

# The Model and Terminology of Shito-ryu Karate-do by IT

— *The Model and Terminology of Karate-do Science in Four Languages (Japanese, English, Korean and Chinese)* —

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## Abstract

The birthplace of karate is China. At the late 14<sup>th</sup> century, the Chinese martial arts called kempo was propagated into Ryukyu Kingdom, present Okinawa. From ancient times, in Okinawa, the martial art house was called the samurai and the research of karate was prosperous. The landlords of the karate known as prominent samurai are Yasutsune ITOSU of Shuri and Kanryo HIGAONNA of Naha. Yasutsune ITOSU taught the strength like a splendid and sharp blue dragon on the basis of Naifanchin. Kanryo HIGAONNA was trained with the fist of the forcible white tiger vomiting mind on the basis of Santin.

Kenwa MABUNI was first inherited most correctly in ITOSU group. Kenwa MABUNI obtained the initial of Y.ITOSU and K.HIGAONNA, after studying the school of Kanryo HIGAONNA. Therefore, Kenwa MABUNI newly declared itself shito-ryu. Kenwa MABUNI is born in 1889 in Okinawa and began to study the karate under the expert of a martial art or art from boyhood. Then, he became a true karate expert.

The karate technology of Kenwa MABUNI which declared itself shito-ryu is the wonderful research result developed from experience. As the result, karate is karate art which uses the body practiced in order to beat an enemy and is also the system of self-defense.

There are three feature of this proposition. The 1st was equipped with collection of Shito-ryu Karate-do of four languages (English, Japanese, South Korean and China) and it was translated and completed. The second are the photographs of the basic model of Shito-ryu Karate-do, a correlation model and a hand. The third is a foot-tricks way were collected.

**Key words :** *Karate-do, Karate Technique, Model and Terminology of Karate-do*

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## 1. Introduction

The birthplace on the Karate-do is China. Kempo of China was spread to a Ryukyu country (Present: Okinawa Prefecture) at 14 generation end. The Karate road is the one to prevent the body by effectively using each part of the body for the subject and for the technique controlling the other party to decide as for the prick of the hand and the kick of the foot. It is familiar now though the Karate-do is traditional martial arts in Japan as sports. Foreigners those who love it increase very much recently, too.

The Karate is military arts that changes from Kempo that transmits from China where it is called the Karate and the Tang Dynasty hand to Okinawa and develops. It doesn't have arms and the 3 method of piercing, the kick and receiving by hands and feet are assumed to be basic. The activity is admitted in and out "because of "Karate of Okinawa", and it has grown up to "Karate in Japan and the world".

Each part of the human body that sustains life can classify it upper level, middle level and lower level including the vital point. The name concerning the training of a basic technique of the attack can be classified into four kinds (how to punch it, how to strike it, how to apply it and how to kick).

Karate technology is the sports science which developed into the degree of highest studied in a long time and is also the highest technology of art science further. Therefore, before studying each technology about karate, it is necessary to study the main point of an organization.

The composition chart of karate technology is disturbing the partner of the main categories. They are punching techniques and striking techniques. The main categories are that punching techniques, striking techniques, kicking techniques and continuation techniques change hand techniques, foot techniques, stance and posture. Karate technology is the art used for the maximum of the body. The art which can be demonstrated to the maximum extent is use the head and the body. That is, it is also the stable harmony of the heart and the body. For that purpose, it is how to strengthen healthy emotional strength, flesh power and economic strength.

In this text, to understand the most important technique of the most important structure of the hand technology, the characteristic and the hand organization, the correlation with the vital point where the basis of the hand technique was made a center and the correlation model were designed. In addition, the design also did the relation and the model concerning upper level, middle level and low level including the vital point.

## **2. The History Abbreviation and Teaching Outlines on Shito-ryu**

### **2.1 The History Abbreviation on Shito-ryu**

A basic means concerning individual self-defense is similar to ancient people. The science and the art of the Karate trace the hand technology of Okinawa that is called directly in Japanese (Kempo) when it is skilled by today. Daruma Taishi of a famous Indian buddhist monk traveled from India to China for tenets of Buddhism. He stayed in monasterial China where it was called by Chinese's monk Shaolin-szu there and had been taught the Buddhism. A physical tiredness increase did and became unconscious because it had set the propagation activity by a severe rule. To improve the situation, he began to teach the system of the physical, mental rule that had been expressed in the sutra.

Okinawa is a Ryukyu island scattered between the southwest from Southern Kyushu to Taiwan. It was between China and Japan and the exchange of the culture and the art of China imported kempo with a lot of elements in ancient Okinawa. From ancient times, in Okinawa, the martial art house was called the samurai. And research of karate was prosperous, while the research on karate of Japan prospers increasingly, he has visited Japan in order to give many directions also from each country. Three places (Naha and Tomari at the neck hometown) appeared one after another a famous samurai. The landlords of the karate known as prominent samurai are Yasutsune ITOSU of Shuri and Kanryo HIGAONNA of Naha.

Yasutsune ITOSU taught the strength like a splendid and sharp blue dragon on the basis of Naifanchin. Kanryo HIGAONNA was trained with

the fist of the forcible white tiger which vomits mind on the basis of Santin. Kenwa MABUNI was first inherited most correctly in ITOSU group. Kenwa MABUNI obtained the initial of Yasutsune ITOSU and Kanryo HIGAONNA, after studying the school of Kanryo HIGAONNA. Therefore, Kenwa MABUNI newly declared itself shito-ryu.

Kenwa MABUNI is born to 1889 in Okinawa and began to study the karate under the expert of a martial art or art from boyhood. Then, he became a true karate expert. Kenwa MABUNI and 1916, The art lecture and art dance performance of karate science were performed moving centering on an Osaka in the prefecture in every place. The main universities supported that Waseda University and Kansai University established a karate team. Moreover, many people studied the art of his professor of karate science. While the research on karate of Japan prospers increasingly, he has visited Japan in order to give many directions also from each country.

Shito-ryu karate-do was formed by three landlords, Kanryo Higaonna, Yasutsu Itosu and Kenwa Mabuni, in 1935. Moreover, the ax foundation is Shito-ryu teaching outlines of the present age described by this paper. Kenwa Mabuni named it shito-ryu karate-do in 1939. Furthermore, the organization of "Dai Nippon karate-do kai" was launched. Then, the name was changed to "Nippon karate-do kai." Kenzo MABUNI inherited Shito-ryu Nippon Karate-do kai of Kenwa-ryu which the father left.

Kenzo MABUNI which is the son of Kenwa MABUNI was able to fill development of karate-do with the heart's blood in every day of pursuit of knowledge. Kenzo MABUNI was playing an active part as head of Shito-ryu Nippon Karate-do kai and Shito-ryu International Karate-do kai. Kenzo MABUNI passed away in the advanced age of 78 in July, 2005. However, it is sure that the art of the karate science which the people learned under the head family were taught is inherited forever (*Table 1*).



*Table 1 The History Abbreviation on Shito-ryu*

Year	Contents
1300	The origin of karate-do is boiled and a Chinese Chinese martial art gets across to the Ryukyu country (present Okinawa Prefecture).
1400	It developed as bare hands "Tode."
1500	In order to have arms and to protect from resistance and a sudden enemy at the time of the Okinawa conquest of Mr. Shimazu of Satsuma, it became the foundation of the fight way of "bare hands."
1830	Yasutsune ITOSU birth (1830-1915).
1889	Kenwa MABUNI birth of Shito-ryu (1889-1952)
1889	The follower of Yasutsune ITOSU. A follower is Kenei MABUNI, Kenzo MABUNI.
1912	It introduces by Kenwa MABUNI (1889-1953) public presentation martial art performance.
1916	Kenwa MABUNI begins Keio University and Waseda University, and is karate spread also in many universities and organizations. The activity was accepted and it grew up to be "the karat"
1918	Ken'ei MABUNI (eldest son of Kenwa MABUNI) birth (1918-).
1927	Kenzo MABUNI (son of Kenwa MABUNI) birth (1927-2005).
1927	Kenzo MABUNI succeeds to the name to Chairman Nippon Karate-do Kai and the Shito-ryu head family.
1928	Kenwa MABUNI coming up to Tokyo.
1929	Kenwa MABUNI is exercise hall establishment to Tsurumibashi, Joto-ku, Osaka City. The model of an ITOSU system and a HIGAONNA system is guided.
1933	Kenwa MABUNI moves an exercise hall to Tsurumi-ku from Konohana-ku, Fukushima-ku, and Nishinari-ku for flood damage.
1934	Kenwa MABUNI is karate instruction in Kansai University, Kinki University, and the famous university in other Kansai.
1934	Kenwa MABUNI is the Takakura-cho, Miyakojima-ku, Osaka City. "Yousyu-kan" exercise hall establishment.
1935	Kenwa MABUNI (Ryukyu Karate of three tode is studied) names the name of karate-do Shito-ryu
1938	Kenwa MABUNI and Kenwa NAKASONE collaboration "Guide to offensive and defensive Pempo karate-do" publication.

1939	Shito-ryu named two characters of the initial of Shi of Y.ITOSU which is the authority of the Shuri hand, and to of K.HIGAONNA which is the founder of the Naha hand.
1939	Shito-ryu was registered to Dai Nippon Takenori kai headquarters.
1939	Kenwa MABUNI launched "Dai Nippon Karate-do Kai", and changed it to "Nippon Karate-do Kai" later.
1942	Kenwa MABUNI was inaugurated as the Toyo University karate instructor, and carried out Dai Nippon Karate-do Kai establishment.
1945	Kenzo MABUNI established the "Shinan exercise hall", and founded the Nippon Karate-do total headquarters.
1958	Kenzo MABUNI was inaugurated as the karate-do part instructor of the Kansai University faculty of technology.
1993	Kenzo MABUNI formed the world Shito-ryu karate-do league (WSKF).
1993	Kenzo MABUNI held 1st Shito-ryu karate-do championship in Nippon Budokan Hall.
2001	A dance performance and track record of Kenzo MABUNI are carried to Unique written by J M Fraguas "Karate Master."
2004	Isao SAWA, Kenzo MABUNI, Toyoji HIGUCHI and Masao OSADA: Corelation Model of Vital Points and Hand Techniques by IT and History of Abbreviation in Karate-do. The Review of osaka University of Economics and Law No.88 (2004)
2005	Kenzo MABUNI (house; #2-5-23, Ikue, Asahi-ku, Osaka, Japan) which is Head of Nippon Karate-do, June 26, 2005 death.
2005	Isao SAWA, Kenzo MABUNI, Toyoji HIGUCHI and Masao OSADA: Corelation Model of Vital Points and Leg Techniques of Karate-do by IT, The Review of Osaka University of Economics and Law No.89 (2005)
2006	Isao SAWA, Toyoji HIGUCHI, Masao OSADA, Kazuhiro TOMITA. Hand Techniques and Multilingual Translation (Japanese, English, Korean and Chinese) of Karate-do Science [The Bulletin of The Institute of Science and Technology Osaka University of Economics and Law No.10 (2006)

## 2.2 The Teaching Outlines on Shito-ryu

Technical terminology of Shito-ryu Karate-do multilingual translation (Japanese, English, Korean and Chinese) with the order of each technology is *Table 2*.

*Table 2 Technical Terminology of Shito-ryu Karate-do Multilingual Translation (Japanese, English, Korean and Chinese) with the Order of Each Technology*

A 手足各部		Hand and Foot Techniques				
1	一本拳	いっほん けん	Ippon Ken	One Knuckle Fist	일본권, 일지권	一个拳
2	後踵	うしろきびす	Ushiro Kibisu	Back Heel	후중	后踵
3	内小手	うち こて	Uchi Kote	Inner Forearm	안팔목	内手外
4	裏拳	うら けん	Uraken	Back Fist	등주먹, 이권	里拳
5	裏手刀	うら しゅとう	Ura Shutou	Back Hand Sword	등 수도	里手刀
6	下足底	かそくてい	Kasokutei	Lower Leg Bottom	하족저	下脚底
7	拳槌	けんつい	Kentsui	Hammer Fist	권추, 매주먹	拳槌(铁锤)
8	狐拳	こ けん	Ko ken	Fox Fist	호권	狐拳
9	小手	こて	Kote	Forearm	손끝	小手
10	手刀	しゅとう	Shutou	Knife Hand	수도, 손날	手刀
11	手峯	しゅほう	Shuhou	Hand Peak	수봉	手峰
12	小拳頭	しょう けんとう	Sho Ken Tou	Little Fist Head	소권두	小拳头
13	上足底	じょう そくてい	Jyo Sokutei	Ball of Foot	상족저	上脚底
14	掌底	しょうてい	Shoutei	Palm Bottom, Palm Heel	장저	掌底
15	足甲	そくこう	Sokukou	Back of Foot	발등	脚甲、脚盔、脚背
16	足刀	そくとう	Sokuto	Foot Edge, Knife Foot	족도, 발칼, 발날	足刀、脚刀
17	外小手	そと こて	Soto Kote	Outer Forearm	밖팔목	小手平、面手
18	大拳頭	だい けんとう	Dai Ken Tou	Greater Fist Head	대권두	大拳头

19	貫手 ぬきて	Nukite	Spear Hand	관수	貫手
20	膝頭 ひざ かしら	Hiza Kashira	Knee Head	무릎	膝盖
21	肘 ひじ (エンピ)	Hiji (Empi)	Elbow	팔꿈치	肘
22	平小手 ひら こて	Hira Kote	Upper Forearm	평팔뚝	小检拳、平手入
23	平鉄 ひら ばさみ	Hira Basami	Flat Scissors	평협	平剪
24	指鉄 ゆびばさみ	Yubi Basami	Finger Scissors	지협, 손 바위	指剪刀
<b>B 立ち方</b>		<b>Stand Techniques</b>			
1	入身体勢 いりみ たいせい	Irimi Taisei	Side Posture	입신체세	身体体勢
2	内八字立 うち はちじ だち	Uchihachiji Dachi	Inner 8 Characters Stance	내팔자 서기	内八字形立
3	後屈立 こうくつ だち	Koukutsu Dachi	Back Stance	뒷굽이 서기	后屈立
4	交叉立 こうさ だち	Kousa Dachi	Inter Level Stance	교차 서기	交叉立
5	四股立 しこ だち	Shiko Dachi	Shiko Dachi	사고 서기	四足立
6	前屈立 ぜんくつ だち	Zenkutsu Dachi	Forward Stance	앞 굽이	前屈立
7	外八字立 そとはちじ だち	Soto Hachiji Dachi	Outer 8 Characters Stance	외팔자 서기	外八字形立
8	並平行立 なみへいこう だち	Namiheikou Dachi	Row Parallel Stance	병 평행 서기	并平行站立
9	猫足立 ねこ あし だち	Neko Ashi Dachi	Cat Stance	묘족 (반후굴) 서기	猫式腿立
10	半身体勢はんみ たいせい	Hanmi Taisei	half-Side Posture	반신체세	半身体勢
11	平行立 へいこう だち	Heikou Dachi	Parallel Stance	평행 서기, 나란히 서기	平行立
12	閉足立 へいそく だち	Heisoku Dachi	Closed Leg Stance	폐족 서기	闭足立、闭脚立
13	結び立 むすび だち	Musubi Dachi	Connects Stance	결부 서기	结立
14	レ字立 レのじ だち	Renoji Dachi	Renoji Stance	레의자 서기	礼字立
<b>C 突き方</b>		<b>Punching Techniques</b>			
1	揚げ突き あげ づき	Age Zuki	Rising Punch	뛰워 지르기	扬突
2	一本拳 いっぽん けん	Ippon Ken	One Knuckle Fist	일본권, 일지권	一个拳
3	裏拳突き うらけん づき	Uraken Zuki	Back Fist Punch	등주먹 지르기	里拳突



4	堅拳突き	たて けん うち	Tate Ken Uchi	Vertical Fist Strike	중권 치기	纵拳头打
5	直突き	ちよく づき	Choku Zuki	Straight Punch	직 지르기	直突
6	貫手	ぬきて	Nukite	Spear Hand	관수	贯手
7	平拳突き	ひら けん づき	Hira Ken Zuki	Fore Knuckle Fist Straight Punch	평권 지르기	平拳突
8	振り突き	ふり づき	Furi Zuki	Shaking Out Punch	휘드름 지르기	挥突
9	諸手突き	もろて づき	Morote Zuki	Double Fist Punch	양손 지르기	诸手突
10	輪突き	わ づき	Wa Zuki	Ring Punch	원형 지르기	轮突
<b>D 打ち方</b>		<b>Striking Techniques</b>				
1	裏拳打ち	うら けん うち	Uraken Uchi	Back Fist Strike	등주먹치기, 권추타	里拳打
2	裏手刀打ち	うら しゅとう うち	Ura Shutou Uchi	Back Hand Sword Strike	수도 치기	里手刀打
3	拳槌打ち	けんつい うち	Kentsui Uchi	Hammer Fist trike	권추타 치기	拳槌打
4	手刀打ち	しゅとう うち	Shutou Uchi	Knife Hand Strike	수도 치기	手刀打
5	手峰打ち	しゅほう うち	Shuhou Uchi	Hand Peak Strike	수봉 치기	手峰打
6	肘当て	ひじ あて	Hiji Ate	Wrist Strike	팔 치기	肘打
<b>E 足の操作法</b>		<b>Operation Techniques of Foot</b>				
1	上段蹴り	じょうだん げり	Jyodan Geri	Upper Level Kick	상단 막기	上段踢
2	足刀蹴り	そくとう げり	Sokutou Geri	Outer Edge Foot Kick	족도 차기	足刀踢、脚刀踢
3	足甲蹴り	そっこう げり	Sokukou Geri	Shell Foot Kick	발등 차기	脚甲踢、脚蓋踢
4	中段蹴り	ちゅうだん げり	Chudan Geri	Middle Level Kick	중단 차기	中段踢
5	膝当て	ひざ あて	Hiza Ate	Knee Strike	무릎 치기	膝打
6	踏下し	ふみ おろし	Fumi Oroshi	Stamping Kick	들어가다	跨进、陷入
7	廻し蹴り	まわし げり	Mawashi Geri	Roundhouse Kick	돌려 차기	回转踢
8	横蹴り	よこ げり	Yoko Geri	Side Kick	옆 차기	横踢

F 転歩五足の法		Law of Five Coroayu				
1	跳足	ちょうそく	Chosoku	Kick Refuse	도족	跳脚
2	出る足	でる あし	Deru Ashi	Come Out Foot	나오는발, 출족	出足、出的脚
3	引き足	ひき あし	Hiki Ashi	Influence Foot	잡아당기는 발, 인족	拖腿、脚拉
4	廻り足	まわり あし	Mawari Ashi	Surroundings Foot	돌림발, 회전 발	回转脚
5	寄り足	より あし	Yori Ashi	Slippery Foot	기족, 미끄럼발	寄足、寄脚
G 受け方の五原理		Five Principles of Receiver				
1	屈伸	くっしん	Kutsushin	Bending and stretching	굴신	屈伸
2	転位	てんい	Ten'i	Transposition	전위	转移
3	反撃	はんげき	Hangeki	Counterattack	반격	反击
4	落下	らっか	Rakka	Drop	낙하	落下、下降
5	流水	りゅうすい	Ryuusui	Running Water	유수	流水
H 組手方式		Sparring Method Techniques				
1	一本組手	いっぽん くみて	Ippon Kumite	One Sparring	일본 조수	一个组手
2	応用組手	おうよう くみて	Ooyoo Kumite	Application Sparring	응용 조수	应用组手
3	基本組手	きほん くみて	Kihon Kumite	Basic Sparring	기본 조수	基本组手
4	競技組手	きょうぎ くみて	Kyoudgi Kumite	Game Sparring	경기 조수	比赛组手
5	三本組手	さんぽん くみて	Sanbon Kumite	Three Sparring	삼본 조수	三个组手
6	自由一本組手	じゆう いっぽん くみて	Jiyuu Ippon Kumite	Semi-free One Blow Sparring	자유일본 조수	自由一个组手
7	自由組手	じゆう くみて	Jiyuu Kumite	Free Style Sparring	자유 조수	自由组手
8	自由二本組手	じゆう にほん くみて	Jiyuu Nihon Kumite	Sparring Two Freedom	자유이본 조수	自由二个组手
9	鍛錬組手	たんれん くみて	Tanren Kumite	Training Sparring	단연 조수	训练组手
10	二本組手	にほん くみて	Nihon Kumite	Double Movement Sparring	이본 조수	二个组手、两个组手
11	複式組手	ふくしき くみて	Fukushiki Kumite	Double Sparring	복식 조수	複式组手

I 上段受け方		Upper Level Blocking Techniques			
1	上段揚げ受け	じょうだん あげ うけ	Jyodan Age Uke	Upper Level Raises Block	상단 올리 막기 上段向上接受
2	上段打落とし	じょうだん うちおとし	Jyodan Uchi Otoshi	Upper Level Down Strike	상단 쳐 내리 치기 上段向上接受
3	上段空受け	じょうだん から うけ	Jyodan Kara Uke	Upper Level Empty Block	상단 공 막기 上段空中接受
4	上段繰り受け	じょうだん くり うけ	Jyodan Kuri Uke	Upper Level Repetition Block	상단 위로 막기 上段纏繞接受
5	上段狐受け	じょうだん こ うけ	Jyodan Ko Uke	Upper Level Fox Block	상단 호 막기 上段狐接受
6	上段交叉受け	じょうだん こうさ うけ	Jyodan Kousa Uke	Upper Level Scissors Block	상단 가위 막기 上段交叉接受
7	上段小手受け	じょうだん こて うけ	Jyodan Kote Uke	Upper Level Forearm Block	상단 팔막 막기 上段手巧接受
8	上段差受け	じょうだん さ うけ	Jyodan Sa Uke	Upper Level Difference Block	상단 차 막기 上段差別接受
9	上段突き受け	じょうだん つき うけ	Jyodan Zuki Uke	Upper Level Punch Block	상단 돌려 막기 上段突接受
10	上段横打ち	じょうだん よこうち	Jyodan Yoko Uchi	Upper Level Side Strike	상단 가로 치기 上段打落、上段击落
11	上段横払い	じょうだん よこはらい	Jyodan Yoko Harai	Upper Level Transverse Block	상단 가로 막기 上段横拂
12	上段輪受け	じょうだん わ うけ	Jyodan Wa Uke	Upper Level Ring Block	상단 원형 막기 上段轮接受
J 中段受け方		Middle Level Blocking Techniques			
1	中段交叉受け	ちゅうだん こうさ うけ	Chudan Kousa Uke	Middle Level Scissors Block	중단 가위 막기 中段交叉接受
2	中段二の腕	ちゅうだん にのうで	Chudan Ninoude	Middle Level Upper Arm	중단 위팔 中段上臂
3	中段払い受け	ちゅうだん はらい うけ	Chudan Harai Uke	Middle Level Ward-off Block	중단 불하 막기 中段拂接受
4	中段輪受け	ちゅうだん わ うけ	Chudan Wa Uke	Middle Level Ring Block	중단 원형 막기 中段轮接受
5	中段拳底受け	ちゅうだん しょうてい うけ	Chudan Shoutei Uke	Middle Level Palm Bottom Block	중단 턱 막기 中段掌底接受
6	中段受流し	ちゅうだん うけながし	Chudan Uke Nagashi	Middle Level Block	중단 막기 中段避开
7	中段裏受け	ちゅうだん うら うけ	Shuutou Ura Uke	Middle Level Back Block	중단 뒤 막기 中段背后接受
8	中段掻き分け	ちゅうだん かきわけ	Chudan Kakiwake	Middle Level Push Aside	중단 밀러 막기 中段推开
9	中段掛手	ちゅうだん かけて	Chudan Kakete	Middle Level Collecting Hand	중단 패수 막기 中段挂手
10	中段合掌受け	ちゅうだん がっしょう うけ	Chudan Gasshou Uke	Middle Level Hands Block	중단 합장 막기 中段合掌接受
11	中段拳支受け	ちゅうだん けんし うけ	Chudan Kenshi Uke	Middle Level Fist-branch Block	중단 권지 막기 中段拳支接受

12	中段狐受け	ちゅうだんこうけ	Chudan Ko Uke	Middle Level Fox Block	중단 호 막기	中段狐接受
13	中段小手受け	ちゅうだんこてうけ	Chudan Kote Uke	Middle Level Forearm Block	중단 팔막기	中段小手接受
14	中段手刀受け	ちゅうだんしゅとううけ	Chudan Shutou Uke	Middle Level Hand Sword Block	중단 수도 막기	中段手刀接受
15	中段掬い受け	ちゅうだんすくいうけ	Chudan Sukui Uke	Middle Level Scoop Block	중단 올려 막기	中段抄接受
16	中段大裏受け	ちゅうだんだいりうけ	Chudan Dairi Uke	Middle Level Large Reverse Block	중단 대뒤 막기	中段大背后接受
17	中段突き留め	ちゅうだんつきとめ	Chudan Zuki Tome	Middle Level Punch Block	중단 찌르기 막기	中段突留
18	中段肘受け	ちゅうだんひじうけ	Chudan Hiji Uke	Middle Level Elbow Block	중단 무릎 막기	中段肘接受
19	中段肘支受け	ちゅうだんひじしうけ	Chudan Hijishi Uke	Middle Level Elbow-branch Block	중단 무릎알 막기	中段肘支接受
20	中段平行	ちゅうだんひらゆき	Chudan Hirayuki	Middle Level Parallel	중단 평행 막기	中段并行
21	中段横受け	ちゅうだんよこうけ	Chudan Yoko Uke	Middle Level Side Block	중단 옆 막기	中段横(側)接受
22	中段横打ち	ちゅうだんよこううち	Chudan Yoko Uchi	Middle Level Side Strike	중단 옆 치기	中段横(側)打
23	中段横払い	ちゅうだんよこはらい	Chudan Yoko Harai	Middle Level Side Block	중단 옆 막기	中段横(側)拂
K 下段受け方		Lower Level Blocking Techniques				
1	下段交叉受け	げだんこうさうけ	Gedan Kousa Uke	Lower Level Scissors Block	하단 가위 막기	下段交叉接受
2	下段手刀払い	げだんしゅとうばらい	Gedan Shutou Barai	Lower Level Hand Sword Block	하단 수도 막기	下段手刀拂
3	下段掬い受け	げだんすくいうけ	Gedan Sukui Uke	Lower Level Scoops Up Block	하단 올려 막다	下段掬接受
4	下段掬い留め	げだんすくいとめ	Gedan Sukui Tome	Lower Level Scoops Up and Stop Block	하단 올려 머물다	下段掬留存
5	下段払い受け	げだんばらいうけ	Gedan Barai Uke	Lower Level Ward-off Block	하단 후리기 막기	下段付接受
6	下段膝返し	げだんひざかえし	Gedan Hiza Kaeshi	Lower Level Knee Return Block	하단 무릎 돌림 막기	下段膝还
7	下段振り捨て	げだんふりすて	Gedan Furisute	Lower Level Shake Throw Block	하단 내버림 막기	下段振开
8	下段輪受け	げだんわうけ	Gedan Wa Uke	Lower Level Ring Block	하단 원형 막기	下段轮接受

Technical terminology of Shito-ryu multilingual translation (Japanese, English, Korean and Chinese) with the alphabetical order of each technology is *Table 3*.



**Table 3** *Technical Terminology of Shito-ryu Multilingual Translation (Japanese, English, Korean and Chinese) with the Alphabetical Order of Each Technology*

	日本語 Japanese			英 語	韓国語	中国語 簡体字 (大陸)
	漢 字	読 み	ローマ字	English	한국어 Korean	Chinese
1	応用組手	おうよう くみて	Ooyoo Kumite	Application Sparring	응용 조수	应用组手
2	裏拳	うら けん	Uraken	Back Fist	등주먹, 이권	里拳
3	裏拳突き	うらけん づき	Uraken Zuki	Back Fist Punch	등주먹 치르기	里拳突
4	裏拳打ち	うら けん うち	Uraken Uchi	Back Fist Strike	등주먹치기, 권주타	里拳打
5	裏手刀	うら しゅとう	Ura Shutou	Back Hand Sword	등 수도	里手刀
6	裏手刀打ち	うら しゅとう うち	Ura Shutou Uchi	Back Hand Sword Strike	수도 치기	里手刀打
7	後踵	うしろきびす	Ushiro Kibisu	Back Heel	후종	后踵
8	足甲	そくこう	Sokukou	Back of Foot	발등	脚甲、脚蓋、脚背
9	後屈立	こうくつ だち	Koukutsu Dachi	Back Stance	뒷굽이 서기	后屈立
10	上足底	じょう そくてい	Jyo Sokutei	Ball of Foot	상족저	上脚底
11	基本組手	きほん くみて	Kihon Kumite	Basic Sparring	기본 조수	基本组手
12	屈伸	くっしん	Kutsushin	Bending and stretching	굴신	屈伸
13	猫足立	ねこ あし だち	Neko Ashi Dachi	Cat Stance	묘족 (반후굴) 서기	猫式腿立
14	閉足立	へいそく だち	Heisoku Dachi	Closed Leg Stance	폐족 서기	闭足立、闭脚立
15	出る足	でる あし	Deru Ashi	Come Out Foot	나오는발, 출족	出足、出的脚
16	結び立	むすび だち	Musubi Dachi	Connects Stance	결부 서기	结立
17	反撃	はんげき	Hangeki	Counterattack	반격	反击
18	諸手突き	もろて づき	Morote Zuki	Double Fist Punch	양손 치르기	诸手突
19	二本組手	にほん くみて	Nihon Kumite	Double Movement Sparring	이본 조수	二个组手、两个组手
20	複式組手	ふくしき くみて	Fukushiki Kumite	Double Sparring	복식 조수	复式组手
21	落下	らっか	Rakka	Drop	낙하	落下、下降

22	肘 ひじ (エンピ)	Hiji (Empi)	Elbow	팔꿈치	肘
23	指鉋 しきょう	Shikyō	Finger Scissors	지협, 손 바위	指剪刀
24	平鉋 ひら きょう	Hira Kyō	Flat Scissors	평협	平剪
25	足刀 そくとう	Sokuto	Foot Edge, Knife Foot	족도, 발칼, 발날	足刀, 脚刀
26	足技 あし わざ	Ashi Waza	Foot Techniques	발 기술	脚技能, 足技
27	平拳突き ひら けん づ き	Hira Ken Zuki	Fore Knuckle Fist Straight Punch	평권 지르기	平拳突
28	小手 こて	Kote	Forearm	손끝	小手
29	前屈立 ぜんくつ だち	Zenkutsu Dachi	Forward Stance	앞 굽이	前屈立
30	狐拳 こ けん	Ko ken	Fox Fist	호권	狐拳
31	自由組手 じゆう くみて	Jiyuu Kumite	Free Style Sparring	자유 조수	自由组手
32	競技組手 きょうぎ くみて	Kyōgi Kumite	Game Sparring	경기 조수	比赛组手
33	大拳頭 だい けん とう	Dai Ken Tou	Greater Fist Head	대권두	大拳头
34	半身体勢 はんみ たい せい	Hanmi Taisei	half-Side Posture	반신체세	半身体势
35	拳槌 けんつい	Kentsui	Hammer Fist	권추, 매주먹	拳槌(铁锤)
36	拳槌打ち けんつい うち	Kentsui Uchi	Hammer Fist Strike	권추타 치기	拳槌打
37	手峯 しゅほう	Shuhou	Hand Peak	수봉	手峰
38	手峯打ち しゅほう うち	Shuhou Uchi	Hand Peak Strike	수봉 치기	手峰打
39	引き足 ひき あし	Hiki Ashi	Influence Foot	잡아당기는 발, 인족	拖腿, 脚拉
40	内八字立 うち はちじ だち	Uchi-hachiji Dachi	Inner 8 Characters Stance	내팔자 서기	内八字形立
41	内小手 うち こて	Uchi Kote	Inner Forearm	안팔목	内手外
42	交叉立 こうさ だち	Kousa Dachi	Inter Level Stance	교차 서기	交叉立
43	跳足 ちょうそく	Chosoku	Kick Refuse	도족	跳脚
44	膝頭 ひざ かしら	Hiza Kashira	Knee Head	무릎	膝盖
45	膝当て ひざ あて	Hiza Ate	Knee Strike	무릎 치기	膝打
46	手刀 しゅとう	Shutou	Knife Hand	수도, 손날	手刀
47	手刀打ち しゅとう うち	Shutou Uchi	Knife Hand Strike	수도 치기	手刀打

48	小拳頭	しょう けん とう	Sho Ken Tou	Little Fist Head	소권두	小拳头
49	下足底	げそくてい	Gesokutei	Lower Leg Bottom	하족저	下脚底
50	下段受け	げだん うけ	Gedan Uke	Lower Level Block	하단 막기	下段接受
51	下段手刀払い	げだん しゅ とう ばらい	Gedan Shutou Barai	Lower Level Hand Sword Block	하단 수도 막기	下段手刀拂
52	下段膝返し	げだん ひざ かえし	Gedan Hiza Kaeshi	Lower Level Knee Return Block	하단 무릎 돌림 막기	下段膝还
53	下段輪受け	げだん わ う け	Gedan Wa Uke	Lower Level Ring Block	하단 원형 막기	下段轮接受
54	下段交叉受け	げだん こう さ うけ	Gedan Kousa Uke	Lower Level Scissors Block	하단 가위 막기	下段交叉接受
55	下段掬い留め	げだん すく い とめ	Gedan Sukui Tome	Lower Level Scoops Up and Stop Block	하단 올려 머물다	下段掬留存
56	下段掬い受け	げだん すく 이 うけ	Gedan Sukui Uke	Lower Level Scoops Up Block	하단 올려 막다	下段掬接受
57	下段振り捨て	げだん ふり すて	Gedan Furisute	Lower Level Shake Throw Block	하단 내버림막기	下段振开
58	下段払い受け	げだん ばら い うけ	Gedan Barai Uke	Lower Level Ward- off Block	하단 후리기 막기	下段拂接受
59	中段裏受け	ちゅうだん うら うけ	Shuutou Ura Uke	Middle Level Back Block	중단 뒤 막기	中段背后接受
60	中段受け	ちゅうだん うけ	Chudan Uke	Middle Level Block	중단 막기	中段接受
61	中段受流し	ちゅうだん うけながし	Chudan Uke Nagashi	Middle Level Block	중단 막기	中段避开
62	中段掛手	ちゅうだん かけて	Chudan Kakete	Middle Level Collecting Hand	중단 채수 막기	中段挂手
63	中段肘受け	ちゅうだん ひじ うけ	Chudan Hiji Uke	Middle Level Elbow Block	중단 무릎 막기	中段肘接受
64	中段肘支受け	ちゅうだん ひじし うけ	Chudan Hijishi Uke	Middle Level Elbow- branch Block	중단 무릎알 막기	中段肘支接受
65	中段拳支受け	ちゅうだん けんし うけ	Chudan Kenshi Uke	Middle Level Fist- branch Block	중단 권지 막기	中段拳支接受
66	中段小手受け	ちゅうだん こて うけ	Chudan Kote Uke	Middle Level Forearm Block	중단 팔막 막기	中段小手接受
67	中段狐受け	ちゅうだん こうけ	Chudan Ko Uke	Middle Level Fox Block	중단 호 막기	中段狐接受
68	中段手刀受け	ちゅうだん しゅ とう うけ	Chudan Shutou Uke	Middle Level Hand Sword Block	중단 수도 막기	中段手刀接受
69	中段合掌受け	ちゅうだん がっ しょう うけ	Chudan Gasshou Uke	Middle Level Hands Block	중단 합장 막기	中段合掌接受
70	中段蹴り	ちゅうだん げり	Chudan Geri	Middle Level Kick	중단 차기	中段踢
71	中段大裏受け	ちゅうだん だいり うけ	Chudan Dairi Uke	Middle Level Large Reverse Block	중단 대뒤 막기	中段大背后接受
72	中段掌底受け	ちゅうだん しゅ うてい うけ	Chudan Shoutei Uke	Middle Level Palm Bottom Block	중단 턱 막기	中段掌底接受
73	中段平行	ちゅうだん ひらゆき	Chudan Hirayuki	Middle Level Parallel	중단 평행 막기	中段并行

The Model and Terminology of Shito-ryu Karate-do by IT (SAWA, HIGUCHI, MORI, SAKAI, TOMITA, KOEZUKA)

74	中段突き留め	ちゅうだん つき とめ	Chudan Zuki Tome	Middle Level Punch Block	중단 찌르기 막기	中段突留
75	中段掻き分け	ちゅうだん かきわけ	Chudan Kakiwake	Middle Level Push Aside	중단 밀러 막기	中段推开
76	中段輪受け	ちゅうだん わうけ	Chudan Wa Uke	Middle Level Ring Block	중단 원형 막기	中段轮接受
77	中段交叉受け	ちゅうだん こうさうけ	Chudan Kousa Uke	Middle Level Scissors Block	중단 가위 막기	中段交叉接受
78	中段掬い受け	ちゅうだん すくいうけ	Chudan Sukui Uke	Middle Level Scoop Block	중단 올려 막기	中段抄接受
79	中段横受け	ちゅうだん よこうけ	Chudan Yoko Uke	Middle Level Side Block	중단 옆 막기	中段横(側)接受
80	中段横払い	ちゅうだん よこ はらい	Chudan Yoko Harai	Middle Level Side Block	중단 옆 막기	中段横(側)拂
81	中段横打ち	ちゅうだん よこう치	Chudan Yoko Uchi	Middle Level Side Strike	중단 옆 치기	中段横(側)打
82	中段二の腕	ちゅうだん にのうで	Chudan Ninoude	Middle Level Upper Arm	중단 위팔	中段上臂
83	中段払い受け	ちゅうだん はらいうけ	Chudan Harai Uke	Middle Level Ward- off Block	중단 불하 막기	中段拂接受
84	一本拳	いっぽん けん	Ippon Ken	One Knuckle Fist	일본권, 일지권	一个拳
85	一本組手	いっぽん く みて	Ippon Kumite	One Sparring	일본 조수	一个组手
86	外八字立	そとはちじ だち	Soto Hachiji Dachi	Outer 8 Characters Stance	외팔자 서기	外八字形立
87	足刀蹴り	そくとう げ り	Sokutou Geri	Outer Edge Foot Kick	족도 차기	足刀踢, 脚刀踢
88	外小手	そと こて	Soto Kote	Outer Forearm	밖팔뚝	小手平、面手
89	掌底	しょうてい	Shoutei	Palm Bottom, Palm Heel	장저	掌底
90	平行立	へいこう だ ち	Heikou Dachi	Parallel Stance	평행 서기, 나란 히서기	平行立
91	突き方	つき かた	Tsuki Kata	Punch Techniques	지르기 기술	突き法
92	レ字立	れのじ だち	Renoji Dachi	Renoji Stance	레의자 서기	礼字立
93	輪突き	わ づき	Wa Zuki	Ring Punch	원형 지르기	轮突
94	揚げ突き	あげ づき	Age Zuki	Rising Punch	뒤편 지르기	扬突
95	廻し蹴り	まわし げり	Mawashi Geri	Roundhouse Kick	돌려 차기	回转踢
96	並び平行立	ならびへいこ う だち	Narabiheikou Dachi	Row Parallel Stance	병 평행 서기	并平行站立
97	流水	りゅうすい	Ryuusui	Running Water	유수	流水
98	自由一本組手	じゅう いっ ぽん くみて	Jiyuu Ippon Kumite	Semi-free One Blow Sparring	자유일본 조수	自由一个组手
99	振り突き	ふり づき	Furi Zuki	Shaking Out Punch	휘드를 지르기	挥突



The Model and Terminology of Shito-ryu Karate-do by IT (SAWA, HIGUCHI, MORI, SAKAI, TOMITA, KOEZUKA)

100	足甲蹴り	そくこう げり	Sokukou Geri	Shell Foot Kick	발등 차기	脚甲踢、脚盔踢
101	四股立	しこ だち	Shiko Dachi	Shiko Dachi	사고 서기	四足立
102	横蹴り	よこ げり	Yoko Geri	Side Kick	옆 차기	横踢
103	入身体勢	いりみ たいせい	Irimi Taisei	Side Posture	입신체세	身体体势
104	寄り足	より あし	Yori Ashi	Slippery Foot	기족, 미끄럼발	寄足、寄脚
105	自由二本組手	じゅう にほん くみて	Jiyuu Nihon Kumite	Sparring Two Freedom	자유이본 조수	自由二个组手
106	組手形	くみて がた	Kumite Gata	Sparring Type	조수형	组手形式
107	貫手	ぬきて	Nukite	Spear Hand	관수	贯手
108	踏下し	ふみくだし	Fumi Kudashi	Stamping Kick	들어가다	跨进、陷入
109	立ち方	たちかた	Tachi Kata	Stance Techniques	서기	立起法、立方法
110	直突き	ちよく づき	Choku Zuki	Straight Punch	직 지르기	直突
111	打ち方	うち かた	Uchi Kata	Striking Techniques	치기 기술	打法、放枪
112	廻り足	まわり あし	Mawari Ashi	Surroundings Foot	돌림발, 회전 발	回转脚
113	三本組手	さんぼん くみて	Sanbon Kumite	Three Sparring	삼본 조수	三个组手
114	鍛錬組手	たんれん くみて	Tanren Kumite	Training Sparring	단연 조수	训练组手
115	転位	てんい	Ten'i	Transposition	전위	转移
116	平小手	ひら こて	Hira Kote	Upper Forearm	평팔목	小检拳、平手入
117	上段打落とし	じょうだん うちおとし	Jyodan Uchi Otoshi	Upper Level Down Strike	상단 쳐 내리 치기	上段向上接受
118	上段受け	じょうだん うけ	Jyodan Uke	Upper Level Block	상단 막기	上段接受
119	上段差受け	じょうだん さ うけ	Jyodan Sa Uke	Upper Level Difference Block	상단 차 막기	上段差别接受
120	上段空受け	じょうだん から うけ	Jyodan Kara Uke	Upper Level Empty Block	상단 공 막기	上段空中接受
121	上段小手受け	じょうだん こて うけ	Jyodan Kote Uke	Upper Level Forearm Block	상단 팔막 막기	上段手巧接受
122	上段狐受け	じょうだん こうけ	Jyodan Ko Uke	Upper Level Fox Block	상단 호 막기	上段狐接受
123	上段蹴り	じょうだん げり	Jyodan Geri	Upper Level Kick	상단 막기	上段踢
124	上段突き受け	じょうだん つき うけ	Jyodan Zuki Uke	Upper Level Punch Block	상단 돌려 막기	上段突接受
125	上段揚げ受け	じょうだん あげ うけ	Jyodan Age Uke	Upper Level Raises Block	상단 올려 막기	上段向上接受

126	上段繰り受け	じょうだん くりうけ	Jyodan Kuri Uke	Upper Level Repetition Block	상단 위로 막기	上段纏繞接受
127	上段輪受け	じょうだん わうけ	Jyodan Wa Uke	Upper Level Ring Block	상단 원형 막기	上段輪接受
128	上段交叉受け	じょうだん こうさうけ	Jyodan Kousa Uke	Upper Level Scissors Block	상단 가위 막기	上段交叉接受
129	上段横打ち	じょうだん よこううち	Jyodan Yoko Uchi	Upper Level Side Strike	상단 가로 치기	上段打落、 上段击落
130	上段横払い	じょうだん よこはらい	Jyodan Yoko Harai	Upper Level Transverse Block	상단 가로 막기	上段横拂
131	堅拳突き	たてけん うち	Tate Ken Uchi	Vertical Fist Strike	중권 치기	纵拳头打
132	肘当て	ひじあて	Hiji Ate	Wrist Strike	팔 치기	肘打

Technical terminology of Shito-ryu multilingual translation (Japanese, English, Korean and Chinese) with the Japanese syllabary order of each technology is **Table 4**.

**Table 4** Technical Terminology of Shito-ryu Multilingual Translation (Japanese, English, Korean and Chinese) with the Japanese Syllabary Order of Each Technology

	日本語 Japanese			英語	韓国語	中国語 簡体字 (大陸)
	漢字	読み	ローマ字	English	한국어 Korean	Chinese
1	揚げ突き	あげづき	Age Zuki	Rising Punch	뛰워 치르기	扬突
2	足技	あしわざ	Ashi Waza	Foot Techniques	발 기술	脚技能、足技
3	一本組手	いっぽんくみて	Ippon Kumite	One Sparring	일본 조수	一个组手
4	一本拳	いっぽんけん	Ippon Ken	One Knuckle Fist	일본권, 일지권	一个拳
5	入身体勢	いりみたいせい	Irimi Taisei	Side Posture	입신체세	身体体勢
6	後踵	うしろきびす	Ushiro Kibisu	Back Heel	후종	后踵
7	打ち方	うちかた	Uchi Kata	Striking Techniques	치기 기술	打法、放枪
8	内小手	うちこて	Uchi Kote	Inner Forearm	안팔목	内手外
9	内八字立	うちはちじだち	Uchi-hachiji Dachi	Inner 8 Characters Stance	내팔자 서기	内八字形立
10	裏拳	うらけん	Uraken	Back Fist	등주먹, 이권	里拳
11	裏拳打ち	うらけんうち	Uraken Uchi	Back Fist Strike	등주먹치기, 권주타	里拳打

The Model and Terminology of Shito-ryu Karate-do by IT (SAWA, HIGUCHI, MORI, SAKAI, TOMITA, KOEZUKA)

12	裏手刀	うら しゅと う	Ura Shutou	Back Hand Sword	등 수도	里手刀
13	裏手刀打ち	うら しゅと う うち	Ura Shutou Uchi	Back Hand Sword Strike	수도 치기	里手刀打
14	裏拳突き	うらけん づき	Uraken Zuki	Back Fist Punch	등주먹 지르기	里拳突
15	応用組手	おうよう く みて	Ooyoo Kumite	Application Sparring	응용 조수	应用组手
16	基本組手	きほん く みて	Kihon Kumite	Basic Sparring	기본 조수	基本组手
17	競技組手	きょうぎ く みて	Kyougai Kumite	Game Sparring	경기 조수	比赛组手
18	屈伸	くっしん	Kutsushin	Bending and stretching	굴신	屈伸
19	組手形	くみて がた	Kumite Gata	Sparring Type	조수형	组手形式
20	下足底	げそくてい	Gesokutei	Lower Leg Bottom	하족저	下脚底
21	下段受け	げだん うけ	Gedan Uke	Lower Level Block	하단 막기	下段接受
22	下段交叉受け	げだん こう さうけ	Gedan Kousa Uke	Lower Level Scissors Block	하단 가위 막기	下段交叉接受
23	下段手刀払い	げだん しゅ とう ばらい	Gedan Shutou Barai	Lower Level Hand Sword Block	하단 수도 막기	下段手刀拂
24	下段掬い受け	げだん すく い うけ	Gedan Sukui Uke	Lower Level Scoops Up Block	하단 올려 막다	下段掬接受
25	下段掬い留め	げだん すく い とめ	Gedan Sukui Tome	Lower Level Scoops Up and Stop Block	하단 올려 머물다	下段掬留存
26	下段払い受け	げだん ばら い うけ	Gedan Barai Uke	Lower Level Ward- off Block	하단 후리기 막기	下段拂接受
27	下段膝返し	げだん ひざ かえし	Gedan Hiza Kaeshi	Lower Level Knee Return Block	하단 무릎 돌림 막기	下段膝还
28	下段振り捨て	げだん ふり すて	Gedan Furisute	Lower Level Shake Throw Block	하단 내버림막기	下段振开
29	下段輪受け	げだん わ う け	Gedan Wa Uke	Lower Level Ring Block	하단 원형 막기	下段轮接受
30	拳槌	けんつい	Kentsui	Hammer Fist	권추, 매주먹	拳槌(铁锤)
31	拳槌打ち	けんつい う ち	Kentsui Uchi	Hammer Fist Strike	권추타 치기	拳槌打
32	狐拳	こ けん	Ko ken	Fox Fist	호권	狐拳
33	後屈立	こうくつ だ ち	Koukutsu Dachi	Back Stance	뒷굽이 서기	后屈立
34	交叉立	こうさ だち	Kousa Dachi	Inter Level Stance	교차 서기	交叉立
35	小手	こて	Kote	Forearm	손끝	小手
36	三本組手	さんぼん く みて	Sanbon Kumite	Three Sparring	삼본 조수	三个组手
37	指鉗	しきょう	Shikyou	Finger Scissors	지협, 손 바위	指剪刀

The Model and Terminology of Shito-ryu Karate-do by IT (SAWA, HIGUCHI, MORI, SAKAI, TOMITA, KOEZUKA)

38	四股立	しこ だち	Shiko Dachi	Shiko Dachi	사고 서기	四足立
39	自由一本組手	じゆう いっ ばん くみて	Jiyuu Ippon Kumite	Semi-free One Blow Sparring	자유일본 조수	自由一个组手
40	自由組手	じゆう くみ て	Jiyuu Kumite	Free Style Sparring	자유 조수	自由组手
41	自由二本組手	じゆう にほ ん くみて	Jiyuu Nihon Kumite	Sparring Two Freedom	자유이본 조수	自由二个组手
42	手刀	しゅとう	Shutou	Knife Hand	수도, 손날	手刀
43	手刀打ち	しゅとう う ち	Shutou Uchi	Knife Hand Strike	수도 치기	手刀打
44	手峯	しゅほう	Shuhou	Hand Peak	수봉	手峰
45	手峯打ち	しゅほう う ち	Shuhou Uchi	Hand Peak Strike	수봉 치기	手峰打
46	小拳頭	しょう けん とう	Sho Ken Tou	Little Fist Head	소권두	小拳头
47	上足底	じょう そく てい	Jyo Sokutei	Ball of Foot	상족저	上脚底
48	上段蹴り	じょうだん げり	Jyodan Geri	Upper Level Kick	상단 막기	上段踢
49	上段揚げ受け	じょうだん あげ うけ	Jyodan Age Uke	Upper Level Raises Block	상단 올려 막기	上段向上接受
50	上段受け	じょうだん うけ	Jyodan Uke	Upper Level Block	상단 막기	上段接受
51	上段打落とし	じょうだん うちおとし	Jyodan Uchi Otoshi	Upper Level Down Strike	상단 쳐 내리 치 기	上段向上接受
52	上段空受け	じょうだん から うけ	Jyodan Kara Uke	Upper Level Empty Block	상단 공 막기	上段空中接受
53	上段繰り受け	じょうだん くり うけ	Jyodan Kuri Uke	Upper Level Repetition Block	상단 위로 막기	上段缠绕接受
54	上段狐受け	じょうだん こうけ	Jyodan Ko Uke	Upper Level Fox Block	상단 호 막기	上段狐接受
55	上段交叉受け	じょうだん こうさ うけ	Jyodan Kousa Uke	Upper Level Scissors Block	상단 가위 막기	上段交叉接受
56	上段小手受け	じょうだん こて うけ	Jyodan Kote Uke	Upper Level Forearm Block	상단 팔막 막기	上段手巧接受
57	上段差受け	じょうだん さ うけ	Jyodan Sa Uke	Upper Level Difference Block	상단 차 막기	上段差别接受
58	上段突き受け	じょうだん つき うけ	Jyodan Zuki Uke	Upper Level Punch Block	상단 돌려 막기	上段突接受
59	上段横打ち	じょうだん よこうち	Jyodan Yoko Uchi	Upper Level Side Strike	상단 가로 치기	上段打落、上段市 落
60	上段横払い	じょうだん よこ はらい	Jyodan Yoko Harai	Upper Level Transverse Block	상단 가로 막기	上段横拂
61	上段輪受け	じょうだん わ うけ	Jyodan Wa Uke	Upper Level Ring Block	상단 원형 막기	上段轮接受
62	掌底	しょうてい	Shoutei	Palm Bottom, Palm Heel	장지	掌底
63	前屈立	ぜんくつ だ ち	Zenkutsu Dachi	Forward Stance	앞 굽이	前屈立



64	足甲	そくこう	Sokukou	Back of Foot	발등	脚甲、脚蓋、脚背
65	足甲蹴り	そくこう げり	Sokukou Geri	Shell Foot Kick	발등 차기	脚甲踢、脚蓋踢
66	足刀	そくとう	Sokuto	Foot Edge, Knife Foot	족도, 발칼, 발날	足刀、脚刀
67	足刀蹴り	そくとう げり	Sokutou Geri	Outer Edge Foot Kick	족도 차기	足刀踢、脚刀踢
68	外小手	そと こて	Soto Kote	Outer Forearm	밖팔목	小手平、面手
69	外八字立	そとはちじ だち	Soto Hachiji Dachi	Outer 8 Characters Stance	외팔자 서기	外八字形立
70	大拳頭	だい けん と	Dai Ken Tou	Greater Fist Head	대권두	大拳头
71	立ち方	たちかた	Tachi Kata	Stance Techniques	서기	立起法、立方法
72	堅拳突き	たて けん うち	Tate Ken Uchi	Vertical Fist Strike	종권 치기	纵拳头打
73	鍛錬組手	たんれん くみて	Tanren Kumite	Training Sparring	단련 조수	训练组手
74	中段交叉受け	ちゅうだん こうさ うけ	Chudan Kousa Uke	Middle Level Scissors Block	중단 가위 막기	中段交叉接受
75	中段二の腕	ちゅうだん にのうで	Chudan Ninoude	Middle Level Upper Arm	중단 위팔	中段上臂
76	中段払い受け	ちゅうだん はらい うけ	Chudan Harai Uke	Middle Level Ward-off Block	중단 불하 막기	中段拂接受
77	中段輪受け	ちゅうだん わ うけ	Chudan Wa Uke	Middle Level Ring Block	중단 원형 막기	中段轮接受
78	中段拳底受け	ちゅうだん しょうてい うけ	Chudan Shoutei Uke	Middle Level Palm Bottom Block	중단 턱 막기	中段掌底接受
79	中段受け	ちゅうだん うけ	Chudan Uke	Middle Level Block	중단 막기	中段接受
80	中段受流し	ちゅうだん うけ なかし	Chudan Uke Nagashi	Middle Level Block	중단 막기	中段避开
81	中段裏受け	ちゅうだん うら うけ	Shuutou Ura Uke	Middle Level Back Block	중단 뒤 막기	中段背后接受
82	中段掻き分け	ちゅうだん かきわけ	Chudan Kakiwake	Middle Level Push Aside	중단 밀려 막기	中段推开
83	中段掛手	ちゅうだん かけて	Chudan Kakete	Middle Level Collecting Hand	중단 채수 막기	中段挂手
84	中段合掌受け	ちゅうだん がっしょう うけ	Chudan Gasshou Uke	Middle Level Hands Block	중단 합장 막기	中段合掌接受
85	中段蹴り	ちゅうだん げり	Chudan Geri	Middle Level Kick	중단 차기	中段踢
86	中段拳文受け	ちゅうだん けんし うけ	Chudan Kenshi Uke	Middle Level Fist-branch Block	중단 권지 막기	中段拳文接受
87	中段狐受け	ちゅうだん こうけ	Chudan Ko Uke	Middle Level Fox Block	중단 호 막기	中段狐接受
88	中段小手受け	ちゅうだん こて うけ	Chudan Kote Uke	Middle Level Forearm Block	중단 팔막 막기	中段小手接受
89	中段手刀受け	ちゅうだん しゅとう うけ	Chudan Shutou Uke	Middle Level Hand Sword Block	중단 수도 막기	中段手刀接受

The Model and Terminology of Shito-ryu Karate-do by IT (SAWA, HIGUCHI, MORI, SAKAI, TOMITA, KOEZUKA)

90	中段掬い受け	ちゅうだん すくい うけ	Chudan Sukui Uke	Middle Level Scoop Block	중단 올려 막기	中段抄接受
91	中段大裏受け	ちゅうだん だいり うけ	Chudan Dairi Uke	Middle Level Large Reverse Block	중단 대뒤 막기	中段大背後接受
92	中段突き留め	ちゅうだん つき とめ	Chudan Zuki Tome	Middle Level Punch Block	중단 찌르기 막기	中段突留
93	中段肘受け	ちゅうだん ひじ うけ	Chudan Hiji Uke	Middle Level Elbow Block	중단 무릎 막기	中段肘接受
94	中段肘支受け	ちゅうだん ひじし うけ	Chudan Hijishi Uke	Middle Level Elbow- branch Block	중단 무릎알 막기	中段肘支接受
95	中段平行	ちゅうだん ひらゆき	Chudan Hirayuki	Middle Level Parallel	중단 평행 막기	中段并行
96	中段横受け	ちゅうだん よこ うけ	Chudan Yoko Uke	Middle Level Side Block	중단 옆 막기	中段横(側)接受
97	中段横打ち	ちゅうだん よこうち	Chudan Yoko Uchi	Middle Level Side Strike	중단 옆 치기	中段横(側)打
98	中段横払い	ちゅうだん よこ はらい	Chudan Yoko Harai	Middle Level Side Block	중단 옆 막기	中段横(側)拂
99	跳足	ちょうそく	Chosoku	Kick Refuse	도족	跳脚
100	直突き	ちよく づき	Choku Zuki	Straight Punch	직 지르기	直突
101	突き方	つき かた	Tsuki Kata	Punch Techniques	지르기 기술	突法
102	出る足	でる あし	Deru Ashi	Come Out Foot	나오는발, 출족	出足, 出的脚
103	転位	てんい	Ten'i	Transposition	전위	转移
104	並び平行立	ならびへいこう だち	Narabiheikou Dachi	Row Parallel Stance	병 평행 서기	并平行站立
105	二本組手	にほん くみ て	Nihon Kumite	Double Movement Sparring	이본 조수	二个组手, 两个组手
106	貫手	ぬきて	Nukite	Spear Hand	관수	贯手
107	猫足立	ねこ あし だち	Neko Ashi Dachi	Cat Stance	묘족 (반후굴) 서기	猫式腿立
108	反撃	はんげき	Hangeki	Counterattack	반격	反击
109	半身体勢	はんみ たい せい	Hanmi Taisei	half-Side Posture	반신체세	半身体势
110	引き足	ひき あし	Hiki Ashi	Influence Foot	잡아당기는 발, 인족	拖腿, 脚拉
111	膝当て	ひざ あて	Hiza Ate	Knee Strike	무릎 치기	膝打
112	膝頭	ひざ かしら	Hiza Kashira	Knee Head	무릎	膝盖
113	肘当て	ひじ あて	Hiji Ate	Wrist Strike	팔 치기	肘打
114	肘	ひじ (エンピ)	Hiji (Empi)	Elbow	팔꿈치	肘
115	平鉄	ひら きよう	Hira Kyou	Flat Scissors	평협	平剪

116	平拳突き	ひら けん づき	Hira Ken Zuki	Fore Knuckle Fist Straight Punch	평권 지르기	平拳突
117	平小手	ひら こて	Hira Kote	Upper Forearm	평팔뚝	小检拳、平手入
118	複式組手	ふくしき くみて	Fukushiki Kumite	Double Sparring	복식 조수	复式组手
119	踏下し	ふみくだし	Fumi Kudashi	Stamping Kick	들어가다	跨进、陷入
120	振り突き	ふり づき	Furi Zuki	Shaking Out Punch	휘드름 지르기	挥突
121	平行立	へいこう だち	Heikou Dachi	Parallel Stance	평행 서기, 나란히서기	平行立
122	闭足立	へいそく だち	Heisoku Dachi	Closed Leg Stance	폐족 서기	闭足立、闭脚立
123	廻し蹴り	まわし げり	Mawashi Geri	Roundhouse Kick	돌려 차기	回转踢
124	廻り足	まわり あし	Mawari Ashi	Surroundings Foot	돌림발, 회전 발	回转脚
125	結び立	むすび だち	Musubi Dachi	Connects Stance	결부 서기	结立
126	諸手突き	もろて づき	Morote Zuki	Double Fist Punch	양손 지르기	诸手突
127	横蹴り	よこ げり	Yoko Geri	Side Kick	옆 차기	横踢
128	寄り足	より あし	Yori Ashi	Slippery Foot	기족, 미끄럼발	寄足、寄脚
129	落下	らっか	Rakka	Drop	낙하	落下、下降
130	流水	りゅうすい	Ryuusui	Running Water	유수	流水
131	礼字立	れのじ だち	Renoji Dachi	Renoji Stance	례의자 서기	礼字立
132	輪突き	わ づき	Wa Zuki	Ring Punch	원형 지르기	轮突

## 2.3 Model of Basic Technologies on Shito-ryu

Model of basic technologies on Shito-ryu Karate-do can be classified like *Model 1*.

The organization model techniques of karate-do can be classified into six items (stance techniques, grasp techniques, attack techniques, defense techniques, sparring techniques and continuous techniques) as a basic stance. Additionally, the scientific principle that includes three items (operation method of foot, law of five coroa-yu and five principles of receiver) is also necessary. The term concerning each content has

The Model and Terminology of Shito-ryu Karate-do by IT (SAWA, HIGUCHI, MORI, SAKAI, TOMITA, KOEZUKA)

been described in a right column (*Model 1*).

### *Model 1* Model of Basic Technologies on Shito-ryu Karate-do

The Basic Techniques of Karate-do	Stance Techniques	Back Stance	Cat Stance	Closed Leg Stance
		Connects Stance	Forward Stance	Half-Side Posture
		Inner 8 Characters Stance	Inter Level Stance	Outer 8 Characters Stance
		Parallel Stance	Renoji Stance	Row Parallel Stance
		Shiko Dachi	Side Posture	
	Grasp Techniques	Upper Extremity	Back Fist	Back Hand Sword
			Finger Scissors	Forearm
			Fox Fist	Hammer Fist
			Hand Peak	Spear Hand
		Lower Extremity	Back Heel	Back of Foot
			Ball of Foot	Knife Foot
	Attacking Techniques	Kick Techniques	Punch Techniques	Strike Techniques
		Striking Techniques		
	Defense Techniques	Block Techniques	Double Fist	Movement
		Part	Peculiarity Techniques	
	Sparring Techniques	Basic Sparring	Application Sparring	Double Movement Sparring
			Double Sparring	One Sparring
			Three Sparring	Training Sparring
		Game Sparring	Free Style Sparring	Semi-free One Blow Sparring
			Sparring Two Freedom	
	Operation Method of Foot	Knee Strike	Middle Level Kick	Outer Edge Foot Kick
		Roundhouse Kick	Shell Foot Kick	Side Kick
		Stamping Kick	Upper Level Kick	
	Law of Five Coroayu	Come Out Foot	Influence Foot	Kick Refuse
		Slippery Foot	Surroundings Foot	
	Five Principles of Receiver	Bending and stretching	Counterattack	Drop
		Running Water	Transposition	

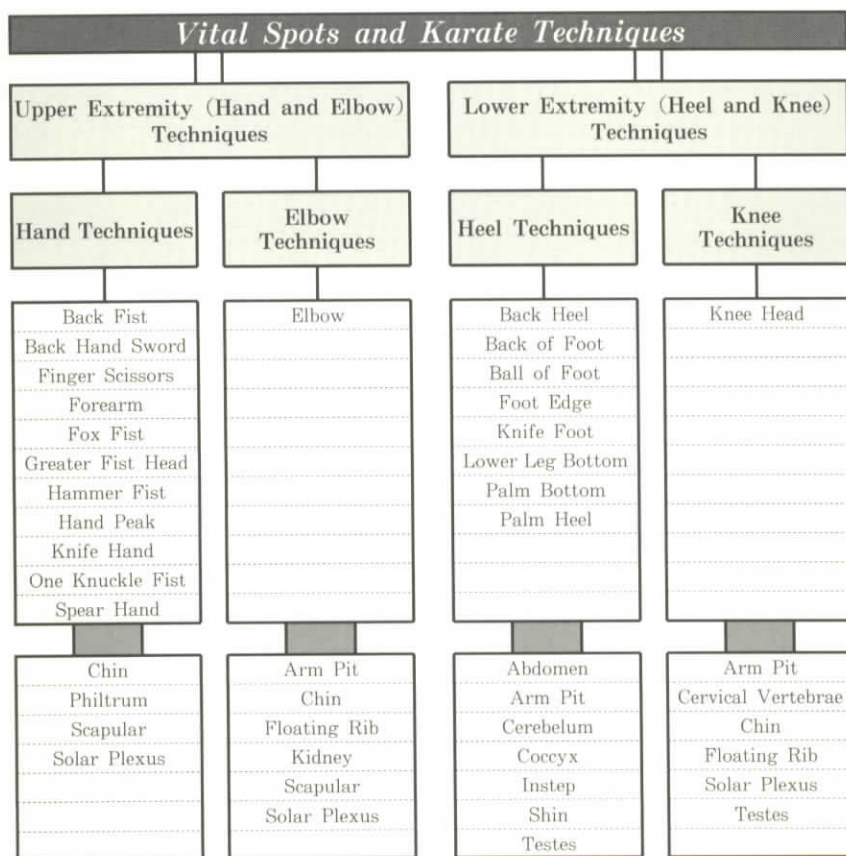
## 3. The Vital Spots and Shito-ryu Techniques

### 3.1 The Basic Model of the Vital Spots and Shito-ryu Techniques

The basic model of the vital spots and Shito-ryu techniques can be classified like *Model 2*.



**Model 2** The Basic Model of the Vital Spots and Shito-ryu Techniques



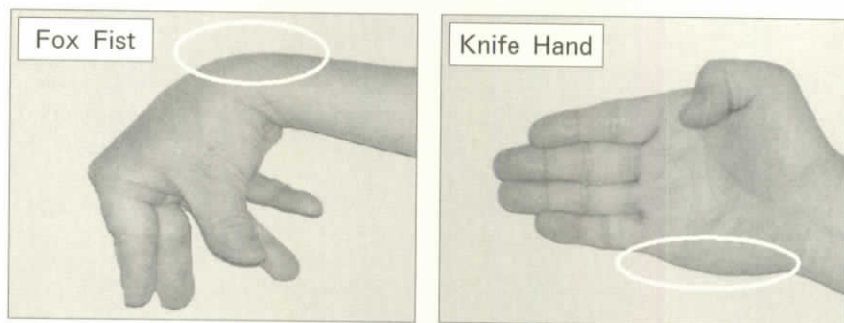
For the model of vital spots and karate techniques, there are upper extremity (hand arm and elbow) techniques and lower extremity (heel and knee) techniques. The former is hand techniques and elbow techniques. The latter is heel techniques and knee techniques. The lower column is vital spots. Moreover, a certain column is a model of the term that relates to upper extremity and lower extremity (**Model 2**).

### 3.2 The Model of Upper Extremity

Hand techniques is the source of vitality of karate in foot techniques.

karate is used for hitting hard and attacking and blocking and bending by both an attack and defense, etc. Here various hand techniques can be divided into attack techniques and defense techniques.

The purpose of offensive techniques of karate is opposing a rival's attack effectively. On the other hand, the attack of karate is not used to the rival from whom the attack does not serve as a threat. Since an offensive technique blocks directly, one of the unique features of karate is used.



*Photo 1* The Fox Fist and Knife Hand Photograph of the Upper Extremity

### 3.2.1 Ko Ken:Fox Fist

[EXPLANATION] KO KEN, Fox fist is an attacking technique by using wrist (*Photo 1*).

[PROCEDURE] 1. Spread our the palm. 2. bend wrist to downward. 3. bend thumb and little finger to the wrist side firmly. 4. when striking, firmly tight the arm. It is effective technology at the case of a combat at the close distance. When look at this technique posture from the front or side and middle finger's point looks like an icicle form.

[ATTACK TARGET] (Upper Level) face, jaw. (Middle Level) underarm abdomen.

### 3.2.2 Shutou:Knife Hand

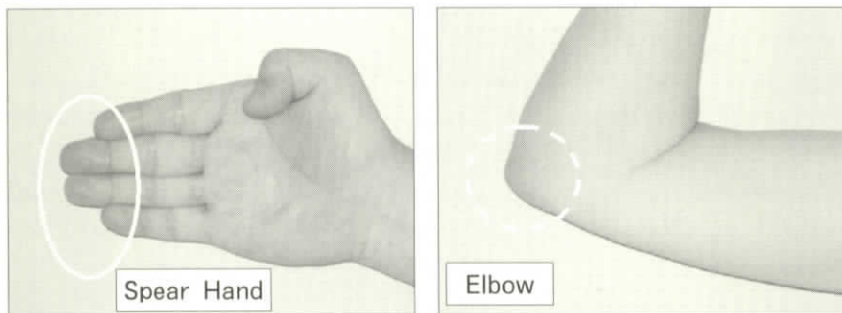
[EXPLANATION] SHUTOU, the knife hand is the other side of ridge hand, mainly use the pinky finger side. Therefore, it is a technique similar to the technique of karate chop, "the hand knife strike" of the professional

wrestling (*Photo 1*).

[PROCEDURE] 1. Extend the five fingers as in order. 2. The first joint of the thumb is bent. 3. Make sure to keep thumb and index finger to parallel. 4. The pinky side become lower position.

[RELATED TERM] knife hand block, knife hand strike, knife hand profile strike.

[ATTACK TARGET](Upper Level) temple. (Middle Level) clavicle, under-arm abdomen. (Lower Level) groins, testis.



*Photo 2* The Spear Hand and Elbow Photograph of the Upper Extremity

### 3.2.3 Nukite(yonhon):Spear Hand

[EXPLANATION] NUKITE YONHON, Four spear hand is also called as four finger spear hand other than the thumb (*Photo 2*).

[PROCEDURE]1. Open the hand. 2. Extend four fingers as its position. 3. Make thumb's nail part bent lightly. 4. Extend the arm and slightly bent the elbow. 5. Press down firmly such pinky and third fingers by the thumb. 6. Spear hand will become powerful arms if the length at the tip of the middle and the third finger is in order.

[ATTACK TARGET] (Upper Level) adam's apple, philtrum. (Middle Level) solar plexus, windpipe.

### 3.2.4 Empi:Elbow

[EXPLANATION]EMPI, Elbow is the portion connected with upper arm and fore arm and when Elbow is bent, it is the bone of the joint. Elbow is

The Model and Terminology of Shito-ryu Karate-do by IT (SAWA, HIGUCHI, MORI, SAKAI, TOMITA, KOEZUKA)

also called "Elbow gun", because it is hard and has powerful power. Elbow is the effective portion with the destroy (*Photo 2*).

[ATTACK TARGET] (Middle Level) armpit, floating ribs, kidney, scapular, upper back, solar plexus. (Lower Level) hollow of knee.

[RELATED TERM] elbow strike, elbow side strike, side wrist strike.

[ATTACK TARGET] (Middle Level) armpit, floating ribs, kidney, scapular, upper back, solar plexus. (Lower Level) hollow of knee.

Hand technology is classified into five terminologies, back fist(uraken), elbow(hiji:empi), knife hand(shuto), low leg bottom(gesokutei), spear hand(nukite). Such techniques of back fist(uraken), elbow(hiji(empi)), knife hand(shuto), low leg bottom(gesokutei), spear hand(nukite) are effective for the vital spots of upper, middle and lower level. On the other hand, elbow is effective for the middle and lower level (*Model 3*).

Punching techniques is the back-fist, one-knuckle fist, back hand sword, hammer fist, palm heel, spear hand, etc. Both typical hand techniques based on use of Karate-do is acquiring a quick and wonderful effect.

After preparing immediately on the bone of the waist, you should begin the hand hit hard. For actual use, you should train so that it may hit hard favorably and effectively from any positions.

This is the correlation model between vital spots and hand technologies. Vital spots are classified into three categories, upper, middle and lower level. For the hand technologies, five terminologies are chosen to explain, back fist(uraken), elbow(hiji(empi)), knife hand(shuto), low leg bottom(gesokutei), spear hand(nukite) (*Table 5*).

There are three ways of upper extremities in punching, striking and blocking techniques respectively. This illustration above is the application model of practical use of upper extremity in each technique. The power in a punch is attacking in a straight line through forearm to the striking point. On the other hand, offensive power is applying an elbow horizontally.

There are many striking techniques with karate. It is used in order to block like many cases only for an attack. The true art of karate is said to "begin and end with blocking." Another motto is: "In karate never make the first move." The meaning behind both of these expressions is that



**Model 3** The Basic Model of the Vital Spots and Upper Extremity

Hand Technology	Back Fist	Upper Level	Bridge of Nose	Philtrum	Temple			
		Middle Level	Floating Ribs	Inner Wrist	Kidney	Scapular, Upper Back	Small of Back	Solar Plexus
		Lower Level	Hollow of Knee					
	Bottom Fist	Upper Level	Skull	Temple				
		Middle Level	Clavicle	Floating Ribs	Kidney	Small of Back	Solar Plexus	Windpipe
		Lower Level	Hollow of Knee					
	Elbow	Upper Level						
		Middle Level	Armpit	Floating Ribs	Kidney	Scapular, Upper Back	Small of Back	Solar Plexus
		Lower Level	Hollow of Knee					
	Knife Hand	Upper Level	Side of Neck					
		Middle Level	Clavicle					
		Lower Level	Testes, Groin					
	Spear Hand	Upper Level	Adam's Apple					
		Middle Level	Solar Plexus	Windpipe				
		Lower Level	Hollow of Knee					

karate ethics opposes its use for offensive purposes (**Model 4**).

Since karate originated and has developed as an art of self-defense, blocking techniques are highly developed. Most of these are performed with the hands, in which the opponent's attacking hand or foot is struck, deflected, pressed down, hooked or in some other way blocked, so that the attack is rendered ineffective.

*Table 5 The Correlation Model of the Vital Spots and Upper Extremity*

	Level	Vital Spots	Back Fist	Elbow	Knife Hand	Low Leg Bottom	Spear Hand
			Uraken	Hiji (Empi)	Shutou	Gesokutei	Nukite
1	Middle	Abdomen					
2	Upper	Adam's Apple					○
3	Middle	Armpit		○			
4	Upper	Base of Cerebelum					
5	Upper	Bridge of Nose	○				
6	Upper	Chin					
7	Middle	Clavicle			○	○	
8	Middle	Floating Ribs	○	○		○	
9	Lower	Hollow of Knee	○	○	○	○	○
10	Middle	Inner Wrist	○			○	
11	Upper	Jaw					
12	Middle	Kidney	○	○		○	
13	Upper	Philtrum	○				
14	Middle	Scapular, Upper Back	○	○		○	
15	Upper	Side of Neck			○		
16	Upper	Skull				○	
17	Middle	Small of Back	○	○		○	
18	Middle	Solar Plexus	○	○		○	○
19	Upper	Temple	○			○	
20	Lower	Testes, Groin			○		
21	Middle	Windpipe					○

**Model 4** The Basic Model between Punching, Striking and Blocking Techniques for Upper Extremity

Techniques of Upper Extremity	Punching Techniques	Back Fist Punch	Double Fist Punch
		Fore Knuckle Fist Punch	One Knuckle Fist Punch
		Ring Punch	Rising Punch
		Shaking Out Punch	Spear Hand Punch
		Straight Punch	Vertical Fist Punch
	Striking Techniques	Back Fist Strike	Back Hand Sword Strike
		Hammer Fist Strike	Hand Peak Strike
		Knife Hand Strike	Wrist Strike
	Blocking Techniques	Back Block	Difference Block
		Elbow Block	Elbow-branch Block
		Empty Block	Fist-branch Block
		Forearm Block	Fox Block
		Hand Sword Block	Hands Block
		Large Reverse Block	Palm Bottom Block
		Punch Block	Raises Block
		Repetition Block	Ring Block
		Scissors Block	Scoop Block
		Side Block	Ward-off Block

There are three ways of upper extremities in punching, striking and blocking techniques respectively (*Table 6*). Number 1-10 of upper extremity displays the relation between punching and striking and blocking techniques. Number 11-22 displays a related term of punching and striking and blocking techniques.

The activity of blocking techniques can be classified into three levels, upper, middle and lower. This illustration above is the application model of practical use of punching techniques.

**Table 6** *The Correlation Model between Punching, Striking and Blocking Techniques for Upper Extremity*

	Upper Extremity	Punching Techniques	Striking Techniques	Blocking Techniques		Punching Techniques	Blocking Techniques	Blocking Techniques
1	Back Fist	Back Fist Punch	Back Fist Strike		11	Rising Punch	Difference Block	Palm Bottom Block
2	Back Hand Sword		Back Hand Sword Strike		12	Vertical Fist Strike	Elbow Block	Punch Block
3	Elbow		Wrist Strike	Elbow Block	13	Straight Punch	Elbow-branch Block	Repetition Block
4	Fox Fist			Fox Block	14	Shaking Out Punch	Empty Block	Raises Block
5	Hammer Fist		Hammer Fist Strike		15	Fore Knuckle Fist Punch	Fist-branch Block	Ring Block
6	Hand Peak		Hand Peak Strike		16	Double Fist Punch	Forearm Block	Scissors Block
7	Knife Hand		Knife Hand Strike	Hand Sword Block	17	Ring Punch	Fox Block	Scoop Block
8	One Knuckle Fist	One Knuckle Fist			18	Rising Punch	Hand Sword Block	Scoops Up and Stop Block
9	Palm Bottom, Palm Heel			Palm Bottom Block	19		Hands Block	Shake Throw Block
10	Spear Hand	Spear Hand			20		Knee Return Block	Side Block
					21		Large Reverse Block	Transverse Block
					22		Large Reverse Block	Ward-off Block

This is the correlation model between upper, middle and lower level for 29 blocking techniques. Blocking techniques are classified into three categories, upper, middle and lower level.



The correlation between blocking techniques for upper and middle and lower level can be classified like *Model 5*.

*Model 5* The Correlation Model between Blocking Techniques for Upper, Middle and Lower Level

Blocking Techniques	Upper Level	Difference Block	Down Block	Empty Block
		Forearm Block	Fox Block	Punch Block
		Raises Block	Repetition Block	Ring Block
		Scissors Block	Side Block	Transverse Block
	Middle Level	Back Block	Elbow Block	Elbow-branch Block
		Fist-branch Block	Forearm Block	Fox Block
		Hand Sword Block	Hands Block	Large Reverse Block
		Palm Bottom Block	Punch Block	Push Aside
		Ring Block	Scissors Block	Scoop Block
		Side Block	Ward-off Block	
	Lower Level	Hand Sword Block	Knee Return Block	Ring Block
		Scissors Block	Scoops Up and Stop Block	Scoops Up Block
		Shake Throw Block	Ward-off Block	

The correlation between upper and middle and lower level for blocking techniques can be classified like *Table 7*.

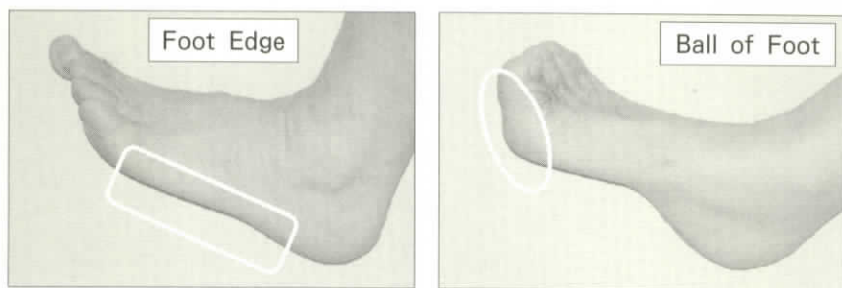
*Table 7 The Correlation Model between Upper, Middle and Lower Level for Blocking Techniques*

	Blocking Techniques	Upper Level	Middle Level	Lower Level
1	Back Block		◎	
2	Collecting Hand		◎	
3	Difference Block	◎		
4	Down Strike	◎		
5	Elbow Block		◎	
6	Elbow-branch Block		◎	
7	Empty Block	◎		
8	Fist-branch Block		◎	
9	Forearm Block	◎	◎	
10	Fox Block	◎	◎	
11	Hand Sword Block		◎	
12	Hands Block		◎	
13	Knee Return Block			◎
14	Large Reverse Block		◎	
15	Palm Bottom Block		◎	
16	Parallel		◎	
17	Punch Block		◎	
18	Push Aside		◎	
19	Raises Block	◎		
20	Repetition Block	◎		
21	Ring Block	◎	◎	◎
22	Scissors Block	◎	◎	◎
23	Scoop Block		◎	◎
24	Scoops Up and Stop Block			◎
25	Shake Throw Block			◎
26	Side Block	◎	◎	
27	Transverse Block	◎	◎	
28	Upper Arm		◎	
29	Ward-off Block		◎	◎

### 3.3 The Model of Lower Extremity

Although we act a hand intentionally, it is rare to act a leg intentionally. Supposing we practice to effective arms, the execution without an intermission can be demonstrated effectively. Like all karate techniques, not only a leg but the whole body needs to use as a part of foot techniques.

Blocking techniques has techniques which is blocking using foot as well as attacking techniques etc. One of the remarkable features of karate has many the same attacking techniques and it is used in order to block. In addition, blocking is hitting hard or attacking and it is effectively prevented by before or secondary kick. Blocking techniques using a leg has the feature of two points as follows. First, the leg which is blocking is withdrawing quickly because of the next techniques. Next, safe balance should maintain through the performance of techniques (*Photo 3* and *Photo 4*).



*Photo 3* The Foot Edge and Ball of Foot Photograph of the Lower Extremity

#### 3.3.1 Soku Too:Foot Edge, Knife Foot

[EXPLANATION] SOKU TOO, Fox fist is an edge outside a certain leg by the side of the little finger currently bent upwards, diverting tiptoe. The boundary line of instep and sole is made into sword form, is carried out for width and is attacked (*Photo 3*).

[RELATED TERM] outer edge foot kick, side thrust kick, side rising kick, flying side kick, diving kick.

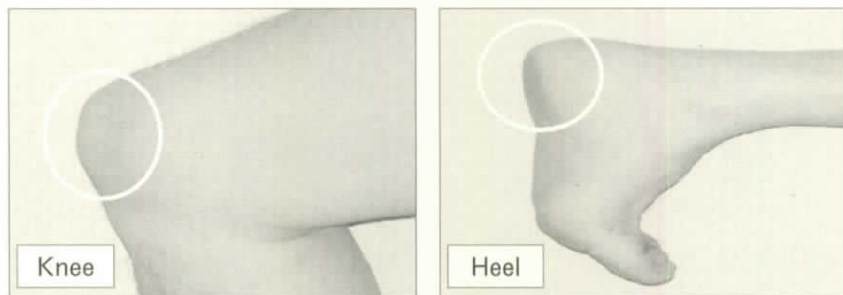
[ATTACK TARGET] (Upper Level) jaw, chin, side of neck. (Middle Level) abdomen, coccyx, floating rib, kidney, cervical vertebrae, solar plexus. (Lower Level) groins, testis.

### 3.3.2 Joosokutei:Ball of Foot

[EXPLANATION] JYOSOKUTEL, Ball of foot is fully lengthening ankle first. Next, a joint portion is bent and used, diverting toe firmly and putting power into the finger of tiptoe. The thumb is important when bending and using the bone of a Joint portion. The sake In the attack work and defence work of lower extremity, it is the part utilized for the maximum (*Photo 3*).

[RELATED TERM] front strust kick, front snap kick, flying front kick, roundhouse kick.

[ATTACK TARGET] (Upper Level) jaw, chin, cerebelum. (Middle Level) abdomen, arm pit, coccyx, kidney, cervical vertebrae, solar plexus. (Lower Level) achilles heel, calf, testes, hollow of knee, hollow of knee, shin.



*Photo 4* The Knee and Heel Photograph of the Lower Extremity

### 3.3.3 Hiza:Knee

[EXPLANATION] HIZA, Knee is knee joint which upper leg and leg were connected and was bent. Knee is the part which can demonstrate the powerful destructive power utilized for the maximum in attack techniques and defence techniques of lower extremity (*Photo 4*).

[RELATED TERM] Knee kick.



[ATTACK TARGET] (Upper Level) face, jaw. (Middle Level) underarm abdomen, coccyx, floating rib, kidney, cervical vertebrae, solar plexus. (Lower Level) testes, groins.

### 3.3.4 Kakato:Heel

[EXPLANATION] Kakato, Heel is also called "KUBISU" and "KIBISU." Since Heel is the rear of sole, weight is the part which can demonstrate destructive power almost powerful in this portion (*Photo 4*).

[RELATED TERM] front strut kick, back thrust kick, back snap kick, stamping kick.

[ATTACK TARGET] (Upper Level) face, jaw. (Middle Level) abdomen, arm pit, arm pit, coccyx, floating rib, cervical vertebrae, solar plexus. (Lower Level) achilles heel, calf, testes, groins, hollow of knee, instep, shin.

The vital spots of a human body can be classified into upper level, middle level and lower level (*Model 6*). The places which attack 3 level vital spots by each lower extremity techniques differ. Consequently, the basic model by which the correlation of the vital spots and lower extremity can be adapted for each item exists. It is the model of the high relevance of probability that 5 techniques of knee, foot edge, knife foot, instep, heel, tip foot and ball of foot mainly aim at each vital spots in lower extremity.

The vital spots of a human body can classify 20 places into three level (*Table 8*), and is a place which is easy to be attacked from five places of lower extremity. Five foot techniques containing back heel (kou sho), back of foot (sokukou), ball of foot (jyo sokutei), foot edge (sokuto), and knee head (hiza kashira) can demonstrate the greatest effect to 20 vital spots at the time of an attack. Here, correlation model of vital spots and lower extremity was devised.

The kicking model of foot techniques can be classified into five items (rising kick, lump kick, stamping kick, direction of kick and kicked movement). Rising kick, lump kick and stamping kick are terms that relate both heel, knee, foot edge, sole, ball of foot and between. The term concerning each content has been described in the column below.

The foot techniques considers the balance of the leg to fix and the leg

**Model 6** The Basic Model of the Vital Spots and Lower Extremity

Vital Spots and Foot Techniques	Back Heel	Upper Level						
		Middle Level	Abdomen	Arm Pit	Coccyx	Floating Rib	Solar Plexus	
		Lower Level	Achilles Heel	Calf	Instep	Shin		
	Back of Foot	Upper Level	Temple					
		Middle Level	Solar Plexus					
		Lower Level	Testes					
	Ball of Foot	Upper Level	Cerebellum	Chin	Jaw			
		Middle Level	Abdomen	Arm Pit	Cervical Vertebrae	Coccyx	Kidney	Solar Plexus
		Lower Level	Achilles Heel	Calf	Shin	Testes		
	Foot Edge	Upper Level	Chin	Neck	Philtrum			
		Middle Level	Abdomen	Arm Pit	Coccyx	Floating Rib	Kidney	Solar Plexus
		Lower Level	Achilles Heel	Calf	Instep	Shin	Testes	
	Knee Head	Upper Level	Cervical Vertebrae	Neck	Philtrum			
		Middle Level	Abdomen	Arm Pit	Coccyx	Floating Rib	Kidney	Solar Plexus
		Lower Level	Testes					

to kick as special cautions. The leg kicked behind considers avoiding being held by the rival promptly. The state of the leg at that time is prepared for the following technique and it is established so that it may withdraw favorably (**Model 7**).

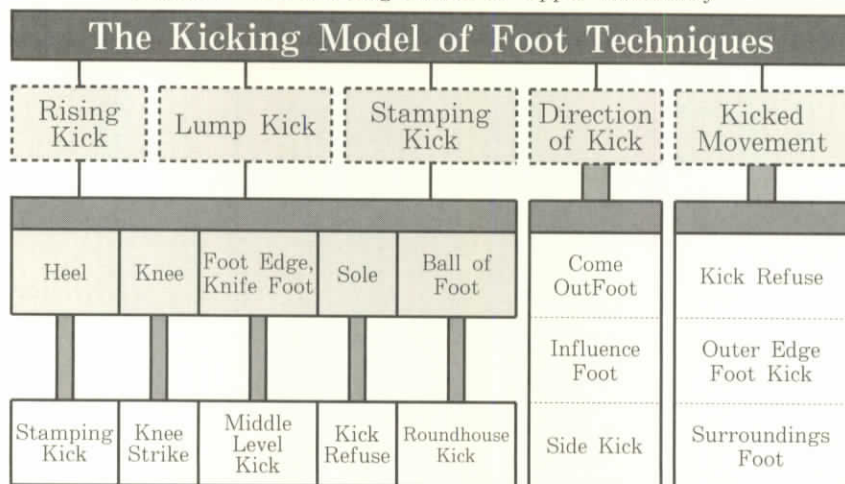
The foot techniques can be divided into stamping kick, knee strike, middle level kick, outer edge foot kick, roundhouse kick, shell foot kick,

**Table 8** *The Correlation Model of the Vital Spots and Lower Extremity*

	Vital Spots	Back Heel	Back of Foot	Ball of Foot	Foot Edge	Knee Head
1	Abdomen	◎	◎	◎	◎	◎
2	Achilles Heel	◎	◎	◎	◎	
3	Arm Pit	◎	◎	◎	◎	
4	Calf	◎	◎	◎	◎	
5	Cerebelum		◎	◎		
6	Cervical Vertebrae	◎	◎	◎		◎
7	Chin	◎	◎	◎	◎	
8	Coccyx	◎	◎	◎	◎	◎
9	Floating Rib	◎	◎		◎	◎
10	Hollow of Knee	◎	◎		◎	
11	Instep	◎			◎	
12	Jaw		◎	◎	◎	◎
13	Kidney		◎	◎	◎	◎
14	Neck				◎	
15	Philtrum				◎	◎
16	Scapular		◎			
17	Shin	◎	◎	◎	◎	
18	Solar Plexus	◎	◎	◎	◎	◎
19	Temple		◎			
20	Testes		◎	◎	◎	◎

side kick. If the portion of a leg is used by various methods, a specific foot-tricks way will be performed. For example, it will be set to middle level kick if it kicks to front middle level. Front upper level will be set to upper level kick if a sudden kick is carried out. It will be set to roundhouse kick if it kicks turning to circle form.

**Model 7 The Kicking Model of Upper Extremity**



Especially knee strike is efficient to a combat at close quarters. An attack of a kick is delivered up by the front part or by circular motion from a side. Knee strike is aiming at the vital part of a rival's abdomen, solar plexus, chest and ribs. On the other hand, Knee strike is powerful technique to attacking his face, after pulling him from the stable state.

Roundhouse knee kick is kicking raising bending in a knee rapidly. By motion like the rotation joint of the waist, it shakes and moves to a knee in the large circle form which should be turned. After preventing his attack at the end, surrounding, it is kicking to a rival's ribs.

#### 4. Stance

The model of organization of stance can be classified into three items (natural stance, inside tension and outside tension). The term concerning each content was described in the column below. Natural stance are parallel stance and row parallel stance. Inside tension are cat stance, connects stance, inner 8 characters stance, inter level stance and shiko stance's. Outside tension are back stance, closed leg stance, forward stance, outer 8 characters stance and renoji stance (*Model 8*).

### Model 8 The Basic Model of Stance

Organization of Stance	Outside Tension	Renoji Stance	Shiko Dachi
		Outer 8 Characters Stance	Forward Stance
		Cat Stance	Back Stance
	Right Angle	Connects Stance	Parallel Stance
		Closed Leg Stance	Row Parallel Stance
	Inside Tension	Inner 8 Characters Stance	
	Other Tension	Inter Level Stance	
		Side Posture	
		half-Side Posture	

In order that healthy stance may bear the shock of kick striking, it is supporting weight firmly. Natural stance is a posture which extracts power in the body and stands on it automatically. A knee is bringing about elasticity in order to be equal to change. This is in the improvement in technical in the way of having maintained balance which is rational up.

Natural stance is exact techniques mainly by the form of lower extremity. Although the techniques can demonstrate the maximum speed and effective power forcibly, it is the optimal form. The upper part of the body is a thing perpendicular to a floor side in which its best is tried to be able to operate sensitively. A joint is not putting in power beyond necessity. Natural stance is how to be formed when changing into the state of natural muscles. How to be formed is put on the strain state from which the leg differed by forcing a knee to an inside and the exterior. How a strain state stands by action of muscles differs.

Natural stances are the posture of the preparation which moves to specific technology. Strength can be added to a continuation, an attack and a counterattack with the strain support under maintenance of balance of



one leg. Stance is an important element in all sports. It depends for the powerful karate technology in which both defense and an attack are delivered on the stance which maintained balance and was stabilized heavily. The stance of karate is the foundation of two strength and quickness. These factors are because it is not the direct portion of arbitrary karate technology but the natural posture which is daily helpful. Karate practice is starting with a natural posture.

## 5. Sparring

As the word suggests, sparring (kumite) in karate is a method of practicing the various techniques while facing an actual opponent. In its early days, the main forms of karate practice were the formal exercises and except for occasional tests of strength (kake-dameshi) of the various punches, kicks and blocks, there was no sparring as such.

Sparring is the method of practicing various techniques, while meeting an actual rival. Execution of the karate of the forms main in early stages was formal movement. Sparring was not made other than the test of the strength of various punches, kicks and blocks. Sparring is meeting it being mutual from the specified distance and repeating an attack and defending. The offensive style and offensive target in sparring direct (*Model 9*).

Method of free sparring may vary. Sparring as a method of training for karate enthusiasts is relatively modern phenomenon. Sparring can take several forms. There are several common method fo sparring method techniques: basic sparring (kihon kumite) and game sparring (kyougi kumite).

Basic sparring(kihon kumite) can be classified into six items (application sparring(ooyoo kumite), double movement sparring(nihon kumite), double sparring(fukushiki kumite), one sparring(ippon kumite) and three sparring(sanbon kumite) and training sparring(tanren kumite).

Game sparring(kyougi kumite) can be classified into three items (free style sparring(jiyuu kumite), semi-free one blow sparring(semi-free one blow sparring) and sparring two freedom(jiyu nihon kumite).

**Model 9** The Basic Model of Stance

Sparrring Techniques	Basic Sparrring	Application Sparrring	Double Movement Sparrring
		Double Sparrring	One Sparrring
		Three Sparrring	Training Sparrring
	Game Sparrring	Free Style Sparrring	
		Semi-free One Blow Sparrring	
		Sparrring Two Freedom	

## 6. Summary

Since each portion of a human body maintains a life, it is classifiable into the following three steps. First, the upper part from a head is set to upper level. Next, the middle portion containing a life knot is set to middle level. The lower part from middle level is set to lower level at the last.

The name about training of fundamental attack technology can be classified into four categories, punching techniques, striking techniques, foot techniques and blocking techniques. In addition, there are also five categories of hand and foot techniques, stance techniques, sparring method techniques and shito-ryu kata.

On the other hand, shito-ryu kata is a 22 type Yasutsune ITOSU system and a 18 type Kanryo HIGAONNA system. There are 40 types when these two models are set.

- 1) Multilingual translation (Japanese, English, Korean and Chinese) with 132 technical terminologie of hand and foot techniques that related to the shito-ryu karate was compiled.
- 2) It offered understanding the photograph and technical term of the important technology used as a hand or a leg at use to the persons concerned.

- 3) Correlation model concerning correlation and the vital point (upper level, middle level and upper level) with the vital point where the basis of the shito-ryu karate had been made a center was designed.

### *Acknowledgements.*

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