

Matsubayashi-Ryu Terminology Study Sheet

ichi: 1	sho: first (as in Shodan)
ni: 2	
san: 3	
shi: 4	yon: 4 (as in yondan)
go: 5	
roku: 6	
shichi: 7	nana: 7
hachi: 8	
ku: 9	
ju: 10	
ni ju: 20	
san ju: 30	
yon ju: 40	
go ju: 50	
roku ju: 60	
shichi ju: 70	nana ju: 70
hachi ju: 80	
ku ju: 90	
hyaku: 100	
sen: 1000	
mon: 10,000	

Ananku: advanced Matsubayashi-Ryu kata

age hiji ate: rising elbow strike

Arakaki Ankichi (1899-1927): teacher of Nagamine Shoshin; student of Choshin Chibana and Chotoku Kyan (see photo at right)

arigato: thank you

arigato gozaimasu: thank you very much (more polite)

ashi: foot

ashi sabaki: stepping and sliding

atama: head

atemi: concentrated power

bayashi: alternative spelling of hayashi, forest

bo: wooden staff, usually about 6 ft. See also "kon."

bojutsu: staff art

bubishi: ancient martial arts text from China

budo: martial way or path. "Bu" literally means to stop a spear. "Do" means way or path.

bunkai: analysis of movements (usually of kata)

bushido: way of the warrior

butoku: principles of warriors

Chibana Choshin (1887-1969): student of Anko Itosu; first teacher of Ankichi Arakaki

Chinto: advanced Matsubayashi-Ryu kata

chishi: ancient form of dumbbell

chokuritsu fudo dachi: formal attention stance

chudan: middle level

chudan hasami uke: middle scissors block

chudan shotei ate: middle palm-heel smash

chudan shotei uke: middle palm-heel block

chudan shuto uke: middle knife-hand block

chudan soto mawashi uke: middle sideward round block

chudan soto shuto uke: middle outward knife-hand block



chudan soto uke: middle outward block
chudan uchi uke: middle inner block
chudan uke: middle block
chudan wari uke: middle split block
chudan yoko shuto uke: middle sideward knife-hand block
chudan yoko uke: middle sideward block
chudan zuki: middle punch

dachi: alternative spelling of "tachi," stance
dan: step (as in chudan), or black belt ranking (as in godan)
deshi: student or disciple
do: way or path
dojo: sacred place of the "way" or learning hall
dojo kun: dojo precepts/maxims
domo arigato gozaimasu: thank you very much (most polite)

embusen: ground or performance diagram
enso: Zen circle

fukubu geri: abdomen kick
Fukyugata: first two Matsubayashi-Ryu kata, "kata to be spread"
Fukyugata Ichi: Matsubayashi-Ryu kata developed by Nagamine Shoshin in 1940. It is usually the first kata to be learned.
Fukyugata Ni: Matsubayashi-Ryu kata developed by Chojun Miyagi in 1940. It is known as Gekisai Dai Ichi in Goju Ryu. It is usually the second kata to be learned.

gamaku: use of hip; koshi
gedan: lower level
gedan barai uke: downward block
gedan haito yoko uke: lower sideward reverse knife-hand block
gedan kosa uke: downward cross block
gedan shotei ate: lower palm-heel smash
gedan shotei uke: lower palm-heel block
gedan shuto uke: lower knife-hand block
gedan shuto yoko barai uke: lower sideward knife-hand slashing block
gedan uke: downward block
gedan yoko barai uke: lower sideward block
gedan zuki: downward punch
geri: alternative spelling of "keri," kick
geta: clogs (usually wooden)
gi: uniform
go: five
godan: fifth degree black belt
Goju Ryu: "Hard/Soft" style founded by Chojun Miyagi
Gojushiho: advanced Matsubayashi-Ryu kata, literally 54 steps (although it does not have 54 movements)
Gorin No Sho: Book of Five Rings by Miyamoto Musashi
gyaku zuki: reverse or cross punch

hachi: eight
hachidan: eighth degree black belt
hai: yes
haito uchi: reverse knife-hand strike (Naihanchi I)
haito uke: reverse knife-hand block
hajime: begin
hangetsu barai uke: half-moon foot block
hangetsu zuki: half-moon punch
hanshi: third and highest teaching title
hantai: reverse
hara: lower abdomen
hayashi: forest
hazushi uke: removing block

heisoku dachi: closed foot stance
hidari: left
hidari ashi mae shizentai dachi: left front foot natural stance
hiji: elbow
hiji ate: elbow smash
hiji uke: elbow block
hikari: light
hiza: knee
hiza ate: knee smash
hojo undo: subsidiary exercises
hombu/honbu dojo: main or headquarters dojo
hotoke gamae: Buddha-hand fighting posture
hyaku: one hundred

iaigoshi dachi: kneeling stance
ichi: one
ieku: wooden oar
ippon ashi dachi: one leg stance (Rohai)
Itosu Yasutsune "Anko" (1830-1915): teacher of Nagamine Shoshin and student of Sokon Matsumura;
"Anko" means "Iron Horse."

jigotai dachi: wide open-leg stance
jiyu kumite: free sparring
jo: short staff
jodan: upper level
jodan kosa uke: upper cross block
jodan shotei ate: upper palm-heel smash
jodan uchi shuto uke: upper inner knife-hand block
jodan uke: upper level block
jodan wari uke: upper split block
jodan zuki: upper level punch
josokutei: ball of the foot
ju: ten
judan: tenth degree black belt
jun shizentai dachi: quasi-natural stance
junbi undo: warm-up exercises

kakushi zuki: hidden fist punch (Wanshu)
kaku zuki: square (corner) punch
kama: hand sickle
kamae: fighting posture
kamaekata: ready stances
kami: heavy earthenware jars
kansetsu geri: joint kick
kara: empty or China, depending upon the character
Karate: empty-hand self-defense art
Karate-Do: the way of Karate
karateka: one who practices Karate
Karate ni sente nashi: there is no first attack in Karate
kata: form, there are 18 kata in Matsubayashi-Ryu
katsu jin ken: fist or sword that gives life
keikoken zuki: forefinger-knuckle punch
ken: fist or sword
kentsui: hammer fist
kentsui uchi: hammer fist strike
Kenzan: Grand Master Shoshin Nagamine's Zen name, "Fist Mountain"
Ken Zen Ichinyo: Karate and Zen as One
keri: kick
keri waza: kicking technique
ki: spirit energy
kiai: spirit convergence, often coinciding with a yell

kiba dachi: horse-riding straddle stance
kihon: basics
kihon tanren: basic exercises performed while stationary
kihon undo: basic exercises performed while moving
kinteki: groin
kinteki geri: groin kick
kobudo: ancient weapon arts
kobujutsu: ancient weapon arts
kohai: junior
kokoro: heart, mind or spirit
kokutsu dachi: back-leg bent stance
kokyu: breathing
kon: wooden staff
koshi: hip or pelvic carriage
koshi o ireru: using the hip, twisting hip movement
koteki tae: arm conditioning practice
ku: nine
kudan: ninth degree black belt
kumite: sparring
Kusanku: most advanced Matsubayashi-Ryu kata;
 Chinese martial artist who was teacher of Tode Sakugawa
Kyan Chotoku (1870-1945): teacher of Nagamine Shoshin, as well as Ankichi Arakaki
 (see photo at right)
kyobu: chest
kyobu geri: chest kick
kyobu morote shuto uchi: chest double knife-hand strike
kyoshi: second teaching title
kyu: rank below black belt



ma-ai: distance, spacing
mae: front
mae geri: front kick
mae hiji ate: forward elbow strike
mageru: circle
magetori barai uke: rising upward both-hand knife block
makite uke: winding knife-hand block
makiwara: striking board of various types
manji sai: sai with one prong reversed
Matsubayashi-Ryu: pine forest style, developed by Nagamine Shoshin (see kanji at right)
Matsumura Sokon "Bushi" (1796-1884): famous teacher, student of Tode Sakugawa
mawashi geri: roundhouse kick
mawatte: turn
mazu sono kokoro wo tadase: first purify your mind
migi: right
migi ashi mae shizentai dachi: right foot front natural stance
Miyagi Chojun: founder of Goju Ryu and creator of Fukyugata Ni; Miyagi Sensei nominated Nagamine Sensei for his renshi ranking
mokuso: meditation
morote: double, or both hands
morote barai uke: augmented lower block
morote nuki zuki: double spear-hand thrust
morote soe uke: augmented forearm block
morote zuki: augmented side punch
Motobu Choki (1871-1944): teacher of Nagamine Shoshin; student of Kosaku Matsumora;
 Motobu was especially known for his skill at kumite and heavily influenced Nagamine Sensei in the creation of the 7 yakusoku kumite (see photo at right)
mudansha: kyu grade level/holders

松林



Naha-Te: Karate developed in the Naha area of Okinawa
Nagamine Shoshin: founder of Matsubayashi-Ryu and creator of Fukyugata Ichi;
 author of The Essence of Okinawan Karate-Do (1976);



Refer to him as O'Sensei Nagamine (founder) (see photo at right)

Naihanchi: set of three ancient Matsubayashi-Ryu kata characterized by naihanchi dachi

naihanchi dachi: straddle-leg stance (feet parallel)

nana: seven (sometimes used instead of shichi)

naname: slanted

naname zenkutsu dachi: slanted front bent-leg stance

neko ashi dachi: cat stance

ni: two

nidan: second degree black belt

nidan geri: flying front kick

Nihon: Japan

Nippon: Japan

nukite zuki: spear-hand thrust

nunchaku: wooden flailing weapon

nunti sai: manji sai attached to bo

obi: belt

oi zuki: chasing punch

Okan: advanced Matsubayashi-Ryu kata (another name for Wankan)

onegaishimasu: please do me a favor

oni waza: demon technique

Osensei: title of respect usually reserved for founder of an art

otera: temple (place)

otoshi uke: downward dropping block

Passai: advanced Matsubayashi-Ryu kata

Pinan: set of five kata developed by Anko Itosu in 1907 to be taught in high school, "peace gate"

rei: bow

reigi: etiquette

renshi: first teaching title, qualified instructor; Grand Master Shoshin Nagamine was nominated for his

Renshi grade by Chojun Miyagi

renzoku: without count

Rohai: advanced Matsubayashi-Ryu kata

rokoji: lay priest (Zen)

roku: six

rokudan: sixth degree black belt

roshi: abbot (Zen)

rotaishi: archbishop (Zen)

ryu: school or system

Ryukyu: Okinawa

ryu no shita no kamae: dragon-tongue fighting posture

sagurite no kamae: searching-hand (or shadow-hand) fighting posture

sagurite uke: searching-hand (or shadow-hand) block

sai: three pronged ancient sword-blocking weapon, usually of iron

saijutsu: sai art

Sakugawa No Kon: ancient bo kata (Sakugawa's)

Sakugawa Tode (1733-1815): Famous teacher

san: three

sandan: third degree black belt

saru: monkey (Motobu ni Saru)

sasae hiji ate: supported elbow smash

sasae uke: supported forearm block

sashi: stone or iron hand-grip

sayu barai uke: double lower side block

sayu zuki: double side punch

seiken: fist

seiken ude uke: forearm block

seiken waza: fist technique

seiza: formal sitting posture
semekata: attacking technique
sempai: senior
sensei: teacher, instructor, elder
shi: four
shichi: seven
shichidan: seventh degree black belt
shigoki: savage training
shikaku: dead angle; taking a location where the opponent is most vulnerable and least able to protect himself or respond with an attack
shin gi tai: mind-technique-body
shin gi tai ichinyo: oneness of mind-technique-body
shin zen bi: truth, honesty and beauty
shiro: white
Shiro Matsu No Kon: white pine bo kata
shizentai dachi: natural stance
shizuka na kokoro: quiet spirit
shi zuki: beak thrust
shodan: first degree black belt
Shorei-Ryu: early Karate school developed around Naha
Shorin: pine forest (Sino-Japanese pronunciation)
Shorin-Ryu: early Karate school developed from Shuri and Tomari
shotei: palm-heel
shotei ate: palm-heel smash
shotei uke: palm-heel block
shugo: line up
shugyo: the practice of mind-body transcendence
Shushi No Kon: bo kata
Shuri-Te: early Karate school developed around Shuri
shuto: knife-hand
shuto uchi: knife-hand strike
shuto uke: knife-hand block
shuto waza: knife-hand technique
sokko: instep of the foot
sokuto: foot-edge
sokuto geri: foot-edge kick
soto hachiji shizentai dachi: open-leg natural stance
suirakan no kamae: drunkard fighting posture
suruchin: chain

tachi: stance
tachikata: stances
tai sabaki: body movement or shifting
tanden: spot two inches below the navel
tate hiji ate: upward elbow smash
te: hand
tegumi: Okinawan form of wrestling; characters for kumite backwards
tekko: metal knuckles
tengu: long-nosed goblin
tengu ni naru: arrogance
tenshin: body and distance shifting
tenshin no kamae: body shifting fighting posture
tetsugeta: iron clogs
Tomari-Te: early Karate school developed around Tomari
tomoe shotei ate: circular palm-heel smash
tomoe zuki: circular block and punch
tonfa: wooden weapon with handles. See "tuifa."
torite uke: grasping-hand block
Tode: Chinese self-defense art
Tote: Chinese self-defense art
tsuki: punch

tsuki waza: punching technique
tsumasaki geri: toe-tip kick
tuifa: wooden weapon with handles. See "tonfa."
Tuite: Chinese self-defense art

uchi: strike
Uchinan: Okinawa
Uchinanchu: Okinawan
uchi waza: striking technique
uke: block
uke kata: blocking techniques
uke waza: blocking technique
ura: back
ura gamae: cheating fighting-posture
ura ken: backfist
ura ken uchi: backfist strike
ushiro: backward
ushiro geri: back kick
ushiro hiji ate: backward elbow smash

Wankan: advanced Matsubayashi-Ryu kata
Wanshu: advanced Matsubayashi-Ryu kata
wari uke: split block
wari uke zuki: split block punch
waza: technique

yakusoku kumite: "promise" kumite, pre-arranged sparring, seven sets developed by Nagamine Shoshin
yame: stop
yari: spear
yoko: side
yoko geri: side foot-edge kick
yoko hiji ate: side elbow smash
yon: four (yon is often used instead of shi)
yondan: fourth degree black belt
yubi waza: finger technique
yudansha: black belt level/holders

zabuton: large pillow used for zazen
zanshin: "Zanshin is the state of mind where one is able to proceed from the end of one movement to the next movement freely. It literally means being absolutely attentive to the next move right after the previous move. In *zanshin* the mind focuses completely on the body's movements. To be distracted by another's moves in a fighting situation is to lose *zanshin*; to stop one's mind from flowing from move to move while practicing is to lose *zanshin*." Essence of Okinawan Karate, page 100.
zaru: monkey (Motobu Zaru)
zazen: sitting form of meditation
Zen: A Japanese school of Buddhism in which enlightenment is attained through direct intuitive insight
zenkutsu dachi: front bent-leg stance
zuki: alternative spelling of tsuki, punch

3 Sitting Positions:

#1 Seiza: On the knees (formal position)

#2 Anza: crossing the legs

#3 Hiza Seiza: Kneeling on 1 knee (left knee touches the floor)