



Founded by
Hanshi Steve Arneil 10Th dan

國際空手連盟



SYLL
A
BUS



IFK NORGE Kyokushin Karate

Syllabus 10Kyu - 3 dan



Grad	Stillinger	Slag	Blokkeringer	Spark	Kata	Styrkeøvelse
10. Kyu (10 tek.)	Fudo Dachi Uchi Hachiji Dachi Yoi Dachi Zenkutsu Dachi	Seiken Morote Tsuki (J/C/G) Seiken Oi Tsuki (J/C/G) (6)	Seiken Jodan Uke Seiken Mae Gedan Barai (2)	Hiza Ganmen Geri Kin Geri (2)	Taikyoku Sono Ichi	10 armhevinger 20 mageøvelser
9. Kyu (7 tek.)	Musubi Dachi Kokutsu Dachi Sanchin Dachi	Seiken Jodan Ago Uchi Seiken Gyaku Tsuki (J/C/G) (4)	Seiken Chudan Uchi Uke Seiken Chudan Soto Uke (2)	Mae Geri Chudan Chusoku (1)	Taikyoku Sono Ni	15 armhevinger 25 mageøvelser
8. Kyu (10 tek.)	Kiba Dachi	Tate Tsuki (J/C/G) Shita Tsuki Jun Tsuki (J/C/G) (7)	Seiken Morote Chudan Uchi Uke Seiken Chudan Uchi Uke Gedan Barai (2)	Mae Geri Jodan Chusoku (1)	Taikyoku Sono San	20 armhevinger 10 armhevinger (5 f.) 30 mageøvelser 10 knebøy
7. Kyu (15 tek.)	Neko Ashi Dachi	Tettsui Oroshi Ganmen Uchi Tettsui Kome Kami Tettsui Hizo Uchi Tettsui Mae Yoko Uchi (J/C/G) Tettsui Yoko Uchi (J/C/G) (9)	Seiken Mawashi Gedan Barai Shuto Mawashi Uke (2)	Mae Chusoku Keage Taisoku Mawashi Soto Keage Haisoku Mawashi Uchi Keage Sokuto Yoko Keage (4)	Pinan Sono Ichi	25 armhevinger 15 armhevinger (5 f.) 10 sek. på fingrene 35 mageøvelser 20 knebøy
6. Kyu (14 tek.)	Tsuru Ashi Dachi	Uraken Ganmen Uchi Uraken Sayu Ganmen Uchi Uraken Hizo Uchi Uraken Oroshi Ganmen Uchi Uraken Mawashi Uchi Nihon Nukite Yonhon Nukite (J/C) (8)	Seiken Juji Uke (J/G) (2)	Mawashi Geri Gedan (Haisoku/Chusoku) Kansetsu Geri Yoko Geri Chudan (4)	Pinan Sono Ni	30 armhevinger 10 armhevinger (4 f.) 10 sek. på fingrene 40 mageøvelser 30 knebøy
5. Kyu (12 tek.)	Moro Ashi Dachi	Shotei Uchi (J/C/G) Jodan Hiji Ate (4)	Shotei Uke (J/C/G) (3)	Mawashi Geri Chudan (Haisoku/Chusoku) Ushiro Geri Chudan/Gedan (3 metoder) (5)	Pinan Sono San	35 armhevinger 15 armhevinger (4 f.) 10 sek. på fingrene 45 mageøvelser 40 knebøy
4. Kyu (15 tek.)	Heiko Dachi Heisoku Dachi	Shuto Sakotsu Uchi Shuto Yoko Ganmen Uchi Shuto Uchi Komi Shuto Hizo Uchi Shuto Jodan Uchi Uchi (5)	Shuto Jodan Uchi Uke Shuto Jodan Uke Shuto Chudan Uchi Uke Shuto Chudan Soto Uke Shuto Mae Gedan Barai Shuto Mae Mawashi Uke (6)	Yoko Geri Jodan Mawashi Geri Jodan (Chusoku/Haisoku) Ushiro Geri Jodan (4)	Sanchin No Kata (Ibuki)	40 armhevinger 10 armhevinger (3 f.) 10 sek. på fingrene 50 mageøvelser 50 knebøy 10 spenstopp
3. Kyu (12 tek.)	Kake Dachi	Chudan Hiji Ate Chudan Mae Hiji Ate Age Hiji Ate (J/C) Ushiro Hiji Ate Oroshi Hiji Ate (6)	Shuto Juji Uke (J/G) (2)	Mae Kakato Geri (J/C/G) Ago Geri Jodan (4)	Pinan Sono Yon Sanchin No Kata (Kiai) (2)	45 armhevinger 15 armhevinger (3 f.) 10 sek. på fingrene 70 mageøvelser 60 knebøy 15 spenstopp
2. Kyu (14 tek.)		Hiraken Tsuki (J/C) Hiraken Oroshi Uchi Hiraken Mawashi Uchi Haisho (J/C) Ago Jodan Tsuki (7)	Koken Uke (J/C/G) (3)	Tobi Nidan Geri Tobi Mae Geri (3 metoder) (4)	Pinan Sono Go Gekusai Dai (2)	50 armhevinger 10 armhevinger (2 f.) 15 sek. fingrene 100 mageøvelser 70 knebøy 20 spenstopp
1. Kyu (12 tek.)		Ryutoken Tsuki (J/C) Nakayubi Ippon Ken (J/C) Oyayubi Ippon Ken (J/C) (6)	Kake Uke Jodan Chudan Haito Uchi Uke (2)	Jodan Uchi Haisoku Geri Oroshi Uchi Kakato Geri Oroshi Soto Kakato Geri Tobi Yoko Geri (4)	Yantsu Tsuki No Kata (2)	55 armhevinger 15 armhevinger (2 f.) 15 sek. på fingrene 100 mageøvelser 80 knebøy 20 spenstopp
1. Dan (14 tek.)		Morote Haito Uchi (J/C) Haito Uchi (J/C/G) (5)	Morote Kake Uke Jodan Osae Uke (2)	Kake Geri Kakato (J/C) Kake Geri Chusoku (J/C) Ushiro Mawashi Geri (J/C/G) (7)	Tensho Saiha Taikyoku Sono Ichi/Ni/San (Ura) (5)	60 armhevinger 10 armhevinger (1 f.) 15 sek. på fingrene 150 mageøvelser 100 knebøy
2. Dan (10 tek.)		Toho Uchi Jodan Keiko Uchi Ippon Nukite (3)	Hiji Uke Chudan Shotei Morote Gedan Uke Shuto Morote Gedan Uke (3)	Tobi Ushiro Geri Tobi Ushiro Mawashi Geri Tobi Mawashi Geri Age Kakato Ushiro Geri (4)	Kanku Dai Gekusai Sho Seienchin Pinan Sono Ichi (Ura) (4)	65 armhevinger 15 armhevinger (1 f.) 20 sek. på fingrene 150 mageøvelser 100 knebøy
3. Dan (0 tek.)					Sushi Ho Garyu Seipai Pinan Sono Ni (Ura) (4)	70 armhevinger Armhevinger etter anvisning 150 mageøvelser 100 knebøy
TOTALT	14 Stilling	67 - (70) Slag	28 - (31) Blokk	40 - (44) Spark	18-(22)-(26) Kata	135 (145) Tek.



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Syllabus 10Kyu - 3 dan



Grad		
10. Kyu	<p>Ippon Kumite:</p> <p>1. Angrep: Forsvar og motangrep:</p> <p>2. Angrep: Forsvar og motangrep:</p>	<p>Seiken-Oi-Tsuki-Jodan, Seiken-Jodan-Uke, Kin-Geri, Seiken-Jodan-Uke Seiken-Oi-Tsuki-Chudan Seiken-Mae-Gedan-Barai, Hiza-Ganmen-Geri, Seiken-Mae-Gedan-Barai</p>
9. Kyu	<p>Sanbon Kumite:</p> <p>Angrep:</p> <p>Forsvar og motangrep:</p> <p>Renraku:</p>	<p>1. Seiken-Oi-Tsuki-Jodan 2. Seiken-Oi-Tsuki-Chudan 3. Seiken-Oi-Tsuki-Gedan 1. Seiken-Jodan-Uke 2. Seiken-Chudan-Soto-Uke 3. Seiken-Mae-Gedan-Barai (<i>med påfølgende</i>) Seiken-Gyaku-Tsuki-Chudan (<i>deretter blokk med</i>) Seiken-Mae-Gedan-Barai</p> <p>Seiken-Gyaku-Tsuki (Chudan eller Jodan), Mae-Geri-Chudan-Chusoku</p>
8. Kyu	Renraku:	<p>1. Chudan -Mae-Geri-Chusoku, Seiken-Gyaku-Tsuki-Chudan. 2. Chudan-Soto-Uke, Seiken-Mae-Gedan-Barai, Seiken-Gyaku-Tsuki-Chudan.</p>
7. Kyu	Renraku:	(<i>Gli frem med</i>) Seiken-Gyaku-Tsuki-Chudan, Hidari-Mae-Geri-Chudan-Chusoku, Migi-Mae-Geri-Chudan-Chusoku, Seiken-Gyaku-Tsuki-Chudan.
6. Kyu	Renraku:	<p>1. Gedan-Mawashi-Geri (Chusoku eller Haisoku), Seiken-Gyaku-Tsuki-Chudan. 2. Chudan-Mae-Yoko-Geri, Seiken-Gyaku-Tsuki-Chudan.</p>
5. Kyu	Renraku:	<p>1. Chudan-Ushiro-Geri, Seiken-Gyaku-Tsuki-Chudan. 2. Mae-Geri-Chudan-Chusoku, Yoko-Geri-Chudan, Ushiro-Geri-Chudan, Seiken-Gyaku-Tsuki-Chudan.</p>
3-4. Kyu	Ingen	
2. Kyu	Renraku:	(<i>Gli tilbake med</i>) Seiken-Mae-Gedan-Barai, (<i>gli frem med</i>) Seiken-Ago-Uchi, (<i>gli fram med</i>) Seiken-Gyaku-Tsuki (Chudan), (<i>ett skritt</i>) Mae-Geri-Chudan, Mawashi-Geri-Jodan, Ushiro-Geri-Chudan, Mae-Gedan-Barai, Seiken-Gyaku-Tsuki-Chudan. (<i>knyttneven holdes lukket hele tida!</i>).
1. Kyu	Renraku:	<p>1. Oi-Tsuki, Seiken-Gyaku-Tsuki, Seiken Oi-Tsuki, Shita-Tsuki. (<i>Dekk ansiktet !</i>) 2. (<i>Fremste fot</i>) Mawashi-Geri-Jodan, (<i>samme side</i>) Seiken-Oi-Tsuki-Chudan, Seiken-Gyaku-Tsuki-Chudan, (<i>bakre fot</i>) Mawashi-Geri-Jodan.</p>
1. Dan	Renraku: <i>Gohon geri</i>	Gedan-Mawashi-Geri, Jodan-Ushiro-Mawashi-Geri, Jodan-Mae-Geri-Chusoku, Jodan-Mawashi-Geri, Jodan-Ushiro-Mawashi-Geri.

Asse Barai	= feiende bevegelse/Sweep	: Gekusai Dai + Saiha
Ura kote	= Blokk m/underarm	: Pinan Sono Ni
Kihon kata		: Ichi + Ni
Ura kata		: Taikyoku Sono Ichi, Ni, San + Pinan Sono Ichi, Ni, San
21 spark + 17 teknikker		: Shihan Steve Arneil



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TERMINOLOGI

(kun engelsk)



General Vocabulary

Hai	Yes
lee	No
Watashi	Me / I
Anata	You
Kare	Him
Doko	Where
Nan	What
Dare	Who
Doshite	Why
Itsu	When
Do/ikaga	How
Ikura	How many

Titles and Status

Sosai	President
Kancho	Director
Hanshi	Honorable Master
Shihan	Grand Master (5th dan or more)
Sensei	School Master / Teacher (3rd dan or more)
Sempai	Senior / Teacher's assistant
Shidojin	Instructor
Karateka	Student
Kohai	Junior student
Otagai	Each other / Other students
Yudansha	Black belt student

General Japanese Greetings & Expressions

Ohayô gozaimasu	Good morning
Konnichiwa	Hello/Good afternoon
Konbanwa	Good evening
Arigatô gozaimasu	Thank you!
Hajimemashite	How do you do?
Douzo yoroshiku	Nice to meet you!
Dewa mata	See you later
Mata ashita	See you tomorrow
Ja mata See ya!	(less formal)
Sayonara	Goodbye
Shitsurei shimasu	I'm leaving (very formal)
Sumimasen	Excuse me
Dômo	Thanks!
Onegaishimasu	Please

Dômo arigatou gozaimashita

Thank you very much (very polite)



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Japanske hilsener
(kun engelsk)



Greetings and Salutes

Osu

Patience and Determination. Comes from 'oshi shinobu' which means to never give up. It also comes from 'osu no seishin' which means perseverance under pressure. It is used among kyokushin practionners to show respect or to say "I understand".

Shinzen ni rei

Greeting to the ancestors

Shomen ni rei

Greeting in direction of the person standing in the place of honor (usually more elevated than the students)

Mokuso

Meditation (silent thought) / Close your eyes

Mokuso yame Open your eyes

Shihan ni rei

Greeting to the Shihan

Sensei ni rei

Greeting to the teacher

Sempai ni rei

Greeting to the assistant teacher

Otagai ni rei

Greeting to the other students

Tatte kudasai

Stand on your feet (right foot first)

Osu onegai shimasu

Courtesy call when start the class / to your practice partner

Osu Arigato gozaimashita Thank you so much

Osu Shitsurei shimasu Excuse me

Osu Shitsurei shimashita I apologize



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Basic Terminology (kihon jutsugo)

Anza	Relaxed Sitting
Bunkai	Application (analysis)
Budo	Martial Way
Do	Path
Dojo Kun	Training Hall Oath
Fukuso	Accouterment
Fumiashi	Step (with a change of feet)
Gasshukoku	United States
Goshin jutsu	Self defense
	Hanmi
Upper body shifted angled to avoid direct strike and ready for your next move	
Ibuki	Forced Tension Breathing
Karate	Empty hand
Kamaete	Take Ready Position
Kata	Form
Ki	Inner Energy
Kiai	Explosive Scream
Kiai Irete	With Explosive Energy
Kihon	Basics
Kihon waza	Basic techniques
Kime	Focus
Kokusai	International
Kosa	Switch (i.e. switch stance L to R or R to L)
Kotai	Switch (i.e. partners switch places in a drill)
Kumite	Combat
Kyokushin	Ultimate Truth

Places and Clothing

Dojo	Training Hall (Way place)
Dogi (gi)	Training clothes
Obi	Belt
Kyu	Belt for lower belts (colored-belts)
Dan	Belt for black belts
Kuroi obi	Black belt
Shodan Shinsa	Dan test / Black Belt test
Shokyu Shinsa	Kyu Test / Color belt test
Nyumon	Join to the Dojo
Hamon	Excommunicate
Shonen bu	Kids class
Jyoshi bu	Ladies class
Ippan bu	Regular adult class
Sonen bu	Senior class



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Basic Terminology (kihon jutsugo)

Mushin	Without Thought (no mind)
Naore	Return to Starting Position
Nogare	Calm Controlled Breathing / Breathing technique - breath silently
Okuriashi	Shuffle Step (sending foot)
Rei	Bow / Greeting / Homage
Renmei	Federation
Renma	Polishing, Training
Renraku	Combinations
Seishin	Spirit
Tatte	Stand up
Mawatte	Turn
Hantai	Opposite side
Yame	Stop
Yasume	Rest, at Ease
Yoi	Ready
Seiza	Formal Kneeling (correct sitting)
Kamaete	On guard
Hajime	Start
Ryu	Style (of karate)
Tameshiwari	Braking exercise / test (wood, ciment, ice, baseball bat, etc)
Tanden	Center of Body (below navel)
Waza	Technique(s)
Zanshin	Remain Alert (remaining mind)

Basic Terminology (kihon jutsugo)

Yakusoku kumite

Pre-arranged combat

Ippon kumite

Pre-arranged combat / 1 block and 1 counter-attack (the two participants are standing at the same place)

Sanbon kumite

Pre-arranged combat / 3 blocks followed by 3 counter-attacks while the participants move straight.

Jiyu kumite

Free-sparring

Jissen kumite

Full contact fighting

Mai

Interval (between opponents)

Makiwara

Striking Post (straw wrapped)

Mugorei

No Counting (no commands)



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TERMINOLOGI

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Body Weapons - The hand and arms as weapon

Seiken	Fist / Forefist (correct fist)
Shuto	Knife hand
Te	Hand
Hiji / Enpi	Elbow
Tetsui	Hammer fist
Koken	Arc fist
Uraken	Reverse fist / Back hand
Haito	Reverse knife hand
Haisho	backhand
Hiraken	Flat Fist
Nukite	Finger tip strike
Nakayubi Ippon Ken	Middle Finger Knuckle Fist
Oyayubi Ippon Ken	Thumb Knuckle Fist
Shotei	Palm heel
Kote	Forearm
Ryutoken	Dragon's Head Fist
Toho	Sword Peak Hand

Directions

Jodan	Upper Level
Chudan	Middle Level
Gedan	Lower Level
Age	Rising / While raising
Happo	8 directions
Hidari	Left
Juji	Cross arm
Kake	Hooked
Mae	Front, forward
Mawashi	Round, Circular
Migi	Right
Naname	In diagonal, at 45 degrees
Oroshi	Descending / While going down
Sagari	While going backward
Sayu	Left and right alternatively
Shita	From below / down
Shomen	Front of Dojo
Soto	From outside to inside, outside
Tobi	While jumping
Naka / Uchi	From inside to outside, inside
Ue	Up
Ura	Reverse, Backward
Yoko	On sides, from sides



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TERMINOLOGI

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Body Weapons - The leg and foot as a weapon

Sokuto	Knife edge foot
Haisoku	Instep
Kakato	Heel
Hiza	Knee
Chusoku	Ball of the foot
Teisoku	Arch of the foot
Sune	Shin
Tsumasaki	Toe

Body Weapons – Others

Zutsuki	Head-butt
Taiatari	Tackle
Kiai	Spirited shout

Kihon Waza (Basic techniques)

Tsuki	Punch (thrust)
Uchi	Strike
Uke	Block
Geri	Kick

Colors

Aka (Red)	Shiro (White)
Kiio (Yellow)	Cha (Brown)
Ao (Blue)	Midori (Green)
Kuro (Black)	

Body parts as a target

Jodan	(Neck and Head)
Chudan	(Torso area)
Gedan	(Groin and legs)
Ago	(Chin / Jaw)
Suigetsu	Hara (Stomach / Solar Plexus)
Kinteki	(kin) (Groin)
Me	(Eye)
Mune	(Chest)
Ashi	(Leg)
Hana	(Nose)
Sakotsu	(Clavicle / Collarbone)
Hiza	(Knee)
Nodo	(Throat)
Rokkotsu / Abara	(Rib)
Kansetsu	(Joint)
Komekami	(Temple)
Kata	(Shoulder)
Momo	(Thigh)
Kuchi	(Mouth)
Hizo	(Spleen)
Koshi	(Hip)
Mimi	(Ear)

Kanzo (Liver) **Sune** (Shin) **Kubi** (Neck) **Senaka** / **Ushiro** (Back) **Kakato** (Heel) **Ganmen** (Face) **Shinzo** (Heart) **Fukurahagi** (Calf) **Jinchu** (Spot between nose & mouth) **Ude** (Arms) **Miken** (Spot between eyes) **Te** (Hand) **Atama** (Head) **Yubi** (Finger) **Tekubi** (Wrist) **Kobushi / Ken** (Fist)



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Punching Techniques (tsuki waza)

Seiken chudan / Jodan tsuki	Fist strike to the chudan / jodan
Seiken ago uchi	Fist strike to the chin
Seiken Furi Uchi	Hook Strike
Seiken Oi Tsuki	Lunge Punch
Seiken Morote Tsuki	Two-Handed Punch
Seiken Gyaku Tsuki	Reverse Punch
Seiken Tate Tsuki	Vertical Punch
Seiken Jun Tsuki	Side (corresponding) Punch
Uraken ganmen uchi	Back fist strike to the face
Uraken sayu uchi	Back fist strike to the left & right opponents
Uraken hizo uchi	Back fist strike to side of the stomach
Uraken Oroshi Ganmen Uchi	Descending Face Strike
Uraken mawashi uchi	Back fist roundhouse strike to the temple
Shita tsuki	Flipped fist strike to the middle section
Tetsui Oroshi Ganmen Uchi	Descending Face Strike with hammer fist
Tetsui Komekami Uchi	Temple Strike with hammer fist
Tetsui Hizo Uchi	Spleen Strike with hammer fist
Tetsui Mae Yoko Uchi	Forward Side Strike with hammer fist
Tetsui Yoko Uchi	Side Strike with hammer fist
Enpi	Elbow strike



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Striking Techniques (uchi waza)

Shuto ganmen uchi	Shuto strike to the temple
Shuto sakotsu uchi	Shuto down strike to the collarbone
Shuto sakotsu uchikomi	Shuto forward strike to the collarbone
Shuto uchi uchi neck	Shuto outward strike to the temple or neck
Shuto hizo uchi	Shuto strike to the spleen/abdomen
Shuto Yoko Ganmen Uchi	Side Face Strike
Nihon Nukite	Two-Fingered Spear Hand
Yonhon Nukite	Four-Fingered Spear Hand
Shotei Uchi	Palm Heel Strike
Hiji Ate	Elbow Strike
Mae Hiji Ate	Forward Elbow Strike
Age Hiji Ate	Rising Elbow Strike
Ushiro Hiji Ate	Backwards Elbow Strike
Oroshi Hiji Ate	Descending Elbow Strike



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Blocking techniques (uke waza)

Jodan uke	Upper block
Soto uke	Middle section from outside to inside
Uchi uke	Middle section from inside to outside
Gedan barai	Lower block
Kosa uke	Uchiuke gedanbarai Uchiuke & gedanbarai at a same time
Morote Chudan Uchi Uke	Two-Handed Middle Area Inside Block
Mawashi uke	Roundhouse block
Shuto mawashi uke	Shuto roundhouse block
Juji Uke	Crossed Block
Kake Uke	Hooked Block
Shotei Uke	Palm Heel Block
Enkei gyaku tsuki	Reverse strike with circular motion block on Zenkutsu dachi stance

Kicking Techniques (geri waza)

Mae keage	Front upper kick with no knee snap
Hiza geri	Knee kick
Kin geri	Groin kick
Mae geri	Front snap kick
Yoko keage	Side upper kick with no knee snap
Kansetsu geri	Knee joint kick
Yoko geri	Side kick
Ushiro geri	Back kick
Uchi mawashi geri	Roundhouse kick with no knee snap outward
Soto mawashi geri	Roundhouse kick with no knee snap inward , Mawashi geri Roundhouse kick, Ushiro mawashi geri Spinning roundhouse kick Kakato otoshi ax kick, Domawashi kaiten geri Suicidal jumping spin kick, Tobi geri Jumping kick, Tobi Mae Geri Jumping Front Kick, Nidan geri Jumping kick with shuffle legs



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Name of the Kata

*** Three basic principles of Kata = Tempo of technique, Points of power stress, Breath control**

Taikyoku sono ichi Taikyoku sono ni Taikyoku sono san

All Taikyoku Kata has Ura (Reverse = spin)

Sokugi Taikyoku sono ichi Sokugi Taikyoku sono ni Sokugi Taikyoku sono san

Pinan sono ichi Pinan sono ni Pinan sono san Pinan sono yon Pinan sono go

All Pinan Kata has Ura (Reverse = spin)

Sanchin Yantsu Tsuki no Kata

Gekisai dai Gekisai sho Tensho

Saifa Seienchin Garyu

Seipai Kanku Sushiho

Tekki sono ichi Tekki sono ni Tekki sono san

Bo kihon sono ichi Juji Kata no kata Juji keri no Kata

Chion Nunchaku kihon sono ichi Tonfa kihon sono ichi

Bassai dai Soki Taizan

Numbers (kazu)

1 (Ichi) 2 (Ni) 3 (San) 4 (Shi / Yon) 5 (Go)

6 (Roku) 7 (Shichi / Nana) 8 (Hachi) 9 (Kyu) 10 (Jyu)

11 (Jyu Ichi) 12 (Jyu Ni) 13 (Jyu San) 14 (Jyu Shi) 15 (Jyu Go)

16 (Jyu Roku) 17 (Jyu Shichi) 18 (Jyu Hachi) 19 (Jyu Kyu) 20 (Ni Jyu)

30 (San Jyu) 40 (Yon Jyu) 50 (Go Jyu) 60 (Roku Jyu) 70 (Nana Jyu)

80 (Hachi Jyu) 90 (Kyu Jyu) 100 (Hyaku) 1000 (Sen) 10000 (Man)



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Tournament Terminology (taikai jutsugo)

Genten	Penalty
Genten ichi	Minus 1 point
Rei	Bow
Kamaete	On guard
Yame	Stop
Shiro	White
Otagai	Each other
Mawatte	Turn
Hajime	Start
Kachi	Win

Tournament Terminology (taikai jutsugo)

Aka	Red
Kachi	Win
Chui	Warning
Genten ni	Minus 2 point
Genten san	= shikkaku Minus 3 point = disqualified
Hantei onegai shimasu	Please give the judgment
Hantei	Decision / Judgement
Waza ari	Half point
Zokko	Continue / Resume Fighting
Akushu	Shake hands
Ippon	One Point / Knock out = fight ends
Encho	Overtime Round (extension)
Fukushin	Corner Judge (assistant referee)
Fukushin Shugo Referees'	Conference
Hikiwake	Draw, Tie
Senshuken Taikai	Championship Tournament
Shikaku	Disqualification
Awasete Ippon	Adds Up to One Point
Shomen	Front
Shushin Referee	
Seiza	Sit down

Training

Hokyo	Strength training e.g. Push ups
Kentate	Fist push ups
Yubitate	Finger push ups
Fukkin	abdominal exercises / crunch / sit-up
Haikin	Back extention
Sukuwatto	Squat
Sakadachi	Hand standing
Junan	Stretching
Bogu	Protection gear
Mizu	Water



En sortbelter er en hvitbelte
som aldri gav opp

極真會