

# **BLUE DRAGON MARTIAL ARTS - April 2021**

**Closed Easter Monday:** April 5<sup>th</sup> “Happy Easter” / “Joyeux Paque”

## ***Students of the Month***

**February 2021** - Congratulations to **Natalie Fairchild** at Horseshoe and **Akseli Alatalo** at Shanty Bay

**March 2021** - Congratulations to **Syrena Singh** at Horseshoe and **Gerard Smyth** at Shanty Bay.

### ***General Terms***

• Sensei	A guide to the Way
• Dojo	A place to learn the Way
• Sempei	A senior student
• Deshi	A student
• Karate	Empty / Hand or Hands
• Hai	Yes or right away
• Goju-Ryu	Hard-Soft/ system or style
• Kata	Formal physical exercises
• Kihon	Basic exercises
• Kumite	Crossing or meeting of hand or hands
• Gi	Training uniform
• Obi	Uniform belt
• Kiai	Spirit yell
• Kyu	Level (ungraded)
• Dan	Degree (graded)
• Seiretsu	Command to line up
• Shomen rei	Bow to the front ( Shinzen ni rei – bow to the shrine )
• Sensei ni rei	Bow to the teacher
• Otagai ni rei	Bow to each other ( face the senior student )
• Yubi undo	Basic physical training ( warm-ups )
• Shumatsu undo	Cool downs
• Mokuso	Begin Meditation
• Mokuso Yame	End Meditation
• Otagai ni waka rei	Bow to each other at end of class, dismissal
• Oengai shimas	Please (help me)
• Domo arigato	Thank-you
• Migi	Right
• Hidari	Left
• Kobanwa	Good Evening
• Jo	High area
• Chu	Middle area
• Ge	Low area
• Yoi	Ready
• Rei	Bow
• Hajime	Begin
• Yame	Stop
• Moichido	One more time
• Narei	As you were

### ***Counting***

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten

***Empowering lives through the art of Karate***

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