

The logo is a circular emblem with a red outer ring. Inside the ring, the words "Zen Goshin Ryu" are written in white, uppercase letters along the top arc, and "Martial Art" is written in white, lowercase letters along the bottom arc. The center of the emblem features a grey Taijitu (Yin-Yang symbol) surrounded by the Bagua (Eight Trigrams) symbols in a circular arrangement.

***Zen Goshin Ryu
Martial Art
Terminology Sheet***

Dated 2015

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Zen Goshin Ryu Martial Art School Terminology Sheet

Counting

Ichi	One	Roku	Six
Ni	Two	Shichi	Seven
San	Three	Hachi	Eight
Shi	Four	Ku	Nine
Go	Five	Ju	Ten

Main Blocks (Uke)

Jodan Age uke	High rise block
Shoto uke	Inner block
Uchi uke	Outside block
Gedan barai	Downward outer block
Gedan uchi barai	Downward inner block
Kosa uke	Cross block
Morote uke	Reinforced block
Shuto uke	Knife hand block

General Terms

Left	Hidari
Right	Migi
Forms	Kata
Sparring	Kumite
Basics	Kihon
Reverse	Gyaku
Lunge	Oi
Focusing	Kime
Begin	Hajime
Backward	Ushiro
Ready stance	Yoi
Finish	Yame
Bow	Rei
Front two knuckles	Seikan
Teacher	Sensei
Thank You	Arigato
Thank you very much	Domo Arigato
Uniform	Gi
Training hall	Dojo
Belt	Obi
Shout!!	Kiai
No	Iya
Yes!	Ous
Turn (180)	Mawate
Turn (90)	Hontai
Matte	Stop/wait

Kicks (Geri)

Mae geri (Keage)	Front kick (snap)
Mae geri (Kekomi)	Front kick (thrust)
Mae tobi geri	Jumping front kick
Mawashi geri	Round house kick
Ushiro kekomi geri	Back thrust kick
Keage yoko geri	Side snap kick
Kekomi yoko geri	Side thrust kick
Yoko tobi geri	Jumping side kick
Shoto mikazuki geri	Inner crescent kick
Uchi mikazuki geri	Outer crescent kick
Hiza geri	Knee strike
Niban geri	Double kick with same leg
Ren geri	Kicking combination
Ura-mawashi geri	Reverse (hook) round house kick
Kin geri	Kick to groin with instep



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Strike (Uchi)/Punch (Zuki)

Choku zuki	Straight punch
Empi uchi	Elbow strike
Gyaku zuki	Reverse punch
Kagi zuki	Hook punch
Kizami zuki	Jab or leading punch
Kote uchi	Forearm strike
Nihon tsuki	Double punch
Oi zuki	Lunge punch
Sanbon tsuki	Triple punch
Shuto uchi	Knife hand strike
Tettsui uchi	Hammer fist strike
Uraken uchi	Back fist strike

Directions and areas

Mae	To the front
Yoko	To the side
Mawashi	Round house (Around)
Ushiro	To the rear
Jodan	Upper level (neck up)
Chudan	Middle area (neck to belt)
Gedan	Lower level (belt down)

Stances (Dachi)

Hachiji dachi	Natural stance
Kiba dachi	Horse stance
Kokutsu dachi	Back stance
Sanchin dachi	Hourglass stance
Zenkutsu dachi	Front stance