



VOCABULARY~ BLUE DRAGONS AND LIL' DRAGONS

OSU – this sort of means to try your best. This is what we say as an answer to everything and to show that we are listening. You can't say it too much really. It means to be silent even though your heart is cut with a blade. (It's a short sound).

KATA – a Karate form, a sequence of movements. The “art” parts of Martial Arts. “(Like Ichi Zuki Kata).

RIAI – this is sort of an energy yell, to focus power. We do this when we do techniques and at the end of Katas.

KISOKU – this is the energy breath, also to focus power as we do techniques

SEIZA– to sit on your knees, very formal.

AGURA – to sit cross legged, less formal.

ZURI – punch.

DACHI – stance.

EMPI – elbows.

GERI – kick (pronounced “getty” as in “mei geri,” front kick).

SHUTO – chop.

UKE – block (as in “sage ashi uki,” leg block)

SEMPAI – senior student.

KOHAI – junior student.

REI – bow.

KAMETE – get ready.

HAGIME – begin.

OTAGAI NE – to each other (bowing to the senior student at the end of class).

UKEMI – rolling to learn to fall safely, protecting head and back.

DOJO – the place we train (“the place of the way”).

I-IO IN JAPANESE – ichi, ni, san, shi, go, roku, shichi, hachi, ku, jyu (only say the first syllable of each).