



vocabulary

<http://www.shorinjikempo.nl>

- atemi -- 当て身 -- strike; blow (hit/appropriate/right,somebody/person)
- 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)
- chudan – 中段 -- half-way up a slope; the landing (inside/middle/center,level)
- dan -- 段 – grade, steps, stairs
- dori, tori -- 捕り -- control[randori]
- eri -- 襟 – neck, collar, lapel, neckband
- fukko -- 伏虎 – kneeling (bend down/bow, tiger/drun kard)
- furi -- 振り -- pretence; show; appearance; (shake/wave/wag/swing)
- furisute -- 振り捨て -- (swing/shake, discard/throw away)
- 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)
- gassho -- 合掌 -- pressing one's hands together in prayer (fit/join, palm of hand/rule)
- gatame -- 固め – hold, 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
- giwa dan -- 義和団 -- (in Chinese history) the Boxers (righteousness/justice/morality/honor/loyalty/meaning, harmony/Japanese style/peace/soften/Japan, group/association)
- heijo shin -- 平常心 -- one's self-possession, one's presence of mind.(even/flat/peace, usual/ordinary/normal/regular, heart/mind/spirit)
- goka ken – 五花拳 – (five, flowers, fist)
- gote -- 小手 – wrist (small/little,hand)
- gyaku – 逆 – reverse (inverted/reverse/opposite/wicked)
- gyaku (*) -- 虐 – tyranny, cruel
- gyakute -- 逆手 -- unexpected twist (reverse,hand)
- han -- 半 – half
- harai -- 払い -- [sweep] payment; bill; account; (clear out/dispose of)
- hasami -- 鋏 – scissors

- hiji -- 肘 – elbow (elbow/arm)
- hiki -- 引き – pull (pull/tug/jerk/admit)
- hiraki -- 開き – opening, gap (open/unfold/seal)
- hiza -- 膝 – knee, lap
- ippon -- 一本 -- (1) one long cylindrical thing; (2) one version; (3) a certain book; (4) a blow; (5) an experienced geisha;
- johaku -- 上膊 – upper arm (above/up, arm)
- juji -- 十字 – cross (ten,character/letter/word)
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- 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
- kenshi -- 拳士 – pupil (fist,warrior/samurai)
- kiai – 気合 – scream, yell, fighting spirit (spirit/mind,fit/suit/join)
- kihon – 基本 – basis, standard
- kinteki -- 金的 -- bull's-eye; object of desire (gold,mark/target/objective)
- kiri -- 切り -- limits; end; bounds; period; all there is; only; since; (cut/cutoff/be sharp)
- kiritsu – 規律 – discipline
- kisei -- 氣勢 -- fervour; vigour; ardour; spirit (spirit/mind,energy/military strength)
- 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)
- kon – see [ronin]
- 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
- koshi -- 腰 – hip (loins/hips/waist)
- kote -- 小手 – wrist (small/little,hand)
- kubi -- 首 – neck
- kumade -- 熊手 -- rake; fork; bamboo rake (bear,hand)
- kumo -- 蜘蛛 – spider (spider,spider)
- kumo garami -- 蜘蛛絡み -- [gatamae] (spider, entwine)
- kyu sho -- 急所 -- [きゅうしょ] - (n) vitals, tender spot, secret, key.
- mae – 前 – front, forwards
- maki -- 巻き – roll up (roll up/scroll/volume)
- mawashi -- 廻し -- to turn, to revolve (round/game)
- midare -- 乱れ -- disorder; disturbance; unrest; (riot/war/disorder) [ran]
- mohan -- 模範 – exemplar, model example (imitation/copy, pattern/example/model)
- morote – 諸手 – two hands

- muna – 胸 – chest
- nage -- 投げ -- a throw; a fall; (throw/discard/abandon/launch into)
- nami -- 波 – wave(s)
- nio ken – 仁王拳 – the two guardian Deva kings, fist (benevolent, king)
- niuke -- 荷受 -- receipt of goods (baggage/shoulder load, receive)
- nuki -- 抜き -- (1) in succession; (2) without; (slip out/extract/pull out)
- okuri -- 送り -- seeing off; sending off; funeral; (send/escort)
- omote -- 表 -- surface; front; right side; face; exterior; outside; (surface/table/chart/diagram)
- oshi -- 押し -- to push; to press (push/stop/check/attach)
- otoshi -- 落とし -- fall, drop, come down
- 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)
- rensu -- 練習 -- practice
- retsu -- 列 – row
- ronin -- 浪人 -- (1) ronin; lordless samurai; (2) out of work; (3) waiting for another chance to enter a university (wandering/waves/billows, person) [kon]
- ryaku -- 略 -- abbreviation, omission, outline, shorten
- 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)
- sabaki (*) -- 裁き – to judge
- sango ken – 三合拳 – (three, meet, fist)
- sankaku -- 三角 -- triangle; triangular; (three, angle/corner/horn)
- se – 背 -- back
- sei chu sen -- 正中線 – median line (correct,middle,line)
- 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
- shu sha – 守者 -- defender
- sode – 袖 – sleeve
- sotai -- 相對 – relative, pair form (mutual/together, opposite/equal)
- soto -- 外 – outside
- sukui -- 救い -- help; aid; relief; (salvation/save/help/rescue/reclaim)
- tai gamae -- 対構え – (opposite, stance)
- tai sabaki -- 体捌 – (body,handle)
- tanto -- 短刀 -- knife, short sword; dagger; dirk (short,sword)
- taoshi -- 打押 – (strike,push)
- tembin -- 天秤 -- balance (heaven, balance/scales)
- 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)
- tojo sensei -- 東條 先生 – Tojo sensei [our sensei] (east, article/ray of light, before/ahead, life/birth)
- tsubame -- 燕 – swallow (bird)
- tsuri -- 釣り – fishing (angling/fish/catch)
- uebayashi hidemi -- 植林 秀美 – Uebayashi Hidemi [WSKO] (plant,trees,excel/beauty,beauty)
- uchi – 内 – inside
- ude -- 腕 – (1) arm; (2) skill; (arm/ability/talent)
- uke -- 受け -- receiving; holder; defense; reputation; agreement
- ukemi -- 受身 -- passive; passive voice (receive,body)
- ura – 裏 – reverse, side, rear
- ushiro -- 後 – behind, back, later
- utsu -- 打つ -- to hit; to strike, to pound
- uwa -- 上 -- upper; upward; outer; surface; top; (above/up) [jo,age]
- waza – 技 – craft, skill [gi]
- yoko -- 横 -- beside; side; width (sideways/side/horizontal)
- yori – 寄り – draw near, send
- yubi -- 指 – finger (finger/point to/indicate/put into)
- zeme – 攻め -- attack
- zuki - 突き – punch

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