

## Dojo Etiquette

The name of our school, has a very special meaning: 'Sei' means truth, honesty, and sincerity; 'Do' means 'the way'. Thus, '**The Sincere Way**'.



The **Rectangular patch** (see left) is worn on the front, left side of our uniform. It translates to **Seido Juku**. 'Juku' means a 'special place of learning' or 'school'.

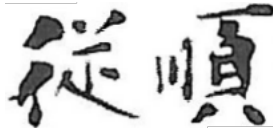
The **Round patch**, worn on the left sleeve of your uniform (*Gi*), is the Seido emblem; the plum blossom (see right) is Kaicho's family emblem. The three circles enclosed inside the petals stand for the three principles of Seido Karate:



LOVE



OBEDIENCE



RESPECT



**Discipline and Respect are an important aspect of our training and there are several formalities that we all observe:**

**Bowing** and saying '**Osu**' (pronounced 'Oss'): bowing is a gesture of respect, not subservience. '**Osu**' is a Japanese term that has several meanings. It can mean "hello" and "goodbye" and as such is a greeting; it also means "I understand" or "I'll try my best". It is a term signifying acknowledgement, courtesy and respect and is used in various occasions. For example: when entering the Dojo floor, make sure you stop to bow, and say 'Osu'.

**Meditation:** At the beginning and end of every class we sit in what is called the **Seiza** position. We close our eyes for a few moments and clear all thoughts out of our mind so that the following hour of training can be free of all other problems and concerns. The following terms are used for this procedure:

'Mokuso'	=	Close eyes, silent thought
'Yame'	=	Open eyes
'Kaicho Ni Rei'	=	Bow to Kaicho
'Senpai Ni Rei'	=	Bow to Senior(s)
'Otogai Ni Rei'	=	Bow to Each other

**Arriving late to class:** You should try your best at all times not to be late for your classes as this is a sign of respect. If you arrive after class has already begun you should do a quick warm-up outside the dojo floor and then quietly sit in the Seiza position on the side of the floor (where the instructor can see you) and close your eyes. After a few moments the instructor will call you to join the class.

Some facts and terms that you should become familiar with:



**Kaicho** means 'Grandmaster'. The Grandmaster of Seido Karate is *Kaicho Tadashi Nakamura*, a 9<sup>th</sup> degree Black Belt and founder of our school. Kaicho Nakamura (pictured on the left) is a world renowned Karateka and teacher: every year visitors from around the world study under him.

**Shihan**: means 'Master'. In Australia, the Head of Seido Karate is Jun *Shihan Linda* (ranked 6<sup>th</sup> degree black belt).

**Sensei**: means 'Teacher'.  
**Senpai**: means 'Senior'.

**Shinzen**: this is the focal centre of the Dojo. The Shinzen is represented by an image of the Japanese characters which read 'Seido Juku'; it embodies the philosophy and heart of the school.

**Dojo**: this is what we call the floor-area where we train. The dojo floor is a special place and we try our best to keep it clean and tidy. To show respect to the dojo we bow towards the Shinzen and say 'osu!' whenever we enter and leave the floor.

**Gi**: this is the name of the Karate uniform. Unless you are taking your first few classes, your Gi **must** be worn when training at the dojo and should be kept as clean as possible.

**Honbu**: means 'Headquarters'. Seido Honbu, where Kaicho teaches, is in New York City.

**Kara-te**: means 'Empty Hand'. This embodies the idea that we learn to use, above all, our natural weapons for our defence; however it also refers to a **Zen** tenet, that by training ourselves to have an *empty mind* we can learn and discover more than if we approach a task with preconceived ideas. This is why Karate is never only about kicking and blocking but also about mental training!

We hope

## GLOSSARY OF JAPANESE TERMS:

### Counting: One to Ten

Ichi	=	1
Ni	=	2
San	=	3
Shi	=	4
Go	=	5
Roku	=	6
Shichi	=	7
Hachi	=	8
Ku	=	9
Ju	=	10

### Directions

* Chudan	=	Middle
* Jodan	=	Upper
* Gedan	=	Lower
* Migi	=	Right
* Hidari	=	Left

### Some Important Terms

* Ni Rei	=	Bow to:
* Yoi	=	Get Ready
* Naore	=	Return to Start
* Mawate	=	Turn around
* Kiai	=	Shout
* Kia-te	=	Prepare to Kiai!
* Kata	=	Form exercise
Kumite	=	Sparring
Hajim	=	Begin
Ibuki	=	Forced breathing

### Some Basic Stances

* Fudo Dachi	=	Ready Stance
* Heiko Dachi	=	Parallel Stance
* Sanchin Dachi	=	Three-Point stance
* Zenkutsu Dachi	=	Forward-leaning stance
* Kida Dachi	=	Horse-riding stance
Kokutsu Dachi	=	Back Leaning (fighting) stance

### The Principal Blocks

* Jodan Uke	=	Upper Block
* Soto Uke	=	Outside Block
* Uchi Uke	=	Inside Block
* Gedan Barai	=	Lower Parry
Uchi-uke/gedan-barai	=	Double Block
Tensho	=	Palm Block

### Weapons-Hands:

* Seiken	=	Fore fist
* Uraken	=	Inverted fist
* Shuto	=	Knife hand
* Nukite	=	Spear hand
* Shotei	=	Palm heel
Tettsui	=	Hammer fist
Hiji	=	Elbow
Koken	=	Back of wrist



### Weapons – Feet:

* Chusoku	=	Ball of foot
* Hiza	=	Knee
* Sokoto	=	Knife edge
* Kakato	=	Heel of foot
Haisoku	=	Top of foot
Teisoku	=	Instep/sole
Ushiro kakato	=	Back of heel
Suni	=	Shin

Remember! in the dojo we will be using many of these terms so it is important that you make an effort to gradually learn them! Start by learning the ones marked with \*stars\* (these are the most commonly used)