

UNIT 2: Keiko Gi No Kikata & Tatami Kata

How to Wear the Uniform & Dōjō Floor Manners

The Karate Uniform:

けい こ
稽古 **Keiko** — Lit. Training, practice or study.

ぎ
着 **Gi** — Lit. Clothes, outfit or uniform.

から て ぎ
空手着 **Karate Gi** — Lit. Karate Uniform.

おび
帯 **Obi** — Lit. Sash or belt

けい こ ぎ
稽古着 **Keiko Gi** — Lit. Martial arts uniform.
The proper name of the Karate uniform.

から て か
空手家 **Karateka** — Lit. Karate practitioner.

The Formal Shinjinbukan Uniform:

White cotton canvas
Traditional Karate uniform

The official Shinjinbukan crest

The jacket sleeves will be no longer than elbow length

The Shinjinbukan characters
神人武館 embroidered on the left sleeve cuff

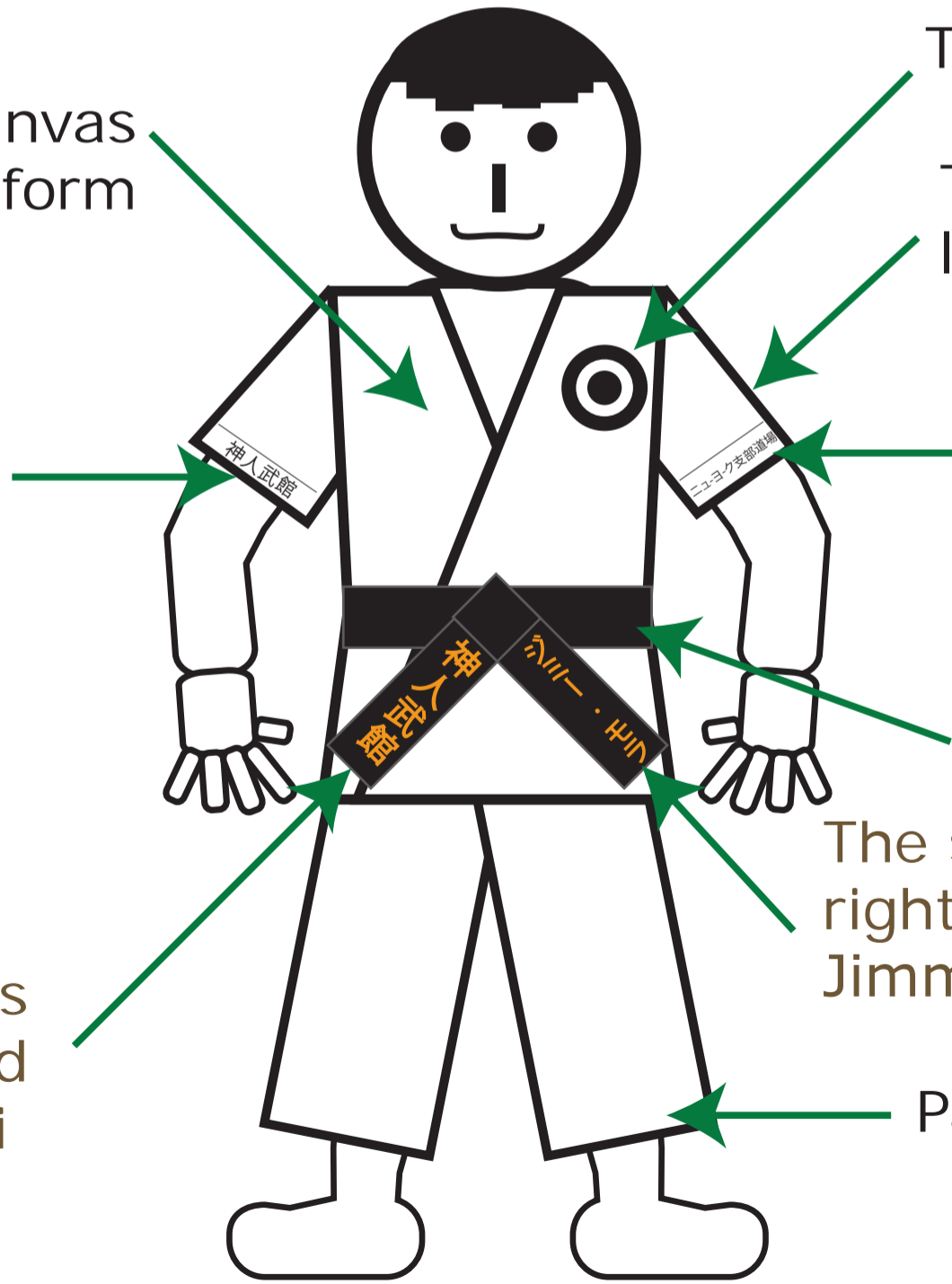
OPTIONAL: The name of the Shinjinbukan Branch embroidered on the right sleeve cuff. For example, New York Shibu Dōjō: ニュ-ヨ-ク支部道場

Obi (belt)

The student's name embroidered on the right side of the obi. For example, Jimmy Mora: ジミー・モラ

The Shinjinbukan characters
神人武館 embroidered on the left side of the obi

Pants are cuff above the ankle



yū dan sha
ゆう だん しゃ

有段者 Yūdansha — All Black Belt Ranks:

All Yūdansha rank certificates are issued by the Shinjinbukan Honbu Dōjō as follows:

- San Dan and below are awarded by the recommendation of the Shibu Chō (Branch Director).
- Yon Dan and above are issued ONLY by the Shinjinbukan Kaichō in Okinawa.

1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan	6 th Dan	7 th Dan	8 th Dan	9 th Dan	10 th Dan
Sho Dan しょ だん 初段	Ni Dan に だん 二段	San Dan さん だん 三段	Yon Dan よん だん 四段	Go Dan ご だん 五段	Roku Dan ろく だん 六段	Nana Dan なな だん 七段	Hachi Dan はち だん 八段	Kyū Dan きゅう だん 九段	Jū Dan じゅう だん 十段
						Min. 5 years as Roku Dan Min. age 40	Min. 5 years as Nana Dan	President Shinjinbukan International	Posthumous Rank or active Kyū Dan at age 80
						kyō shi きょう し 教士 Kyōshi		han shi はん し 範士 Hanshi	
			shi han dai し はん だい 師範代 Shihan Dai* Assistant Instructor	shi han し はん 師範 Shihan* Instructor	ren shi れん し 錬士 Renshi			dai sen sei だい せん せい 大先生 Dai Sensei* Grandmaster	

mu dan sha
む だん しゃ

無段者 Mudansha — All Ranks Below Sho Dan:

All Mudansha tests, promotions & junior belts are issued at the discretion of each Shibu Chō under the authority given by the Shinjinbukan Honbu Dōjō in Okinawa.

10 th Kyū	9 th Kyū	8 th Kyū	7 th Kyū	6 th Kyū	5 th Kyū	4 th Kyū	3 rd Kyū	2 nd Kyū	1 st Kyū
Jū Kkyū じゅう っきゅう 十級	Kyū Kyū きゅう きゅう 九級	Hachi Kyū はち きゅう 八級	Nana Kyū なな きゅう 七級	Ro Kkyū ろ っきゅう 六級	Go Kyū ご きゅう 五級	Yon Kyū よん きゅう 四級	San Kyū さん きゅう 三級	Ni Kyū に きゅう 二級	I Kkyū い っきゅう 一級
	└ First rank promotion for children & teenagers.						└ First belt issued to adults.		

tata mi kata
た た か た
畳み方

Tatami Kata — Dōjō Floor Manners

The Dōjō floor is divided by into four parts by rank (social hierarchy). All students must train in the appropriate floor section, unless called over by a Sensei or Senpai.

せん ばい
先輩 Senpai
Senior, superior or elder

こう ばい
後輩 Kōhai
Junior rank

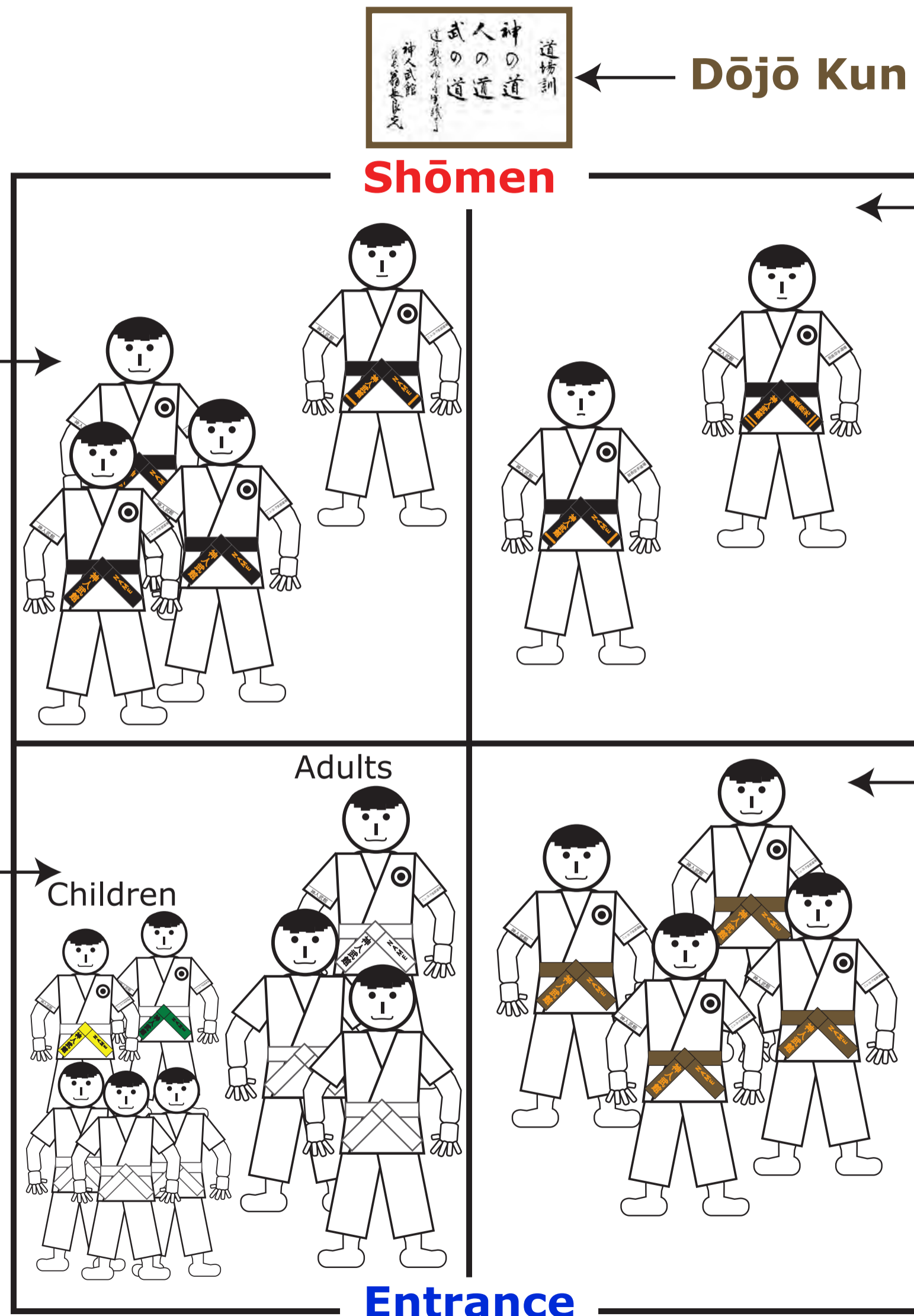
せい と
生徒 Seito
Pupil or student

で し
弟子 Deshi
Disciple or apprentice

うち で し
内弟子 Uchi Deshi
A close disciple who lives and trains in the Dōjō

Section 2
Only Yudansha
Sho Dan to Go Dan

Section 4
Junior Mudansha
Beginners of all ages
10th Kyū to 4th Kyū



Vocabulary:

^{そう じ}
掃除 **Sōji** — *Lit. To clean or sweep.* In all traditional Martial Art schools students are expected to clean the Dōjō after training. In a large Dōjō full of students it is very important for hygienic purposes. **Sōji** instills a sense of pride among students at the Shinjinbukan School. At the end of each class everyone is expected to help with **Sōji** by cleaning the Dōjō floor, mirrors and all other equipment.

^{けい こ ほう}
稽古法 **Keikohō** — *Lit. Training method.* It refers to the specific training method used by each style of Martial Art. The Shinjinbukan School's curriculum or **keikohō** is completely based in all the principles of **Ti** taught by Onaga Yoshimitsu Kaichō.

^{れん しゅう}
練習 **Renshū** — *Lit. Practice.* This word is constantly used in Japanese to inspire intense practice, training or studying among students of any discipline.

^{が まん}
我慢 **Gaman** — *Lit. Patience, endurance, perseverance, tolerance, self-control, self-denial.*

^{がん ば}
頑張つて **Ganbatte** — *Lit. Hold out, persevere, do your best.*

^{がん ば}
頑張る **Ganbaru** — *Lit. Verb form. Stand firm, hang in there, try harder, or bear up.*

Basic Commands:

^き^つ
気を付け **ki o tsuke (ki wo tsuke)** — *Lit. Position of attention.* This command is used during drills to bring the student to ready position or "position of attention". It could be executed at two different stances: **musubi dachi** or **heisoku dachi**. In most Karate styles, the arms are placed at the side of the legs, like a soldier. However, in the old Okinawan schools, the arms will hang naturally at the center axis of body, covering the groin. It is generally followed by one of these commands:

^{れい}
礼 **Rei** — *Lit. Expression of gratitude (bow).* In Asian culture, bowing is an expression of gratitude or reverence. In martial arts, **rei** is an important expression of the warrior culture and etiquette. The command **rei** is used during drills to cue the bowing among students and seniors.

^{よう}^い
用意 **Yōi** — *Lit. Preparation, preparedness, ready oneself, get ready or make arrangements.* During a drill or kata, the command **yōi** refers to the relaxed starting and ending position. In most cases, the **yōi** position is also a kamae (on guard position) or fighting stance.

^{かま}
構え **Kamae** — *Lit. Posture, pose or style.* It refers to the arm and hand positions used for specific fighting techniques. They are also called ready position or on guard position. Traditionally these positions appear as opening moves in ancient katas.

^{はじ}
始め **Hajime** — *Lit. Start, beginning or origin.* This command is given to start any group exercise, drill, kumite or kata.

^{なお}
直れ **Naore** — This command is used to end a drill or kata by returning to the starting position.

Direction Commands:

^{まえ}
前 **Mae** — *Lit. Front, forward.*

^{まえ}
前に **Mae Ni** — *Lit. To the front.*

^{まえ} ^み
前を見て **Mae o Mite** — *Look forward.*

^{こう} ^{たい}
後退 **Kōtai** — *Lit. Retreat, Backspace.*

^{はん} ^{たい}
反対 **Hantai** — *Lit. Reverse, opposite, contrast, vice versa. It is used as a command to reverse any posture or body positions.*

^{ひだり}
左 **Hidari** — *Lit. Left side.*

^{ひだり} ^み
左を見て **Hidari o Mite** — *Look to the left.*

^{ひだり} ^{まわ}
左に廻って **Hidari Ni Mawatte** — *Turn left.*

^{うし}
後ろ **Ushiro** — *Lit. Back, behind, rear.*

^{うし}
後ろに **Ushiro Ni** — *Lit. To the back.*

^{うし} ^み
後ろを見て **Ushiro o Mite** — *Look back.*

^{こう} ^{たい}
交代 **Kōtai** — *Lit. Alternate, change, shift.*

^{あし} ^{こう} ^{たい}
足交代 **Ashi Kōtai** — *Lit. Feet Alternation. It is used as a command to switch sides during a drill or exercise.*

^{みぎ}
右 **Migi** — *Lit. Right side.*

^{みぎ} ^み
右を見て **Migi o Mite** — *Look to the right.*

^{みぎ} ^{まわ}
右に廻って **Migi Ni Mawatte** — *Turn right.*