



## The Randy to English Guide

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Have you ever wondered what Randy was talking about? Have you ever supposed that perhaps he really speaks a language that sounds just like English, uses English words, but with completely different meanings? Have you ever wanted to understand what was going on in Karate Class? If the answer to any of these questions is yes, this guide is for you. It will: answer your most pressing questions, get you dates, and in general make your life better. It will not help you pass physics.

**Back Foot In:** When in a front stance, the back foot should be straight (i.e. point in the same direction as the front foot.), or at worst at a 45 degree angle from straight, but never ever should your back foot point backwards. In back stance the back foot should be slightly less than 90 degrees from straight ahead, and again it should never point backwards

**Timing, Footwork, Technique:** The holy trinity - master these and you will inherit the earth as sure as the meek. :)

**Form Is Strength, Speed Is Impact:** Strength doesn't come from having big muscles. Someone with a small build with perfect form will out-punch someone with a larger build with sloppy form. Likewise, to make a big impact with your punch it is speed - not big muscles - that makes the difference. In karate, size is not necessarily an advantage.

**To Step Is To Hit:** When you move, you should move decisively. Every movement should be treated as an attack. Even when stepping backwards or blocking, the mind should be forward.

**Put Your Hip Into It / Use your Hips / Don't use your shoulders:** The hip and movement of the hip is very important. All movement and strength in punches and kicks comes from the hip and lower body - not from the shoulders, arms, or chest. The hips should always move first - and then the upper body.

**Little Finger / Underarms Tight:** When making a fist, concentrate on keeping your pinky finger tucked in tightly. This keeps your lats (large muscles in your back that run down your sides, under your arms) tight and puts more power in your punches.

**Pulling Hand:** When you punch or block, you want to keep your free hand in a fist, held at your hip. This helps keep your underarms tight and provides more power. The fist should always point straight ahead, in the direction you are punching or attacking.

**Body Is Half:** When in front stance, you do not want to square your shoulders straight ahead. If your body is square, it is difficult to move and you present a big target for your opponent. Instead, you want to keep

your body half - the front shoulder points straight ahead in the direction of the attack but the chest is not square. Instead, the chest is between 75 and 90 degrees, where straight ahead is 0 degrees (in back stance the chest should be at 90 degrees). If you hold out your arms, the front arm should point straight ahead, and the rear arm should point behind you. Keeping the body at half presents a smaller profile to your opponent and helps you to move quickly.

**Low Stance / Bend Your Knees / Straighten Your Knees:** When trying to keep your stance low in front stance or horse stance, you want to get your hips as low as possible to the ground without sticking your butt out. This can be difficult and sometimes stressful on the muscles to hold for a long period of time. As you build your muscles and flexibility, it becomes easier to get your hips lower to the ground and to hold that position for a longer period of time. The person with the lowest hips in a fight has the advantage - a low stance is more stable and it is easier to move yourself around the floor. While in front stance, the front knee should be bent so the knee is over the front foot but the back knee should be almost straight (not locked). Also, the chest should be vertical - don't lean forward or backward.

**Straighten Your Knee/leg (Part II):** Sometimes this refers to the front leg in front stance (!!), and means that the front leg and foot should be pointed directly forward. It never means to straighten the front leg.

**Don't Wash your Punch:** Stick your arm out in front of you; now keeping the elbow locked move the fist around a little - this is washing your punch. It means that instead of your punch traveling to one spot, it moves around at the end of its travel. Clearly a punch that stops at one spot will be stronger than one that moves around at the end of its motion.

**Keep Your Chin In:** During the *mokusoh* at the beginning and end of class, while kneeling, you should keep your head straight and level. The chin should not be tilted up towards the sky, instead it should be horizontal with respect to the ground.

## Japanese to English Translation

### *Counting*

(Note: When counting in class, often the numbers are abbreviated to one syllable. For example, Ichi often becomes "Chi" or "Ich")

**Ichi:** One

**Ni:** Two

**San:** Three

**Shi:** Four

**Go:** Five

**Roku:** Six

**Shichi:** Seven

**Hachi:** Eight

**Kyu:** Nine

**Jyu:** Ten

### *Stances*

**Yoi:** Ready and natural stance, fists in front of thighs

**Zenkutsu-dachi:** Front stance

**Kohkutsu-dachi:** Back stance

**Kiba-dachi:** Horse stance

**Fudoh-dachi:** Half stance

### *Punches/Upper Level Attacks*

**Tsuki:** Punch

**Oi-zuki:** Step-in front punch

**Gyaku-zuki:** Reverse punch

**Nukite-uchi:** Spear-hand attack

**Uraken-uchi:** Back hand attack

**Maite:** Jab with the front hand

### *Kicks*

**Keri:** Kick

**Mae-geri:** Front kick

**Mawashi-geri:** Round kick

**Yoko kekomi:** Side-thrust kick

**Yoko keage:** Side up kick

**Mikazuki-geri:** Crescent kick

**Fumikomi:** Stomp kick

### *Blocks*

**Age-uke:** Upper block

**Sote-ude-uke:** Outside block

**Uchi-ude-uke:** Inside block

**Gedan-barai:** Down block

**Shuto-uke:** Knife-hand block

### *Sparring*

**Kumite:** Sparring

**Sanbon kumite:** Three-time engagement

**Ippon kumite:** One-time engagement

**Jiyuu ippon kumite:** Semi-free one-time engagement

**Jiyuu kumite:** Free fighting

### *General Terms*

**Yoh-dan:** Upper/face level

**Chudan:** Lower/stomach level

**Kihon:** Basics

**Kiai:** Loud shout

**Rei:** Bow

**Yoh-i:** Assume yoi posture (ready position, natural stance)

**Yame:** Stop

**Yasume:** At ease

**Kihte:** Turn around

**Hajime:** Begin

**Mokusoh:** Meditate

**Seigo:** Last one

**Ma:** Fighting distance between opponents, i.e. the distance at which one is able to attack effectively, and yet be able to evade attack if attacked.

**Kata:** A choreographed sequence of moves that simulates a fight. When doing kata, one should always be imagining attacking and defending against real opponents. Many kata have been used for training for hundreds - even thousands - of years.