



Yamamichi Karate Club Turku

Syllabus

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Information about Yamamichi Karate Club Turku

Welcome to train practical karate at Yamamichi Karate Club Turku, Finland!

Yamamichi Karate Club Turku is founded in 2020 in Turku. *Yamamichi* is Japanese and means the word mountain trail (*yama* = mountain, *michi* = trail, path). To become skilled in martial arts is like climbing a mountain. You can reach the top of a mountain by choosing multiple different trails. Some people prefer to choose a gentle path to walk, while others prefer to take a steep slope to climb. How long it will take to reach the top of the mountain will be different for each person, and you may need to change the planned path along your journey. When you have reached the top of one mountain, who stops you from pursuing higher and more challenging mountain tops?!

We at Yamamichi Karate Club are open-minded towards different road maps to the mountain top. Our "main path" is karate. Karate is a martial art originated from the island of Okinawa. It arrived at the Japan main islands in the 1920s' by Gichin Funakoshi, and it spread word-widely after the World War II. When karate started to spread, multiple different styles started to form, and different styles assumed different focus points with different stances and techniques. The first major karate styles were Shotokan, Wado-Ryu, Shito-Ryu, and Goju-Ryu. These major styles are preserved to this day, and multiple different variations of styles have been developed through-out the years. On the other hand, some karate clubs do not practice any specific karate style, but they rather concentrate on diverse and wide understanding of martial arts. Yamamichi Karate Club Turku has chosen the latter path: we do not practice any specific karate style, but our techniques and forms resemble most closely Shito-Ryu style. We embrace influences from different karate styles and other martial arts.

Yamamichi Karate Club Turku is a part of World Combat Association (WCA; www.worldcombatassociation.com). We follow the principles of its' founders Peter Consterdine and Iain Abernethy: we encourage our club members to train different martial arts open-mindedly, and we want to practice karate in friendly and helpful environment. WCA supports their members to practical training of martial arts that is applicable in real life.

You can find more information about our Club's activity in the Internet:

- Home page: www.yamamichi.fi/en
- Facebook: www.facebook.com/yamamichiturku/
- Instagram: [@yamamichiturku](https://www.instagram.com/yamamichiturku)
- E-mail: info@yamamichi.fi

General structure of the training

Our karate training consists of traditional parts of karate training, which are **kihon**, **kata** and **kumite**.

Kihon means training of the basic techniques, and it sets up the basis for all further karate training. Basic techniques include for example different stances, punches, kicks, and simple combinations of these techniques. Kihon is trained both alone and with a partner. Correct movement patterns are learned alone, whereas right targets, distance and impact is practiced with a partner using focus mitts or kick shields.

Kata means a form that is performed solo. Kata means a sequence of moves, in which specific moves are performed in a certain order in a certain way. Good and precise kata performance requires solid basic technique. However, a strong kata expresses not only good technical skills, but equally important is the expression of karateka's spirit, including self-confidence and relentless attitude. Kata is an excellent method to practice self-defence techniques without a partner. It also improves coordination and balance. Kata makes it possible to perform techniques in full speed and power, which is not possible with a partner.

At first, our students learn five Pinan katas, which forms a comprehensive self-defence system. Until the first dan black belt, katas are learned in a certain order. After achieving the black belt, a karateka may start to learn those katas that are the best for each individual.

Kumite means training with a partner, and it is based on basic techniques (kihon) and solo forms (kata). With a partner, it is possible to practice the right targets, timing, distance and control of the techniques while using proper protective gear such as focus mitts and kick shields. We practice wide variety of techniques with a partner, including sparring, throwing and take downs, joint locks, chokes, ground fighting and defending against an attacker equipped with a baton or a knife. In all partner work, the most essential aspect is the development of both partners, not winning.

In karate, a specific and central part of partner work is **kata bunkai** (bunkai = to break into parts, analyse). This means applying the content of a kata in a self-defence situation. Every movement in a kata has various different applications, and each kata includes numerous techniques that one can apply in self-defence scenarios. Hence, each kata sets up its own combat system, and different katas focus on different aspects. Majority of our partner work are based on katas and are therefore kata bunkai practice.

Aims of the karate training

We train karate in order to develop ourselves physically and mentally. We do not train for competitions. Our main focus is on self-defence, which we consider as more general concept than just overcoming a thug. We do learn how to deal with these kinds of unfortunate scenarios, but more importantly, we learn how to maintain one's own boundaries in a constructive way in everyday life for example at school or at work. The less frequently a practitioner needs his/her self-defence skills in everyday life, the more advanced his/her skills are!

In our junior classes we take into consideration the age and development of a child. Most importantly, we want to spark the joy of exercise in children and maintain it. Techniques of karate, motoric skills, respecting of other people and working with a group are skills that are being taught and developed along the way.

Training of karate means different things for different people. Here are some of our aims:

- Learning self-defence skills
- Developing mental toughness and ability to face and overcome challenges
- Healthy lifestyle
- Improving and maintaining physical stamina and functional body
- Social interactions and friends
- Developing karate and its training methods

Our club is open-minded and friendly, and we accept all regardless of age, background or experience. We do not accept any form of violence. We encourage our members to train also other martial arts and to visit seminars arranged by other martial arts clubs.

The black belt grading is performed outside Finland or during a seminar in Finland given by an international instructor. The aim is that a karateka who has earned the black belt has a capability to teach karate independently and he/she has Finnish and international network to support his/her further development.

Do's and don'ts

1. Arrive at the dojo on time and train regularly. The most important factor of learning martial arts is regular and persistent practice, not a talent!
2. Bow when you enter and leave the dojo. Bow at your partner before and after a partner work. This way we create nice and safe training atmosphere.
3. Follow the directions given by the instructor.
4. Take care of your hygiene. Wash your feet before entering the dojo. Wash your gi and keep it tidy. If you get scars, take care of those immediately.
5. Don't wear watch or jewellery during the training. Don't eat bubble gum during the training.
6. Don't train if you are sick or very tired. Remember to give your body and mind time to recover.
7. Healthy lifestyle, sufficient amount of sleep and body maintenance improve many things, including learning of martial arts.
8. Don't smoke at the dojo and don't arrive at the dojo when drunk or taken drugs.
9. Practice those techniques that are suitable for your level. Don't rush too early to more advanced techniques.
10. Be kind to everyone at the dojo and help others according to your skills.
11. Take care of the dojo and the training gear. Clean the gear after use and return them at the right place. If tatami mat gets dirty, clean it immediately or inform the instructor.
12. Don't speak bad things about other martial arts or clubs, and don't boast with your combat skills at the dojo or outside of it. Try to give people a positive impression of martial arts.
13. Acts of violence and other such acts against the law are dealt case-by-case and they may lead to dismiss.
14. You can always ask the instructors for help and advice.

The belt system

As most budo schools, we have a belt system in which the colour of the belt indicates one's progression in karate. After beginners' course, a trainer needs to get a karate gi and a belt. We follow the belt system which has six colours. The belts from the lowest to the highest we use are:

- yellow (5th kyu)
- orange (4th kyu)
- green (3rd kyu)
- blue (2nd kyu)
- brown (1st kyu)
- black (1st dan and higher)

In principle, a beginner has a white belt. However, in practice most trainers buy their gi after the beginners' course once getting the 5th kyu belt, and therefore the white belt is not always used. The kyu levels represent "belts with colours". The smaller the kyu grade, the more advanced the trainer is. The dan grades represent the black belt levels. The higher the dan grade, the more advanced the karateka is. In some styles and karate clubs different dan grades are indicated in the belt with golden stripes, one for each dan grade. However, in Yamamichi Karate Club we don't use the dan stripes.

Juniors have in general terms the same belt system as adults with these differentiations: juniors wear junior belts, in which the colour of the belt is indicated in the middle of the belt whereas the edges of the belt are white. In addition, juniors have additional levels between the belt colours, which are indicated by one or two stripes at the end of the belt. This means that junior belt system is broken into smaller pieces in order to help the progression of the skills. The requirements for each junior belt correspond in general terms the requirements of adults, but we take into consideration the development of a child. The aim is that a junior can enter the adult classes later and he/she has acquired sufficient skills to do so.

The belt grading and evaluation criteria

The first belt grading is the 5th kyu yellow belt which takes place at the end of the beginners' course. For the yellow belt, all the required techniques are shown at one occasion for the club instructor. If the grading is failed, it can be renewed after a month.

For adults, the belt grading from orange to brown belt (4th to 1st kyu) is performed in graduation, which is organized four times each year. The belt requirements that are detailed later in this document (one black bullet point corresponds to one requirement).

Before the graduation, each of the demonstrated techniques must be at acceptable level. The development is followed and recorded during the weekly training sessions:

- A trainer gets a list of the belt requirements for the next belt.
- When an instructor states that a technique is at the acceptable level, he/she will mark the technique as preliminary accepted in the list.

In the graduation, a trainer can demonstrate all the required techniques to the next belt at once or in parts for those techniques that he/she has obtained a preliminary acceptance.

- If a trainer demonstrates all the techniques, an instructor selects which techniques are shown. If these are all accepted, the new belt is achieved.
- If a trainer demonstrates only some of the techniques, those that are accepted will be marked down and it is not necessary to demonstrate those later.
- If some techniques fail, only those will be demonstrated again in a later graduation.

For juniors, the belt grading is performed in parts in multiple occasions. Once a junior enters the adult classes, he/she starts to demonstrate the requirements of the adults beginning from his/her belt level. For example, if a junior enters the adult classes wearing the green junior belt, he/she must graduate the adult green belt at first, and only then he/she starts to demonstrate the techniques required for the blue belt. The highest possible junior rank is the blue belt with two stripes.

Black belt dan grades are demonstrated in a single occasion, and the grading is received by one or more international karate instructors. Preparation for the dan grading as well as the time and place of the grading is planned in co-operation with the candidate and the club's instructor. Dan grades are performed preferably outside of Finland in a context of a karate seminar, or alternatively in Finland during a seminar given by an international instructor. It is possible to perform a dan grading for a club's own instructor only for a well-justified reason. If the dan grading is failed, the new grading opportunity will be planned together with a candidate and a club's instructor.

The grading fee is defined on yearly basis. You can ask the current fee from the instructors.

The central requirements for an approved belt technique and reasons leading to fail are summarized in the table on the next page. Please notice that basic technique needs to be performed both alone in the air (correct movement pattern, balance) as well as with a partner using kick shields and focus mitts (power generation, right target). For an approved technique, it is also required that a candidate demonstrates the correct use of the mitts so that his/her partner is capable to perform the right techniques and training is safe for both partners. This means that the mitts must be held in correct position in a correct angle at a correct distance.

The criteria for approved techniques get higher when grading a higher-level belt. Juniors are evaluated in general using the same criteria, but the age and development of a child is taken into consideration.

Self-defence scenario training is a form of kumite that is part of every belt requirement starting from the adult green belt level. This exercise is meant to simulate different self-defence scenarios. A partner attacks with different techniques that are not agreed beforehand. Attacks may be grabbing a wrist/arm/clothes, punches, and kicks. For higher belt levels, attacks may also include different combinations of punches and kicks as well as takedowns, chokes, grabbing the hair etc. The defending partner must respond in a manner that is reasonable in relation to the attack (see legislation of the state of Finland; criminal law). The primary aim in this situation is to exit or escape the situation. For higher belts, a situation may end to takedown or taking an attacker under the control. Self-defence scenario training is not a competition. Verbal communication can also be used to resolve a situation. Defending techniques may include punches, kicks, joint locks, takedowns etc. Good control of techniques must be maintained by both partners throughout the exercise, and the attacker must respond to techniques as realistically as possible. The techniques used during this exercise must become more diverse and better in quality with increasing belt level. During the exercise, both partners need to use MMA gloves and a mouthguard.

Another form of kumite that is repeated at each adults' belt level starting from the green belt is **free focus mitts sparring**. The person holding the focus mitts gives targets for punches and kicks in random order or their combinations for two minutes. The partner must respond with an appropriate technique(s) as fast and powerfully as possible at the right distance and angle, as well as maintaining a good rhythm of movement and cover between the techniques. The techniques used during this exercise must become more diverse and better in quality with increasing belt level. For an approved execution, a person must demonstrate both roles in the free focus mitts sparring.

In a black belt examination, a trainer must perform also **freeform sparring**. During this exercise, both partners perform free sparring techniques. Take-downs are allowed, and sparring can continue on the ground. A trainer must perform a wide diversity of techniques at the right distance and angle, as well as maintain a good rhythm of movement and cover between the techniques. It is not a competition. Rather, both partners have a chance to demonstrate they master the techniques with a live partner during more freely flowing exercise. During the exercise, both partners need to use MMA gloves and a mouthguard.

Core element	Criteria for approval:	Mistakes that may lead to fail:
Basic technique	<ul style="list-style-type: none"> • correct movement pattern • balance during the technique • focusing, keen eyes • correct power generation and target • correct handling of mitts 	<ul style="list-style-type: none"> • incorrect movement pattern • losing balance • lack of focus and perception • weak or slow technique • wrong impact area in hand/leg • poor handling of mitts
Combinations	<ul style="list-style-type: none"> • same points as above • flow in techniques (rhythm, movement, biomechanics) • ending a combination in a powerful and focused hit • correct handling of mitts 	<ul style="list-style-type: none"> • same points as above • poor flow in techniques (poor rhythm, wrong movements, poor biomechanics) • lack of focus and impact at the end of a combination • poor handling of mitts
Kumite	<ul style="list-style-type: none"> • same points as above • correct distance and angle • correct timing • control of the contact • choosing a reasonable response given the seriousness of an attack • maintaining mental focus throughout the performance • strong and relentless attitude also in surprising situations 	<ul style="list-style-type: none"> • same points as above • attack that is too short or misses • too long time before acting or acting at a wrong moment • too soft or hard contact, lack of control in the contact • technique is too weak or powerful/dangerous for a given attack • lack of mental focus, weak mental attitude • “freezing” in surprising situations
Kata	<ul style="list-style-type: none"> • same points as above • correct movements in a correct order • correct rhythm • correct focus of eyes • understanding applications of movements • strong and relentless attitude 	<ul style="list-style-type: none"> • same points as above • wrong movements • illogical rhythm • wandering eyes • performing kata only as a “choreography” • lack of mental focus, weak mental attitude

For juniors, a form of kumite that is repeated at each junior belt level starting from the orange belt with one stripe is **light-contact sparring** with protective gear. During this exercise, both partners wear chest guards and gloves, and techniques at the head are not allowed. During this exercise, juniors need to show good movement and basic technique, combinations and blocks according to his/her belt level. Equally important factors are good control in techniques, adjusting techniques in accordance to the partner's movements as well as showing respect for the partner. It is not a competition. Rather, both partners have a chance to show that they can use the techniques they have learned so far with a live partner during more freely flowing exercise.

Grading requirements for the adults

5th Kyu – yellow belt

1. Ukemi
 - forwards
 - backwards
 - sides

2. Basic stances (9): heisoku-, musubi-, hachiji-, naihanchi-, kiba-, shiko-, zenkutsu-, nekoashidachi and sparring stance

3. Hand techniques
 - Tsuki
 - Junzuki
 - Gyakuzuki
 - Maedezuki
 - Uke (7): jodan-, gedan-, gyakugedan-, soto-, uchi-, shuto-, and sukuiuke

4. Leg techniques
 - Maegeri
 - Mawashigeri
 - Hizageri (5)

5. Testing hand and leg techniques with focus mitts and kick shields
 - Performing the techniques
 - Handling the mitts

6. At least 15 hours of training.

4th Kyu – orange belt

1. Ukemi
 - Rolling ukemi forward: standing up and staying down

2. Hand technique
 - Empiuchi (6)
 - Uraken

3. Leg technique
 - Yokogeri

4. Combinations
 - Maedezuki, gyakuzuki
 - Maedezuki, guakuzuki, mawashigeri
 - Zenshingeri/koshingeri junzuki and gyakuzuki

5. Kata
 - Pinan Shodan
 - Pinan Shodan bunkai kumite

3rd Kyu – green belt

1. Hand technique
 - Nagashizuki
 - Haito

2. Leg technique
 - Ushirogeri
 - Front leg ashibarai

3. Combinations
 - Uraken, gyakuzuki, ashibarai, gyakuzuki
 - Maedezuki, lead leg yokogeri, gyakuzuki
 - Mae-hizageri, back hand empiuchi

4. Kumite
 - Self-defence scenario training
 - Free focus mitts sparring 2 min/person (straight punches and kicks)

5. Kata
 - Pinan Nidan
 - Pinan Nidan bunkai kumite

2nd Kyu – blue belt

1. Hand technique
 - Mawashizuki (5)
2. Leg technique
 - Uramawashigeri
3. Combinations
 - Maedetsuki, gyakutsuki, mawashizuki moving forward
 - Maedetsuki, gyakutsuki, nagashizuki, lead leg mawashigeri
4. Kumite
 - Self-defense scenario training
 - Free focus mitts sparring 2 min/person (straight punches and kicks, hooks)
 - One takedown for each of the following principle:
 - T-line
 - L-line
 - Ankle pick or sweeping the leg
 - Armbar
 - Tackle
5. Kata
 - Pinan Sandan
 - Pinan Sandan bunkai kumite
 - Pinan Yondan
 - Pinan Yondan bunkai kumite

1st Kyu – brown belt

1. Hand technique

- Everything so far
 - tsuki
 - junzuki
 - gyakuzuki
 - maedezuki
 - nagashizuki
 - uraken
 - haito
 - uke (7)
 - empiuchi (6)
 - mawashizuki (5)

2. Leg technique

- Everything so far
 - maegeri
 - mawashigeri
 - yokogeri
 - ushirogeri
 - uramawashigeri
 - ashibarai
 - hizageri (5)

3. Kumite

- Self-defence scenario training
- Free focus mitts sparring 2 min/person
- Hold sequence on the ground
- Joint lock sequence (2 wrist, 2 elbow, 1 sholder, 1 neck joint lock)

4. Kata

- Pinan Godan
- Pinan Godan bunkai kumite
- Naihanchi Shodan
- Naihanchi Shodan bunkai kumite

1st Dan – black belt

1. Hand technique

- Everything so far
 - tsuki
 - junzuki
 - gyakuzuki
 - maedezuki
 - nagashizuki
 - uraken
 - haito
 - uke (7)
 - empiuchi (6)
 - mawashizuki (5)

2. Leg technique

- Everything so far
 - maegeri
 - mawashigeri
 - yokogeri
 - ushirogeri
 - uramawashigeri
 - ashibarai
 - hizageri (5)

3. Kumite

- 5 takedowns using different principles
- 5 chokes sequence
- Joint lock sequence (2 wrist, 2 elbow, 1 shoulder, 1 neck joint lock)
- Hold sequence on the ground
- Self-defence scenario training
- Free focus mitts sparring 2 min/person
- Freeform sparring

4. Kata

- One previously learned kata chosen by the receiver of the grading
- Kushanku dai
- Kushanku dai bunkai kumite
- Passai dai
- Passai dai bunkai kumite
- Sanchin + Sanchin Shime

5. First aid course 1 (the content of the Finnish Red Cross EA1 course)

6. Age at least 18 years

2nd Dan – black belt

1. Hand technique

- Everything so far
 - tsuki
 - junzuki
 - gyakuzuki
 - maedezuki
 - nagashizuki
 - uraken
 - haito
 - uke (7)
 - empiuchi (6)
 - mawashizuki (5)

2. Leg technique

- Everything so far
 - maegeri
 - mawashigeri
 - yokogeri
 - ushirogeri
 - uramawashigeri
 - ashibarai
 - hizageri (5)

3. Kumite

- 10 takedowns (freely selected)
- 10 chokes (freely selected)
- 10 joint locks (freely selected)
- Target areas/pressure points of the body (36 targets)
- Self-defence scenario training
- Free focus mitts sparring 2 min/person
- Defending against an attacker with a baton
- Freeform sparring

4. Kata

- One freely selected kata + self-developed bunkai

5. First aid course 2 (the content of the Finnish Red Cross EA2 course)

3rd Dan – black belt

1. Hand technique

- Everything so far
 - tsuki
 - junzuki
 - gyakuzuki
 - maedezuki
 - nagashizuki
 - uraken
 - haito
 - uke (7)
 - empiuchi (6)
 - mawashizuki (5)

2. Leg technique

- Everything so far
 - maegeri
 - mawashigeri
 - yokogeri
 - ushirogeri
 - uramawashigeri
 - ashibarai
 - hizageri (5)

3. Kumite

- Self-defence scenarios against two attackers taking advantage of the environment
- Free focus mitts sparring 2 min/person
- Defending against an attacker with a knife taking advantage of the environment
- Freeform sparring

4. Kata

- One freely selected Shuri style kata + self-developed bunkai
- One freely selected Naha style kata + self-developed bunkai

5. Designing and implementing at least one karate seminar

6. Valid first aid course (according to the Finnish Red Cross)

4th Dan – black belt and higher

Requirements for the fourth dan and higher black belts are agreed with the World Combat Association head instructors.

Grading requirements for the juniors

5th Kyu – yellow belt

1. Ukemi
 - forwards
 - backwards
2. Basic stances (9): heisoku-, musubi-, hachiji-, naihanchi-, kiba-, shiko-, zenkutsu-, nekoashidachi and sparring stance
3. Hand techniques
 - Tsuki
 - Junzuki
 - Gyakuzuki
 - Uke (5): jodan-, gedan-, gyakugedan-, soto-, and uchiuke
4. Leg techniques
 - Maegeri
 - Mawashigeri
5. Testing hand and leg techniques with focus mitts and kick shields
6. At least 15 hours of training.

5th Kyu – yellow belt + 1 stripe

1. Ukemi
 - sides
2. Hand techniques
 - Maedezuki
 - Uke (7 kpl): jodan-, gedan-, gyakugedan-, soto-, uchi-, shuto-, ja sukuiuke
3. Leg techniques
 - Hizageri (5)

4th Kyu – orange belt

1. Ukemi
 - Rolling ukemi forward: standing up and staying down
2. Hand techniques
 - Empiuchi (6)
3. Leg techniques
 - Yokogeri
4. Combinations
 - Zenshingeri/koshingeri junzuki
 - Zenshingeri/koshingeri gyakuzuki

4th Kyu – orange belt + 1 stripe

1. Hand techniques
 - Uraken
2. Combinations
 - Maedezuki, gyakuzuki
 - Maedezuki, gyakuzuki, mawashigeri
3. Kata
 - Pinan shodan
4. Kumite
 - Light-contact sparring wearing protective gear

3rd Kyu – green belt

1. Hand techniques
 - Nagashizuki
 - Empiuchi (6)
2. Leg techniques
 - Front leg ashibarai
3. Combinations
 - Mae-hizageri, back hand empiuchi
4. Kumite
 - Light-contact sparring wearing protective gear

3rd Kyu – green belt + 1 stripe

1. Hand techniques
 - Haito
2. Leg techniques
 - Ushirogeri
3. Combinations
 - Uraken, gyakuzuki, ashibarai, gyakuzuki
 - Maedezuki, lead leg yokogeri, gyakuzuki
4. Kumite
 - Light-contact sparring wearing protective gear

3rd Kyu – green belt + 2 stripes

1. Kumite
 - Light-contact sparring wearing protective gear
2. Kata
 - Pinan shodan
 - Pinan nidan

2nd Kyu – blue belt

1. Hand techniques
 - Mawashizuki (5)
 - Haito
 - Uraken
2. Leg techniques
 - Uramawashigeri
 - Ushirogeri
3. Kumite
 - Light-contact sparring wearing protective gear

2nd Kyu – blue belt + 1 stripe

1. Combinations
 - Maedetsuki, gyakutsuki, mawashizuki moving forward
 - Maedetsuki, gyakutsuki, nagashizuki, lead leg mawashigeri
 - Maedezuki, lead leg yokogeri, gyakuzuki
2. Kumite
 - Light-contact sparring wearing protective gear

2nd Kyu – blue belt + 2 stripes

1. Kumite
 - Light-contact sparring wearing protective gear
2. Kata
 - Pinan Shodan
 - Pinan Nidan
 - Pinan Sandan

Vocabulary

ashi	leg	sokuto	outer side of the foot
ashibarai	sweep with a leg	soto	outside
bunkai	application of kata moves	sukui	to lead to aside
chudan	chest level of the body	tai sabaki	body movement
dachi	position of the feet	te	hand
dan	black belt grade	teisho	palm punch
do	way, way of life	tettsui	hammer punch
dojo	training hall	tobi	jump
empi	elbow	tsuki / -zuki	punch
gedan	lower part of the body	uchi	punch / inside
-geri	kick	uke	to receive
gi	training outfit	ukemi	falling
gyaku	reverse	ura	reverse side
haito	inner side of the hand	uraken	back of the fist
hajime	start, "begin"	ushiro	behind
hidari	left-hand side	WCA	World Combat Association
hiza	knee	yamamichi	mountain trail
jodan	upper part of the body	yame	stop
kakato	heel	yoi	stand by
karate	"empty hand"	yoko	side
karateka	karate trainer	zanshin	vigilance
kata	form		
kiai	shout		
kihon	basic technique		
kime	focusing the force		
kumite	partner training		
kyu	belt grades below black		
	belt		
mae	front		
mawashi	twist		
mawatte	turn, "turn around"		
migi	right-hand side		
mitsi	kick shield, focus pad		
nukite	finger punch		
obi	belt		
rei	bow		
ryu	school of thought		
shuto	outer side of the hand		

Numbers 1 - 10

ichi	1
ni	2
san	3
shi / yon	4
go	5
roku	6
shichi / nana	7
hachi	8
ku / kyu	9
ju	10

Appendix 1. The instructors' graduation rights of Yamamichi Karate Club Turku.

Timo Oehlandt	until 2nd dan
Jani Heiskanen	until 1st dan
Marja Heiskanen	until 1st dan
Nelli Hyvärinen	until 2nd kyu
Ida Penttinen	until 2nd kyu
Alisa Salmivalli	until 2nd kyu