| Haishu | HAi-sho | Back of hand |
| Hiji | Hi-j-EE | Elbow |
| Haito | HAi-toe | Inside knife hand (near the thumb) |
| Koken | KOH-Ken | Bent wrist. |
| Nukite | Nu-ke-tay | Spearhand (fingertips) |
| Seiken | SAY-ken | Forefist |
| Shotei | SHO-Teh | Palm Heel |
| Shuto | Shoe-Toe | Knife hand |
| Tettsui | Tet-Sue-EE | Hammerfist |
| Uraken | Yur-RAH-Ken | Backfist |
| Chusoku | Choo-SOe-Kue | Ball of foot (pointed foot, toes pulled back) |
| Haisoku | Hi-SOe-Kue | Top of foot (pointed foot, toes pointed) |
| Sokuto | SOe-Kue-Toe | Knife edge of foot (big toe pulled up, little toes pushed down) |
| Kakato | KOH-kah-TOE | Heel (pull foot back) |
| Sune | Sue-Nay | Shin |
| Hiza | Hee-ZAH | Knee |
| Uke | Oo-Kay | Block |
| Geri | Geh-ree | Kick |
| Keage | Ki-AAh-Gi | Straight leg kick (no retraction. Leg is swung high, knee locked) |
| Uchi | Oo-CHee | Strike/Inside (dependant on context) |
| Hikite | Hee-kee-Tay | Retraction |
| Soto | Soe-toe | Outside |
| Oi | Oye | Front (referring to hand/foot when in a stance) |
| Gyaku | Gee-yah-Kuh | Rear (referring to hand/foot when in a stance) |
| Jodan | JOH-dan | Upper |
| Chudan | CHEW-dan | Middle |
| Gedan | GEH-dan | Lower |
| Age | AH-Geh | Rising |
| Oroshi | OH-Roh-SHEE | Descending |
| Mawashi | MAH-wah-SHEE | Roundhouse/around |

**Table 5: Basic upper body techniques of Shinkyokushin**

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| **Japanese** | **Translation** |
| Seiken Jodan Tsuki | Forefist upper punch |
| Seiken Chudan Tsuki | Forefist middle punch |
| Seiken Gedan Tsuki | Forefist lower punch |
| Seiken Jodan Uke | Forefist upper block |
| Seiken Chudan Soto Uke | Forefist middle outside block |
| Seiken Chudan Uchi Uke | Forefist middle inside block |
| Seiken Gedan Barai | Forefist lower parry |
| Seiken Ago Uchi | Forefist chin strike |
| Seiken Shita Tsuki | Forefist under punch |
| Seiken Uchi Uke Gedan Barai | Forefist inside block and lower parry |
| Uraken Shomen Uchi | Backfist front strike |
| Uraken Saiyu Uchi | Backfist overhand side strike |
| Uraken Hiza Uchi | Backfist lower side strike |
| Uraken Mawashi Uchi | Backfist roundhouse strike |
| Shuto Sakotsu Uchi | Knifehand descending strike to the collarbone |
| Shuto Gamen Uchi | Knifehand temple strike |
| Shuto Kubi Uchi | Knifehand inside neck strike |
| Shuto Hiza Uchi | Knifehand strike to the liver/spleen |
| Shuto Sakotsu Uchi Kome | Driving knifehand strike to the collarbone |
| Shuto Mawashi Uchi | Knifehand roundhouse block. |
| Hiji Jodan Ate | Elbow upper strike |
| Hiji Age Uchi | Elbow rising strike |
| Hiji Oroshi Uchi | Elbow descending strike |
| Hiji Ushiro Uchi | Elbow rear strike |
| Hiji Mae Uchi | Elbow front strike |
| Yohon Nukite Chudan | Fourfinger spearhand strike to the middle |
| Nihon Nukite Jodan | Twofinger spearhand strike to the eyes |

**Table 6: Basic kicking techniques of Shinkyokushin**

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| **Japanese** | **Translation** |
| Hiza Geri | Knee kick |
| Kin Geri | Groin kick |
| Oroshi Kakato Geri | Descending heel kick |
| Ashi Bari | Foot sweep |
| Kansetsu Geri | Joint snap kick to the side |
| Mae Geri | Front snap kick |
| Yoko Geri | Side kick |
| Ushiro Geri | Back kick |
| Mawashi Geri | Roundhouse kick |
| Kake Geri | Hook kick |
| Uchi Mawashi Geri | Inside roundhouse kick |
| Soto Mawashi Geri | Outside roundhouse kick |
| Ushiro Mawashi Geri | Back roundhouse kick |
| Mae Keage | Front straight leg kick |
| Yoko Keage | Side straight leg kick |
| Ushiro Keage | Back straight leg kick |
| Uchi Mawashi Keage | Inside roundhouse straight leg kick |
| Soto Mawashi Keage | Outside roundhouse straight leg kick |
| Kaiten Geri | Wheel Kick |
| Domo Mawashi Kaiten Geri | Rolling Wheel Kick |
| Jodan Oroshi Kakato Geri | Axe Kick |
| Tobi Geri | Jumping kick |

**Table 7: Basic stances of Shinkyokushin**

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| **Japanese** | **Translation** |
| Fudo Dachi | Ready stance |
| Sanchin Dachi | Three battles stance |
| Zenkutsu Dachi | Front leaning stance |
| Kokutsu Dachi | Back leaning stance |
| Neko Ashi Dachi | Cat stance |
| Kumite Dachi | Fighting stance |
| Kiba Dachi | Horseriding stance |
| Heisoku Dachi | Feet together stance |
| Musubi Dachi | Heels together stance |
| Heiko Dachi | Outside parallel feet stance |
| Uchi hachi ji Dachi | Pigeon toed stance |
| Kake Dachi | Hook stance |
| Tsuru ashi Dachi | Crane stance |
| Shito Dachi | Sumo Stance |
| Moro ashi Dachi | One foot forwards stance |