

Ritter's Family Martial Arts

Matsubayashi / Shorin-ryu Terminology for White & Yellow Belts

Japanese

English

Basic Techniques

Green

Tip

Shizentai-Dachi Chudan Tsuki (Zuki)	Natural Stance Middle Punch (Chest Punch)	WHITE BELTS	YELLOW BELTS
Shizentai-Dachi Jodan Uke	Natural Stance Upper Block (Head Block)		
Gyaku Zuki	Reverse Punch		
Zenkutsu-Dachi Gedan Uke (Brai)	Bent Forward Stance (Deep Stance) Lower Block		

Basic Techniques

Shizentai-Dachi Chudan Uke	Natural Stance Middle Block (Chest Block)	YELLOW "	BELTS "
Oi-Zuki	Chasing Punch		
Keri To Zuki	Kick And Punch		

Numbers

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

Colors

Shiro	White	WHITE BELTS	YELLOW BELTS
Kiuro	Yellow		
DaiDai Iro	Orange		

Additional Terminology Practiced in class

Shugo	Line Up
Kyotsuke	Attention
Shihan	Director Teacher
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

Ritter's Family Martial Arts

Rita Ha Matsubayashi-ryu Terminology for all color Belts

Japanese

English

Basic Techniques

Green

Tip

Nekoashi-Dachi	Cat Stance	ORANGE BELTS	BLUE BELTS
Nekoashi-Dachi Mae-Geri	Cat Stance Front Kick		
Nekoashi-Dachi Chudan Shuto Uke	Cat Stance Knife Hand Middle Block		
Nekoashi-Dachi Gedan Shuto Uke	Cat Stance Knife Hand Lower Block		

Colors

Ao	Blue	ORANGE BELTS
Midori	Green	
Murasaki	Purple	

Basic Techniques

Shizentai-Dachi Chudan Uchi Uke	Natural Stance Inside Middle Block	BLUE BELTS
Zenkutsu-Dachi Moroto Uke	Bent Forward Stance Rein forced Block	
Zenkutsu-Dachi Oi-Zuki	Bent Forward Stance Chasing Punch	

Colors

Aka	Red	BLUE BELTS
Chairo	Brown	
Kuro	Black	

Additional Terminology Practiced in class

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

Additional Numbers

Ni-Ju	20
San-Ju	30
Yan-Ju	40
Go-Ju	50
Roku-Ju	60
Nana-Ju	70
Hachi-Ju	80
Ku-Ju	90
Hyaku	100