



W.O.K.O – World Oyama Karate Organization



10th to 8th Kyu – White to Blue Belt

Punches/Strikes

Ago Uchi- Strike to the chin

Chudan Tsuki- Punch to the middle (solar plexus)

Furi Uchi- Hook Punch

Gedan Tsuki- Punch to lower body

Gyakuzuki- Reverse punch

Jyodan Tsuki- Punch to upper body and aim between the eyes

Seiken- Punch

Seiken Gyakuzuki- Reverse punch

Shitatsuki- Uppercut

Tettsui- Hammer fist

Tsuki/Zuki- Thrust

Uchi- Strike

Uraken Gammen Uchi- Backfist to face

Uraken Saiyu Uchi- Right-left Back fist strike (aiming to side)

Stance

Dachi/Tachi- Stance

Kumite no Tachi- Fighting stance

Sanchin Dachi- Stance with little bit more than feet shoulder-width apart, one foot slightly forward, toes in and heels pushed out

Yoi Dachi- Ready Stance with weight 50/50. Feet parallel and should width apart

Zenkutsu Dachi- Forward Stance

Kicks

Geri/Keri- Kick

Hiza Geri- Knee kick

Mae Geri- Front Snap kick

Mae Keage- Kick straight up

Commands

Anza- Relaxed sitting position with knees bent, legs crossed and back straight.
Fumi Ashi- Footwork- step in, step out
Hajime- Begin
Kamaete- Getting into fighting position
Kiai Irete- Put your spirit in with a shout and show your determination
Kosa- Footwork, Switch
Mawatte- Turn
Mokuso- Meditation with eyes closed
Okuriashi- Footwork, slide in, slide out
Rei- Bow
Seiza- Formal sitting position sitting on the legs, back straight, fist tight and positioned upon the hips
Yamei- Stop
Yasume- Final position, rest
Yoi- Ready

Definition

Bu Do- Bu means strategy, fighting strategy or fighting technique; Do means way of light. Bu Do means warrior way of life.
Chudan- Middle of body. Solar plexus
Chusoku- Ball of foot
Dogi- Karate Uniform
Dojo- School
Dojo Kun- School Pledge or Oath
Gedan- Lower body
Gyaku- Reverse; using opposite hand and foot
Hidari- Left
Hikite- Pull the hand
Hiza- Knee
Jodan- Upper body
Kata- Formal movement exercises with Techniques and Strategy
Ki- Personal inner spirit and energy.
Kiai- The result from your body and spiritual power uniting with an explosion of energy. Most times with a shout.
Kihon- Basic technique
Kime- Finish each technique with a crisp, sharp movement. Ending in a perfect position

Kime Waza- Finish technique

Kihon Sono Ichi- First formal exercise with technique and strategy

Obi- belt

Osu- Term used to signify appreciation, determination, respect and patience.
(to endure)

Counting

Ichi- 1

Ni- 2

San- 3

Shi- 4

Go- 5

Roku- 6

Shichi/ Nana- 7

Hachi- 8

Kyu- 9

Jyu- 10

Jyu Ichi- 11

Ni Jyu- 20

Other Examples:

San Jyu- 30

San Jyu Go- 35

Go Jyu Roku- 56

Nana Jyu Hachi- 78

Kyu Jyu Ni- 92

Hyaku- 100

Hayku Ni Jyu San-123

Ni Hyaku- 200

Ni Hyaku Yon Jyu Go- 245