

NISEI GOJU-JITSU FACT SHEETS

Dojo Motto

A warrior must be gentle in life,
and ferocious in combat.

Rules in a Karate Dojo

1. Everyone works
2. Nothing is free
3. All start at the bottom

Nisei Goju-Jitsu means: Second generation hard and soft combat method.

Counting in Japanese

Ichi	One	Ju Ichi	Eleven	Ni Ju Ichi	Twenty-One
Ni	Two	Ju Ni	Twelve	Ni Ju Ni	Twenty-Two
San	Three	Ju San	Thirteen	Ni Ju San	Twenty-Three
Shi	Four	Ju Shi	Fourteen	Ni Ju Shi	Twenty-Four
Go	Five	Ju Go	Fifteen	Ni Ju Go	Twenty-Five
Roku	Six	Ju Roku	Sixteen	Ni Ju Roku	Twenty-Six
Sichi	Seven	Ju Sichi	Seventeen	Ni Ju Sichi	Twenty-Seven
Hachi	Eight	Ju Hachi	Eighteen	Ni Ju Hachi	Twenty-Eight
Ku	Nine	Ju Ku	Nineteen	Ni Ju Ku	Twenty-Nine
Ju	Ten	Ni Ju	Twenty	San Ju	Thirty

Kihon – Basics

1. Satori (enlightenment)
2. Calisthenics
3. Stretching
4. Seiken Dachi (presenting the fists)
5. Punching (multiple areas)
6. Jabbing
7. Backfist
8. Knife Hand
9. Ridge Hand
10. Inverted Punch
11. Kicking (Front, Roundhouse, Side, Joint, Crescent and Groin, Back, Hook kicks)
12. Hard and Soft blocking systems
13. Self-defense techniques
14. Soft Sparring
15. Satori (enlightenment)

White to Yellow

Yellow to Green

Green to Purple

Purple to Brown

Brown to Black

Katas – Forms

Empi
Tikiyoku Jodan
(Tikiyoku Chudan)
Tikiyoku Gedan
(Gosan Ichi)
Gosan Ni
(Gekisai Ichi)
Gekisai Ni
Ginchoy
Sanchin
Tenshoa
Saifa
Gesacusho
Gesacudai
Sanseru
Ja
Bo de Utsu (staff form)

Karate Terminology

Hand Techniques - Te Waza

Punches - Tsuki (ski)

Seiken	forward fist
Riken	back fist
Ren Ruken	jabbing
Jodan	high punch
Chudan	middle punch
Gedan	low punch
Tate	vertical punch
Ura	inverted punch
Mawashu	round punch
Oi	lunge punch
Gyaku	reverse punch

Kicking techniques - Geri Waza

Kensetsu	joint kick (knee)
Mae, keage	front snap kick
Mae, kikomi	front thrust kick
Mawashu	roundhouse kick
Yoko	side kick
Kin	groin kick
Ushiro	back kick
Mikazuki	crescent kick
Kake	hook kick
Hiza	knee kick
Fumikomi	stomp kick
Uma	spinning back kick

Strikes – Uchi

Shuto	knife hand
Haito	ridge hand
Teisho	palm heel
Tettsui	bottom fist
Nukite	spear hand
Empi	elbow
Kubi	temple smasher
Haishu	back of hand (slap)

Parts of the foot

Koshi	the ball
Kakato	the heel
Sokuto	the outer edge
Haisoku	the instep
Teisoku	the sole

Blocks – Uke

Jodan	high	Kake	hooking	Hari	archer's
Chudan	middle	Kakuto	crane - head	Soe	union
Gedan	low	Juji	X - shaped	Sukui	sweeping
Shuto	knife hand	Mawashu	round	Uchi Ude	deflection
Teisho	palm heel	Yama	mountain – shaped	Ura	back of hand

Stances - Dachi

Zenkutsu	front or long	Kokutsu	back
Kiba	horse	Sagi Ashi	heron leg
Sanchin	bull or boxer	Hachiji	ready position
Neko Ashi	cat leg	Kosa	crossed leg

Commands

Hajime	begin
Yame	cease all action
Honti	change or switch
Mawate	turn
Hidari	left side
Migi	right side
Kiuskay	attention position

Six Steps of NGJ life

White belt	Life of humility
Yellow belt	Life of modesty
Green belt	Life of labor
Purple belt	Life of service
Brown belt	Life of prayer and gratitude
Black belt	Life of meditation

O' Sensei, Peter G. Urban speaks:

Strength come from health	Speed comes from effort
Technique comes from experience	Willpower comes from faith
Serenity comes from old knowledge	Progress comes from new knowledge

The Virtues of Nisei Goju-Jitsu

We who study the art of Nisei Goju-Jitsu aspire to these virtues:

1. We are proud to be warriors of NGJ
2. We shall practice and study humility and kindness.
3. We shall be quick to seize opportunity.
4. We shall always practice patience.
5. We shall always keep the fighting spirit of NGJ.
6. We shall block soft and hit hard.
7. We shall always believe nothing is impossible.
8. That which I have conquered shall never conquer me.
9. That which I have grasped shall not go free, that which I have thrown shall go to earth.
10. We shall be loyal to ourselves, bushido and NGJ.
11. We shall always be aware.
12. Tactics are the nuts and bolts of fighting.
13. Strategy is the essence of warriorship.
14. Love is our law. Truth is our worship., Form is our manifestation. Conscience is our guide. Peace is our shelter. Nature is our companion. Order is our attitude. Beauty and perfection is our life.
15. I shall respect my art as myself; to disgrace one is to dishonor the other.

Nisei Goju-Jitsu Family Tree

Ryu Ryu Ko – 1852 – 1930

(Fujian White Crane Kung Fu)

*

Asisho Seishoi – 1840-1918

(Naha Tode master)

*

Kanyro Higaonna – 1853 – 1915

(Founder of Naha-te)

*

Chojun Miyagi – 1888 – 1953

(Founder of Goju-Ryu)

*

Jitsumi “Gogen” Yamaguchi – 1909 -1989

(Founder of Zen Nippon Goju-Kai, 10th dan)

*

Peter G. Urban – 1934 – 2004 **

(Founder of U.S.A. Goju Karate, 10th dan)

*

Frank Ruiz, Sr. – 1934 – 1995 **

(Founder of Nisei Goju-Ryu, 10th dan)

*

Earl B. Monroe – 1937 – 2008 **

(8th dan, senior student of Frank Ruiz, Sr.)

*

Albert Dandridge – 1922 – 2018 **

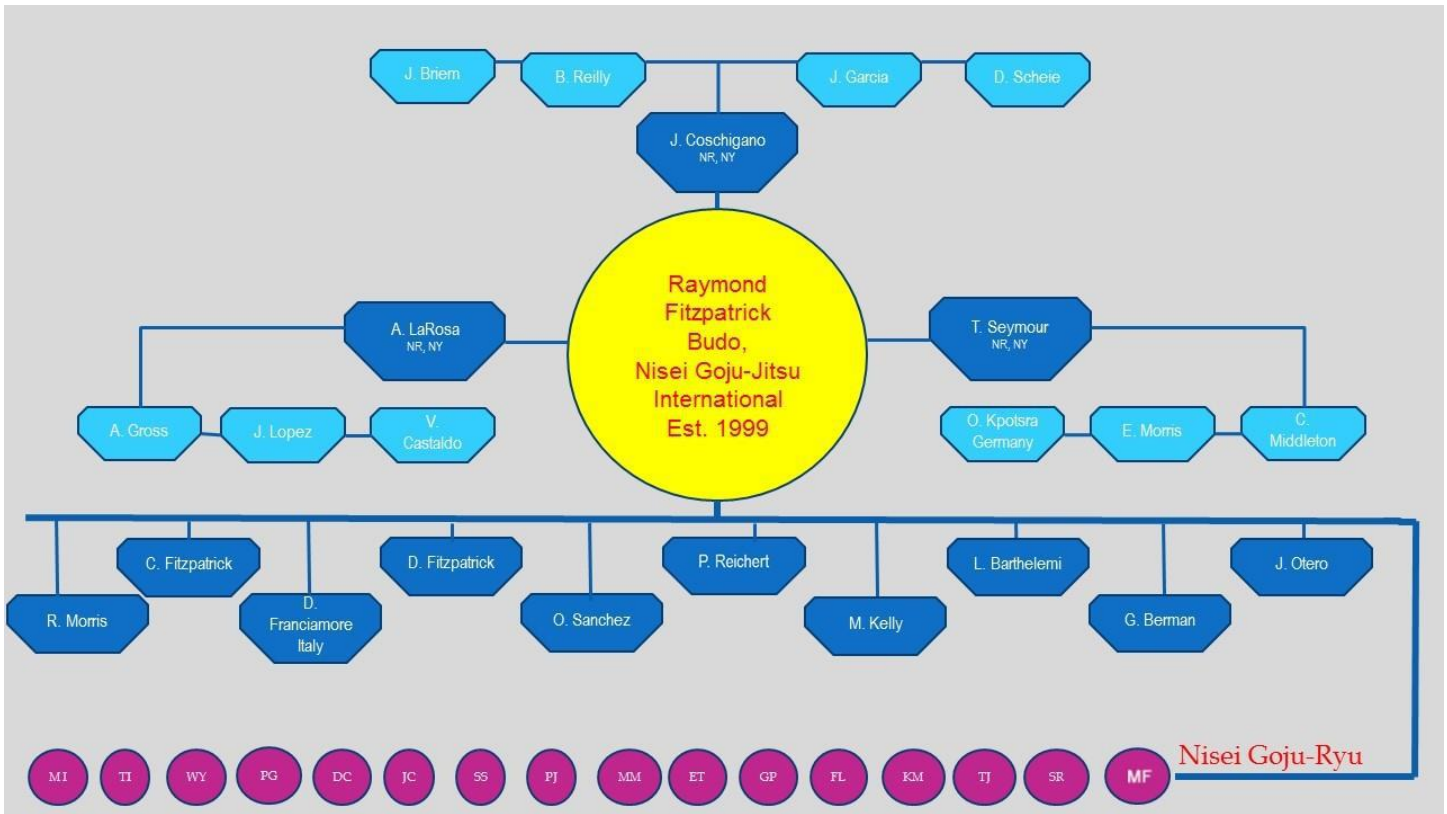
(6th dan, senior student of Theodore West, Founder of Nisei Ju-Jitsu)

*

Raymond A. Fitzpatrick (Founder of Nisei Goju-Jitsu, 10th dan / Inheritor of Nisei Ju-Jitsu, 5th dan)

** Direct instructor of Raymond A. Fitzpatrick

Black belt students of Raymond A. Fitzpatrick as of August 2019



Nisei Goju - Ryu black belts (1979 – 1998) are Mitsuru and Toru Ishikawa, Warren Young, Pat Garvey, Deborah Casteneda, Jim Chodan, Steve Spiro, Peter Jenkins, Michael Mills, Elizabeth Traver-Spiro, Geoff Prisco, Frank Lanzillotta, Ken McGrath, Marc Fawwaz, Thomas Jackson and Sharrieff Rashed.