

Matsubayashi / Shorin-ryu Terminology for White & Yellow Belts

Japanese

English

**GREEN TIP  
REQUIREMENTS**

Shugo	Line Up	
Kyotsuke	Attention	"
Shihan	Director or Teacher of Teachers	"
Sensei	Teacher	"
Rei	Bow	"
Yoi	Ready	"
Dachi	Stance	"
Shizentia Dachi	Natural Stance	"
Zenkutsu Dachi	Bent Forward Stance (Deep Stance)	"
Neko	Cat	"
Ashi	Foot	"
Jodan	Upper (Head)	"
Chudan	Middle (Chest)	"
Gedan	Lower (Lower Body)	"
Uke	Block	"
Tsuki (Zuki)	Punch	"
Keri (Geri)	Kick	"
Kata	Form	"
Renzoku	All The Way Through	"
Hajime	Start or Begin	"
Yame	Stop	"
Karate	Empty Hand	"
Okinawa	Country of Origin	"
Shorin-Ryu (Chinese Pronunciation)	Pine Forest (Style)	"
Shoshin Nagamine	Grand Master of Style	"
Takayoshi Nagamine	Master of Style AND Sensei Ritter's Teacher	"

**Basic Techniques**

Shizentai-Dachi Chudan Tsuki (Zuki)	Natural Stance Middle Punch (Chest Punch)	<b>WHITE &amp; YELLOW BELTS</b>
Shizentai-Dachi Chudan Uke	Natural Stance Middle Block (Chest Block)	<b>"</b>
Gyaku Zuki	Reverse Punch	<b>"</b>
Zenkutsu-Dachi Gedan Uke (Brai)	Bent Forward Stance (Deep Stance) Lower Block	<b>"</b>
Oi-Zuki	Chasing Punch	<b>"</b>
Shizentai-Dachi Jodan Uke	Natural Stance Upper Block (Head Block)	<b>"</b>
Keri To Zuki	Kick And Punch	<b>"</b>

**Colors**

Shiro	White	<b>WHITE &amp; YELLOW BELTS</b>
Aka	Red	<b>"</b>
Kiuro	Yellow	<b>"</b>

**Numbers**

Ichi	1	Roku	6	<b>WHITE &amp; YELLOW BELTS</b>
Ni	2	Shichi	7	<b>"</b>
San	3	Hachi	8	<b>"</b>
Shi	4	Ku	9	<b>"</b>
Go	5	Ju	10	<b>"</b>

# *Ritter's Family Martial Arts*

## *Rita Ha Matsubayashi-ryu Terminology for all color Belts*

<u>Japanese</u>	<u>English</u>	<b>GREEN TIP REQUIREMENTS</b>
Onegaisimasu	A Request (Please Teach Me)	
Domo Arigato Gozaimasu	Thank You Very Much	"
Dojo	Training Hall	"
Naihanchi	Horse riding or (Straddle Leg)	"
Jigotai or Siko	Wide Open Leg	"
Soto	Outside	"
Mae or Shomen	Front	"
Uchi	Inside	"
Shuto	Knife Hand (Open Hand)	"
Uraken	Back Fist	"
Matsubayashi	Pine Forest	"
Rita Ha Matsubayashi	Pine Forest as taught by Ritter	"
Ryu	Style or System	"
Hiji-ate	Elbow strike	"

### **Basic Techniques**

Nekoashi-Dachi	Cat Stance	<b>ORANGE BELTS</b>
Nekoashi-Dachi Mae-Geri	Cat Stance Front Kick	"
Shizentai-Dachi Chudan Uchi Uke	Natural Stance Inside Middle Block	"
Zenkutsu-Dachi Moroto Uke	Bent Forward Stance Rein forced Block	"
Zenkutsu-Dachi Oi-Zuki	Bent Forward Stance Chasing Punch	"
Nekoashi-Dachi Chudan Shuto Uke	Cat Stance Knife Hand Middle Block	"
Nekoashi-Dachi Gedan Shuto Uke	Cat Stance Knife Hand Lower Block	"

### **Colors**

DaiDai Iro	Orange	<b>ORANGE BELTS</b>
Ao	Blue	"
Murasaki	Purple	"
Midori	Green	<b>ORANGE BELTS</b>
Chairo	Brown	"
Kuro	Black	"

### **Numbers**

Ni-Ju	20	<b>ORANGE BELTS</b>
San-Ju	30	"
Yan-Ju	40	"
Go-Ju	50	"
Roku-Ju	60	"
Nana-Ju	70	"
Hachi-Ju	80	"
Ku-Ju	90	"
Hyaku	100	"