



CANADIAN ASSOCIATED SCHOOLS OF KARATE-DO

Halifax, Nova Scotia

Email: caskkaratehalifax@gmail.com

Association website: www.wado.ca School website: www.caskhalifax.ca

C.A.S.K. is a member of the Wado Karate Association of Canada & Karate Nova Scotia

DOJO (Training Hall) Rules

1. No student is permitted to smoke, drink on or litter the **DOJO** floor.
2. No shoes allowed on the **DOJO** floor.
3. Juniors must respect higher-ranking belts.
4. During practice, no one is to speak unless he or she first gets the Instructor's permission. If you do not understand or do not hear the command, raise your hand high enough for your Instructor to see.
5. Students should be punctual for class. If late, they must have the Instructor's permission to join the class.
6. Continuous absenteeism will be referred to the Technical Board.
7. Inside and outside the **DOJO**, your behaviour shall be exemplary at all times as not to reflect upon or in any way injure the good name of your Instructor, the other Members, and the **DOJO**.
8. Every effort should be made to make training as safe as possible. From time to time sprains and bruises are bound to occur, but **DOJO** injuries can be minimized if the Student follows these simple rules:
 - a. Pay attention in the **DOJO**.
 - b. Fingernails and toenails must be trimmed. This is to avoid accidentally scratching a training partner (It is also impossible to form a fist properly with untrimmed fingernails).
 - c. Remove all jewellery before entering the **DOJO**.
 - d. Do not chew gum during training.
9. Fees are due on or before the 8th of the month. Any Student whose fees are not up to date, will not be allowed to train.
10. Students must bow before entering and leaving the **DOJO**.
11. Students must have the Instructor's permission before entering or leaving the **DOJO** while class is in progress (e.g., going to the washroom).
12. Any Student with previous training from a school not affiliated to C.A.S.K., must have his or her rank re-evaluated to C.A.S.K.'s standards.
13. A Student's obi (belt) must **NEVER** touch the floor. This is a sign of disrespect.
14. Karate uniforms must always be clean and in good repair.
15. Personal hygiene is a **NECESSITY**.
16. It is the Students' responsibility to maintain a **THOROUGHLY** clean **DOJO** at all times. This shows respect for the other Students and especially the Instructor.
17. There must **NOT** be any **FREE SPARRING** practiced by any Student without the permission of the **INSTRUCTOR**.
18. The **INSTRUCTOR** is the sole authority in the **DOJO**. Any infringement of the above rules shall be dealt with accordingly.



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Basic Terminology

WADO - The way to peace
Karate - Empty hand
Sensei - Teacher
Shihan - Master
Karate-ka - Student of karate

Do gi - Karate/Practice uniform
Obi - Belt
Kohai - Junior
Sempai - Senior
Hara - Centre

Kime - Focus
Junbi Undo - Callisthenics
Waza - Technique
Osu - Yes
Kensei - Feint/feign
Tai Sabaki - Body shifting

Dojo - Training hall
Dan - Rank of a black belt holder
Kata - Formal exercise
Kumite - Free sparring

Kiai - Energy/unification; a yell to assist in bringing energy together
Seiza - Formal sitting position
Mokuso - Meditation (visualization)
Pinan - Heavenly/peaceful mind

Rei - Bow
Ski - Attention
Youi - Ready
Hajime - Start
Yasume - Relax
Yame - Stop
Hidari - Left
Migi - Right
Shomen - Front
Ushiro - Back
Yoko - Side
Mawatte - Turn
Karada - Body
Atama - Head
Kubi - Neck
Kata - Shoulder

Mune - Chest
Suigetsu - Solar plexus
Hiji/Empi - Elbow
Tekubi - Wrist
Ken (Seiken) - Fist (Searching way)
Koshi - Hip
Hiza - Knee
Hizagashira - Kneecap

Sune - Shin
Sokuto - Blade edge of foot
Haisoku - Instep
Kakato - Heel
Tsumasaki - Toe tips
Koushi - Ball of foot
Sokutei - Sole of foot

Ichi - 1
Ni - 2
San - 3
Shi (yon) - 4
Go - 5
Roku - 6
Shichi (nana) - 7
Hachi - 8
Ku - 9
Ju - 10

Shomen ni Rei - Bow to the front; shows respect for Master Otsuka and Master Shintani
Otagai ni Rei - Bow of respect to each other
Sensei ni Rei - Bow of respect to the teacher
Shinzai - Altar

Dachi - Stance

Hachiji Dachi - Informal stance, legs open
Musubi Dachi - Informal attention (open toes) stance
Heisoku Dachi - Formal attention (feet together) stance
Zenkutsu Dachi - Front stance
Hanmi Dachi - Half front stance
Kiba Dachi - Straddle leg (horse) stance
Kokutsu/Mahanmi Dachi - Back stance
Neko Ashi Dachi - Cat leg stance

Zuki - Punch

Jodan Zuki - Head punch
Chudan Zuki - Chest punch
Gedan Zuki - Groin punch
Jun/Oi Zuki - Lunge punch
Gyaku Zuki - Reverse punch
Tate Zuki - Vertical fist punch
Kizami Zuki - Jab punch
Kagi Zuki - Hook punch

Geri - Kick

Mae Geri - Front kick
Yoko Geri - Side kick
Ushiro Geri - Back kick
Mawashi Geri - Roundhouse kick
Mae Tobi Geri - Flying front kick
Yoko Tobi Geri - Flying side kick
Keage - Snap
Kekomi - Thrust

Uke - Block

Gedan Barai Uke - Downward sweeping block
Soto Ude Uke - Outside forearm block
Uchi Ude Uke - Inside forearm block
Age Uke - Upward rising block
Shuto Uke - Knife hand block
Juji Uke - X block

Uchi - Strike

Uraken Uchi - Back knuckle strike
Haito Uchi - Ridge hand strike

Shuto Uchi - Knife hand strike
Nukite Uchi - Spear hand strike

Hiji (Empi) Uchi - Elbow strike
Teisho Uchi - Palm heel strike