



etcetera

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- bo sha – 防者 -- defender
- byakuren – 白蓮 – white lotus/ purity
- chidori ashi -- 千鳥足 -- tottering steps, plover (thousand,bird,foot)
- chio ken -- 地王拳 – (ground, king, fist)
- cho mei -- 著名 -- well-known; noted; celebrated; (renowned, name)
- dan -- 段 – grade, steps, stairs
- dori, tori -- 取り – take, fetch, take up (?) [randori]
- eri -- 襟 – neck, collar, lapel, neckband
- furi -- 振り -- pretence; show; appearance; (shake/wave/wag/swing)
- gaeshi -- 返し -- to return; to come back; to go back
- gamae – 構え – stance, build, mind
- garami -- 絡み / 搦み -- about; concerning; related to; (entwine / bind, tie)
- gatame -- 固め -- to harden; to freeze; to fortify (harden/set)
- gedan -- 下段 -- lowest tier/column (below/inferior, grade/steps)
- geki -- 撃 -- beat, attack, defeat, conquer
- geri – 蹴り – kick
- goka ken – 五花拳 – (five, flowers, fist)
- gyaku – 逆 – reverse
- harai -- 払い -- [sweep] payment; bill; account; (clear out/dispose of)
- hasami -- 鋏 – scissors
- hiraki -- 開き – opening, gap (open/unfold/seal)
- johaku -- 上膊 – upper arm (above/up, arm)
- junbi tai – 準備体 – preparation, warming up (level/conform, prepare, body)
- jun zuki – 順 突き – front punch
- kakuritsu – 確立 – establishment (firm, standup)
- kamoku -- 科目 -- subject; curriculum; course (section, eye/experience)
- kannuki -- 貫木 -- bar; bolt (e.g. on door); latch (tree/word, pierce/brace)
- kata te – 片手 – one hand
- ken – 拳 – fist
- kihon – 基本 – basis, standard
- kiri -- 切り – to cut, chop, carve ...(cut/be sharp)
- kiritsu – 規律 – discipline
- kiso zuki -- 基礎 突き -- foundation; basis; (foundation,cornerstone,punch)
- komi -- 込み -- (1) to be crowded; (2) to go inside (crowded/mixture/include)

- kongo ken – 金剛拳 – B. symbol of the indestruct. truth, fist (metal, hard)
- konoha -- 木の葉 -- foliage; leaves of trees (tree,leaf/lobe/fragment)
- ko sha – 攻者 – attacker
- kumade -- 熊手 -- rake; fork; bamboo rake (bear,hand)
- kumo -- 蜘蛛 – spider (spider,spider)
- kumo garami -- 蜘蛛 絡み -- [gatamae] (spider, entwine)
- mawashi -- 廻し -- to turn, to revolve (round/game)
- midare -- 乱れ -- disorder; disturbance; unrest; (riot/war/disorder) [ran]
- morote – 諸手 – two hands
- muna – 胸 -- chest
- nio ken – 仁王拳 – the two guardian Deva kings, fist (benevolent, king)
- nuki -- 抜き -- (1) in succession; (2) without; (slip out, extract, pull out)
- okuri -- 送り -- seeing off; sending off; funeral;
- oshi -- 押し -- to push; to press (push/stop/check/attach)
- rakan ken – 羅漢拳 -- arhat; Lohan; achiever of Nirvana, fist (silk, china)
- randori – 乱捕り – (disorder/riot, control)
- ren hanko – 連反攻 – counter attack (sequence, oppose, attack)
- renshu -- 練習 -- practice
- retsu -- 列 – row
- ryote -- 両手 -- (1) (with) both hands; (2) approvingly; (both/two, hand)
- ryuka ken -- 龍樺拳 -- (dragon,birch,fist)
- ryuo ken – 龍王拳 -- promoted rook (shogi), fist (dragon, king)
- sabaki -- 捌き -- to handle (deal with/dispose of/be frank/be sensible)
- sango ken – 三合拳 – (three, meet, fist)
- sankaku -- 三角 -- triangle; triangular; (three, angle/corner/horn)
- seigan -- 誓願 – oath (vow/swear/pledge, request/vow/wish)
- sensei -- 先生 -- teacher; master; doctor; (before/ahead, life/birth)
- shime -- 絞め -- to strangle, constrict, wring
- shita -- 下 -- under; below; beneath; (below/inferior) [ge]
- shugo -- 守護 -- protection; safeguard
- sode – 袖 – sleeve
- sotai -- 相対 – relative, pair form (mutual/together, opposite/equal)
- tai gamae -- 対構え – (opposite, stance)
- tenno ken -- 天王拳 – Uranus planet (heaven, king, fist)
- tobi -- 飛び -- to jump; to fly; to leap; to spring; to bound; to hop; (fly/scatter)
- ude -- 腕 – (1) arm; (2) skill; (arm/ability/talent)
- uke -- 受け -- receiving; holder; defense; reputation; agreement
- ura – 裏 – reverse, side, rear
- ushiro -- 後 – behind, back, later
- uwa -- 上 -- upper; upward; outer; surface; top; (above/up) [jo]
- waza – 技 – craft, skill [gi]
- yori – 寄り – draw near send
- yubi -- 指 – finger (finger/point to/indicate/put into)
- zuki - 突き – punch

[\[\] readme kyu 5 kyu 4 kyu 3 kyu 2 kyu 1 dan 1 dan 2 dan 3 dan 4 syllabus ? notes](#)

syllabus@shorinjikempo.nl

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