

USYKA Japanese Terminology

All students of the USYKA are required to learn a certain amount of Japanese in order to progress through the ranks. Following is the terminology needed for each rank in the USYKA. All previous rank terminology is needed for each higher rank.

Basic Information all students should know

Yoshukai Means – Strive for Excellence

Yoshukai Byword - Patience

The Outline of the Chest Patch Means - Yata No Kagami (Formed from the national mirror of Japan which stands for truth, goodness, and beauty)

Founder - Soke Yuki Koda, 8th Degree

Director - Soshu David Koda, 7th Degree

Ass't Director - Saiko Shihan Steve Pierce, 6th Degree

Manager - Senpai Adreinne Koda, 3rd Degree

Year U.S. Yoshukai Was Founded - 1969

Years Soke Koda lived - June 1944 - March 1997

U.S. Yoshukai Karate Headquarters

290 North Burbank Drive
Montgomery, Alabama 36117

5 Precepts for Learners

1. Respect and Manners
2. Be Prudent in Action
3. Be Prudent in Speech
4. Keep High Spirited
5. Keep Yourself Clean

8th Kyu Yellow Belt

STANCES (DACHI)

Front Stance - Zenkutsudachi

Straddle Stance - Shikodachi

Ready Stance - Uchiachiji

Attention Stance - Musobidachi

Immoveable Stance - Fudodachi

BLOCKS (UKE)

Upper Block - Jodan Uke

Inside Center Block - Chuudan Uchi Uke

Outside Center Block - Chuudan Soto Uke

Down Block - Gedan Uke

Crosshand Block - Juji Uke

Knifehand Block - Shuto Uke

STRIKES

Fist - Seiken

Upper Punch - Jodan Tsuki

Center Punch - Chuudan Tsuki

Down Punch - Gedan Tsuki

Reverse Punch - Gyaku Tsuki

Knife Hand - Shuto

Elbow Strike - Embi

Back Fist - Uraken

Palm Strike - Shote

KICKS (GERI)

Front Kick - Mae Geri

Round Kick - Mawashi Geri

Side Kick - Yoko Geri

7th Kyu Yellow Belt

STRIKES

Ridge Hand - Haito

KICKS (GERI)

Flying Side Kick - Tobi Yoko Geri

Double Front Jump Kick - Nidan Geri

STANCES (DACHI)

Scissor Stance - Hasamidachi

STRIKING AREAS OF THE FOOT

Ball of the Foot - Koshi (front kick or round kick)

Instep - Haisoku (round kick)

Edge of the Heel - Sokuto (side kick)

Bottom of the Heel - Kakato (axe Kick)

Green Belt

STANCES (DACHI)

Cat Stance - Nekko Ashidachi

BLOCKS (UKE)

Elbow Block - Embi Uke

Palm Heel Block - Shote Uke

Ridge Hand Block - Haito Uke

Back Hand Block - Haisho Uke

Knee Block - Hiza Uke

Wedge Block - Kakiwake Uke

STRIKES

Back Hand - Haisho

Knee Kick - Hiza Geri

Hammer Fist - Tsutsuken

Spear Hand - Nukite

KICKS (GERI)

Back Kick - Ushiro Geri

Hook Kick - Kake Geri

Spinning Back Hook Kick - Ushiro Kake Geri

Jump Spinning Back Kick - Tobi Ushiro Geri

Brown Belt

STANCES (DACHI)

Horse Stance - Kibadachi
Parallel Stance - Heikodachi
Back Stance - Kokutsudachi
Sword Stance - Iai Goshidachi
One Legged Stance - Ippon Ashi Dachi

KICKS (GERI)

Crescent Kick - Ko Geri
Axe Kick - Kakato Otoshi
Jump Spinning Crescent Kick - Tobi Mawashi Ko Geri

SHUUGYOSHA GOKUN (5 Precepts in Japanese)

Hitotsu Reigi O Omonzu Beshi
Hitotsu Taido O Imashimu Beshi
Hitotsu Gengo O Tsutsushimu Beshi
Hitotsu Iki O Sakani Subeshi
Hitotsu Seiketsu O Muneto Subeshi

**These are the symbols you must recognize
for the Black Belt test.**

空手

Karate
Empty Hand

魂

Tamashii
Spirit

米
国
養
秀
会

U.S. Yoshukai
Strive for Excellence

忍

Nin
Patience

勇
気

Yuuki
Courage

和

Wa
Harmony