**TSA KARATE-DO EXAM REVIEW**

**COUNTING**

Ichi - one

Ni - two

San - three

Shi - four

Go - five

Roku - six

Shichi - seven

Hachi - eight

Ku - nine

Ju - ten

**AREAS OF THE BODY**

Chu dan - middle level (from the neck to the navel)

Ge dan - lower level (lowed abdomen above the pubic bone for sparring)

Jo dan - upper level (from the neck to the head)

**BEGINNING AND ENDING OF CLASS**

Onegai Shimasu – (Said at the beginning of class) In Japanese culture, "onegai shimasu" is used in many different situations. The basic connotation is the feeling of exchanging "good will" towards the "future" of the two meeting parties. Hence, it's sometimes kind of like saying "I'm hoping that our meeting holds good things for the future."

Arigato Gozaimashita – (Said at the end of class) Arigato means “thanks” and Gozaimashita refers to something that has happened. The “shita” ending changes the meaning to refer to a past event. In essence, you are thanking your instructors for teaching the class. (Arigato Gozaimasu just means: "Thank you very much.")

**FREQUENTLY USED DOJO TERMS**

Ashi - foot

Bu do - combat way

Bunkai – analysis (of kata for self-defense application)

Dan - black belt level

Do - way

Dojo - literally place of the way – practice hall

Gi - practice uniform

Goju - hard / soft

Hajime - start

Hidari - left (direction)

Ido - movement

Junbiundo – preliminary exercises of stretching and strengthening

Karate - empty hand

Kata – form – an exercise designed to teach principles of self defense

Kiai- spirit yell

Kihon - basics

Kumite –crossing hands (sparring)

Kyu - levels below black belt

Ma ai - distancing

Mokuso - close the eyes and clear the mind

Matte - wait a moment

Magatte - 90 degree turn

Mawatte - 180 degree turn

Migi - right (direction)

Obi – belt

Rei – respect or bow

Seiza - sit in formal kneeling position

Sensei – a person who was born before you / teacher

Shihan – Chief Instructor (Mr. Vassie Naidoo is a Shihan)

Shomen - front of dojo (place of respect)

Suri Ashi Ido – sliding foot movement

Yame - stop

Yoi - ready

Zan shin - remaining mind

**STANCES - DACHI**

Bensoku dachi - turning cross leg stance (as in Seipai)

Hachiji dachi - feet shoulder width & feet pointed slightly out

Han zenkutsu dachi - short (or half) zenkutsu dachi is frequently used in jiyu kumite

Heiko dachi - parallel stance with feet shoulder width apart (as in Geki-sai ichi)

Heisoku dachi - feet together (closed foot stance – as in Shishochin)

Kokutsu dachi - back stance (reverse front stance – as in Seipai)

Musubi dachi - heals together and toes pointed outward (as in coming to attention)

Neko ashi dachi - cat foot stance (as in Geki-sai ni)

Sanchin dachi - feet are heal to toe shoulder width apart and front foot turns in

Shiko dachi - straddle leg stance with feet at 45 degrees (as in Geki-sai ichi)

Zenkutsu dachi - front stance (as in Geki-sai ichi)

**BLOCKING TECHNIQUES - UKE WAZA**

Age uke - rising block (jo-dan uke)

Harai uke (ge-dan) - semi-circular block (downward as in Geki-sai Ichi)

Kake uke - grasping (hooking) block (as in Geki-sai ni))

Kosa uke - block with wrists crossed (as in Sanseiryu)

Mawashi uke - circular block with both hands (as in Geki-sai ni)

Osae uke -block with palm heal (as in Saifa)

Ura uke - back of hand block (as in saifa)

Yoko Uke (Chudan) – middle level block (as in Geki Sai Ichi)

**HAND TECHNIQUES - TE WAZA**

Tsuki - thrusting punch

Uchi - strike

Age Tsuki - rising punch(as in Seiyunchin)

Awase tsuki - u-punch (as in Sanseiryu)

Furi uchi - circular punch (as in Seipai)

Gyaku tsuki - reverse punch

Haito uchi - ridgehand strike (as in Saifa)

Hiji ate (uchi) - elbow strike

Kentsui uchi - hammer fist (as in Saifa)

Nukite tsuki - finger thrust (as inShisochin)

Siekentsuki **-** punching with the front two knuckles

Shotei Ate - palm heal thrust (as in geki-sai ni)

Shuto uchi - knife hand strike (as in seipai)

Ura ken uchi - back fist strike (as in geki-sai ichi)

**KICKING TECHNIQUES - KERI WAZA (GERI WAZA)**

Ashi barai - foot sweep (as in Geki-sai and Saifa)

Fumi komi geri - heal stamping kick

Hiza geri (ate)- knee kick

Kansetsu geri - knee joint kick

Kin (kogan) geri - groin kick with the instep

Mae (keage) geri - front snap kick

Mae (kekomi) geri - front thrust kick

Mawashi geri - round kick

Tobi geri - jumping kick

Ushiro geri - back kick

Yoko geri (keage) - side snap kick

Yoko geri (kekomi) - side thrust kick

**HISTORICAL INFORMATION**

* Karate developed in Okinawa from Chinese martial arts. Consequently before karate had its present meaning (空手 empty hand), karate (唐手) meant Chinese (T’ang) hand.
* Karate was introduced to Japan from Okinawa in 1922;
* Chojun Miyagi was the founder of Goju Ryu. His teacher was Kanryo Higaonna who learned his martial arts from Ryu Ryu Ko in Fuzhou, China.
* According to Gichin Funakoshi “The ultimate aim of karate lies not in victory or defeat but in the perfection of the character of its participants.”

**PERFORMANCE ASSESSMENT**

You will be required to perform **TWO** of the following Goju Ryu Kata

* Sanchin 三戦 Three Battles
* Tensho 転掌 Turning Plams
* Gekisai Ichi 撃砕一 Attack and Destroy 1
* Gekisai Ni 撃砕二 Attack and Destroy 2
* Saifa 砕破 Smash and Tear
* Seiyunchin 制引戦 Control and Pull into Battle

**ASSESSMENT** of your kata performance will be based on the following criteria:

* Correct **Memory** with no flaws or hesitations
* Proper **Dachi** with feet in proper position and flat on the floor
* Correct **Ido** with level movement of hips between stances
* Proper **Kihon** with proper hand positions
* Correct generation of **Power** using proper body mechanics and breathing
* Good **Balance** with no loss of balance or bobbles
* Correct **Rhythm** for the kata performed
* Correct **Timing** for the kata performed
* Proper **Focus of Attention** with eyes straight ahead and awareness of surroundings
* **Discernable Other Factors** such as grace and difficulty level of the kata