

<b>Glossary</b>	<b>Ito's White Tiger Universal Studies definitions</b>
3 centered bases	Small, Medium and Long, with weight rested along the center line
4 directions of motion	Right, Left, Up and Down
4 Universal Elements	Daruma's 4 Universal Elements are of the life source: Air, Water, Wood, Earth. It is of the heavens, and it is of this earth.
6 unifications	Awareness. When all 5 senses work, 6 <sup>th</sup> sense is experienced.
6 unifications	Application Study of 5 human senses
6th Sense	Unify 5 senses to combine into one 2/10/13 1. Work 2 things at a time then put them together 2. Mind, body, motion 3. Spirit, body, motion 4. Process using common sense and logic
7 stars	Seven leverage points for motion, term in Tai Chi Chuan
8 followings	All the 7 joints from feet to wrists plus the neck
8 rounds	Correct sequential alignment of the 8 rounds for motion (leverage)
7 Folds	To Avoid/Escape/Defend/Counter
Academia, Academe	A place of life study, environment of life study
Acaryas	Teacher, one who creates a learning environment with communication intelligently planned
Aitti	Knowledge through history, Knowledge from study of history
Akasagaraba	Founding lineage teacher of Tibetan Chuan sect (Sanskrit name) N'am m'ka Sbin Po (Tibetan name) - claimed direct descent from Bodhidharma (Pg 445) Successor of the Chinese Chuan Patriarch Hui Neng. Mother, Jade princess, successor to Hui Neng, 6th Patriarch 638-713. Pg 81, figure 44 (Jap. Ashuku Chuan Fa meditation Kuan Kang
Akshobhya Buddha	Buddha who reigns in the Eastern Paradise
Al Novak	Robert Ito's technical guide on human motion in Marial Arts forms, katas, Tai Chi etc.
Amida Buddha (male/female)	Buddha of Western Paradise (Han), Maitreya, the Buddha of the coming age.
Amitabha Buddha	Meditation buddhas
Amitabha Buddha	King who renounced his thrown to be a Buddhist monk named Dharmakara
Amitabha Buddha	3 family buddhas
An Hui	Jiji's guide, mentor of Huiko's father
Anumana	Inference - Knowledge from knowledge, knowledge from experienced fact
Anupalabधि	Knowledge through absence of cognition, negation. Logic from experienced observation.
Arahants, Arihans	The Elders, Guardians of 18 Sects of Buddhist study a) Bodhisattva b)Chuan Fa c) Kempo d) Bosatsu e)Karate f)Tai Chi Chuan
Artisan	skilled worker, craftsman
Arthapatti	Presumption, knowledge from logic of patterns in progression
Avidya	Lack of knowledge, not knowing, ignorant
Avalokitasvara	3rd century Bodhisattva using male female form to teach dharma to sentient beings. Chapter 25 Lotus Sutra.
Avalokiteshvara	(470 AD) Princess Shiba (Kuan Yin) using male female form to teach dharma to sentient beings. Bodhisattva of passion.
Avalokiteshvara	(504 AD) Queen Shiba, Liang Dynasty, Goddess of Mercy, Bodhisattva. (Kuan Yin) using male female form to teach dharma to sentient beings. Progression to the 3 conditions of the self-being.
B. F. Lau	Scholar, Warrior, Head Master of multiple arts and studies in Tao/Zen

Bing Fai Lau	Instrumental influence to Robert Ito's Tai Chi Chaun, A Process Flow
Black	Dark side, bad, chaos, all colors present, night of 24 hour clock
Bao Jing	460 AD Dharma, Teaching Chaan Buddhism and Chuan Fa in China, ordained young Huike at Yang Mu Temple
Bodhisattva	Chuan Fa orientation covering the beginning KYO to the advanced DAN levels 2/10/13 Beginning mind of the young forest meant to grow with many different branches
Bodhisattva	Theravada Arahants - Elders Teaching, Mahayana-Elders' Way, Kayasmriti-Tradition, Parinirvana, Protector of Doctrine.
Bodhisattva	Protectors of Travelers and Children on the road of life.
Bodhiruci	Contemporary of Bodhidharma, Ho Tai (Bodhisattva) the happy Buddha.
Bodhidharma	28th patriarch of Buddhism, 1st patriarch of Zen ( Jap. Daruma), born 10/5/375 AD, Kanchipuram, India
Bodhidharma	Named by his master, the 27th patriarch of the Buddha (Pranjadhara)
Bonze	Buddhist monk
Bosatsu	Protector of Children. Protector of Natural Law of Life. (Bodhisattva)
Bunkai	Observation/Intent/Application/Study/Practice/Work-out
Bunkai	Application Study of 6 Unifications
Center Base	Any 5 gates posture (stance) with 8, 7
Ceylon Pine	Sho 495 A.D.- Taishan Mountain, 1300 year old pine tree, first symbol recorded at the Taishan Mt of the Buddhist studies, gifts to the Tao monks
Ceylon Pine	Sho-495A.D - Taishan Mountain, 500 year old pine tree, symbol of studies from Indo Master of Buddhism
Chaan Buddhism	Buddhist study of Daruma's master and teacher, the 27th Patriarch of Buddhism
Chaan Buddhism	515 A.D. Enters Japan as Ren Buddhism, Renzai Sect, with Huiko
Chaan Buddhism	522 A.D. Enters Japan as Rin Buddhism, Rinzai Sect, with Tori Shiba
Chang Fang	1. Tao head master, scholar, warrior monk at (Temple Yung Ming) Shaolin Temple 495AD converted Taoist, translating Buddhist books written in Buddhist Sanskrit. 2. Master study in Tai Chi Chuan (self-defense). 3. Cross study with Chuan Fa from Da Mo a) (Tung) Tai Chi Chuan b) (Tung) Tai Chi Chuan, Yang Style (Internal) (Yang-hard energy from Chuan Fa). Various spellings: Chang Fang, Zhang Fang, Cheng San Feng and Cheng Feng, Zhang Feng, Chang San Feng
Chi Lin	Progression process of Zong Chi, the Jade Princess
Ching	Thunder
Ching Kang	Thunderbolt energy (China)
Chou (Zhou)	Sacred Mountain Chi Shan - North West China, "Queen Mother" of the West. Deity of Zhou Tribes from Chi Shan Mountain.
Chuan Fa	Dharmamukti - Closed hand of the Dharma, fist way of the Dharma, Vajramukti-Thunderbolt Fist
Confidence	1. Know what you know. 2. Know what you don't know. 3. Know what you think you know. 4. Truth is known! (Enlightenment, Self-awareness)
Cord	Bodhisattva symbol - Binds and restrains passions of goodwill, Zen term Ito, thread, string, rope
Courage	Ability to accept challenges by overcoming fear.
Curriculum	Teacher's planned outline and requirements in White Tiger Universal Studies. (Kempo, Karate, Tai chi Chuan, Escrima)
Da Mo	Chinese term for Bodhidharma
Daruma	Japanese term for Bodhidharma
Dan	Higher levels (2/10/13 ) of Specified Required Life Studies.

DAN	Acronym for the way of the Dharma, Daruma, the way of the Arahants, the way of Nata
Dao/Tao	Dao (Japanese) ƒ Damo (Chinese) ƒ Dhammo (Pali) ƒ Dharma (Sanskrit). Study of external environment and then bring it to Inner Self.
Dharma	Teachings of the Buddha, Law, Natural law
Dharma	From Sanskrit root 'dhri' meaning to uphold and symbolized by a pillar. It refers to the spiritual, ethical and natural principles that uphold the entire universe. Natural law in living life's process.
Dharma	Root master way, curriculum, (Jap. Hanshi)
Dharmapalas	Protector of Doctrine
Dhyana	Dualistic meditation method, Dharma Hinayana and Mahayana Study
Discipline	Rules and guidelines to follow to establish standards for progress
Dung (Tung)	Formal Tori Uke Drill Exercise from Chuan Fa to Kempo
Esoteric	White Tiger curriculum designed for or understood by the enlightened White Tiger student, Hinayana Study, 3 Conditions of the self-being
Exoteric	Used by White Tiger for communicating to the general public, Mahayana Study
External (Physical)	Body physics 2/10/13, Physical 1. Conditioning 2. Sensitivities 3. Sense of logic 4. Observations - Bunkai a. Practice b. Training work out c. Study, application
Flow	Continuation of action, Unification, Harmony (Physical)
Flow	Continuation of action, Unification, Harmony: Continuation of flow (Inner Self)
Flow	Refer to Bing Fai Lau Conceptual Graphics and Inner Self Graphics by Robert Ito
Gautama Siddhartha (Shakamuni)	First Buddha (Enlightenment) Nirvana-awakening to ultimate reality! The Four Noble Truths of suffering! Referred to as: "The Noble One", "The Noble Lion". Successors - "The son of the Lion", monks "The sons of the Buddha", "The sons of the Dharma".
Genzo Ito	Dharma, Bodhisattva, Bosatsu, Arihan, Zen Master, Kempo Master (KOSHO RYU), of early 600 A.D.Traveling Zen Monk. Born in China, studied at Nalanda in India. Returned to China then went to Japan to teach Zen from the House of Pine Winds. Mother: Shobogenzo (mother of the lion)
Genzo	All mandala studies of the Inner Self and 3 conditions fo the self being.
Genzu	Master studying Inner Self mandala (Japanese term), basic mandala study of the inner self
Guanhara	Place of original Avalokitasvara, 3rd century Bodhisattva
Guardian Kings of Zen (4)	NORTH- Wutai Shan, Shanxxi Province, Manjushri mountain wisdom spirit,
	WEST- Emei Shan, Sichuan Province, Samantahadra mountain spirit,
	SOUTH- Jiuaa Shan, Ksitigarbha mountain guardian from evil spirits & demons
	EAST- Putuo Shan, Anhui Province, Avalokiteshvara/Kuan Yin mountain passion spirit
Gung	worker, laborer, unskilled, beginner, novice.
Gung Fu	Life time skilled craftsman, worker, laborer, artisan, etc.
Han	Indo China: Han Dynasty family, influenced by Arahants of Chaan, study of Arihan masters of Zen.
Hanshi	Root master way, curriculum. HAN Shi = the Han Way of Shobo Genzo, Han way of 4 Darmas of Zen
Hara	In healing arts, is an empty pocket not for storage of energy

Heian	Peaceful, tranquility. Period in Japan, 794-1185 A.D.
Hinayana	small vehicle, minor study, self-study, life source from the 4 universal elements
Hinayana	(WT) Self-study, study of the human self in mind body spirit. Romanize.
Hsing I	Collective pattern shape, for life studies and training
Hsiang	Harmony of dual studies, 108 studies of Tai Chi Chuan, doubles with meaning of Ying Yang to 216.
Huike	Second patriarch of Zen
Hui Ko	Huike, Zen China, Huiko Zen Japan, Transliteration Zen
Hui Neng	Teacher mentor to the son of Jade Princess (522), disciple of Hui Ko
Ignorance	Unborn Action - Mind, Body, Spirit
I-Hsuan	Lin Chi, Formal training and study at Nalanda, India (Bodhisattva)
Imi Okazaki-Mullins	Robert Ito's Guide to Goodwill Passion in Martial Arts, youngest daughter of Professor Henry Okazaki
Indo	From India, enlightened scholar warrior.
Indo-Chinese	Cross study 495AD Shaolin, Zen 515 AD, Tai Chi Chuan 516 AD, Chuan/Ren (Hui Ko), Zen/Rin (Lin) Zong Chi
Indo-China	Indo-China cultural exchange.
Indriya	Study skills of mind body senses. Romanize
Indu	From India, formally trained and educated bodhisattva.
I-To	Indo-China Theravada cultural intermarriage. (Han Dynasty)
Ito-Man	Indo-Chinese-Okinawan intermarriage. (Liang Dynasty)
IS	Abbreviation for Inner-Self
IS	Inner Flow of Inner Self
IS	The 3 Inner Selves: Mind, Spirit, Emotion
Ji	Huiko's birth name, father's surname before his first son
JiJi	Huiko's father's name after the birth of his son, son Jizo, Huiko's sir name after birth of 1st son (Taichito), sons' of the lion
Jiva	Healing energy is soft, through blood circulating system and skin. Restoring energy is hard, through muscles and connecting tissues. Universal life force.
Jivaka	Direct master, Doctor to the 1st Buddha, Bodhisattva, scholar, warrior, healer, Chuan-Fa Master
Jivat	Direct disciple to healer, Chuan Fa Master to First Buddha, Universal Life Force of original teacher to the Buddha.
Jivat	Healing energy, related to Restorative Arts-positive direction and intention for wellness, fitness
Jivat	Vital energy life force a) Nadi is soft Jivat flow through blood circulating system, and skin b) Pith is hard Jivat flow through muscles and connecting tissues
Jizo Bosatsu	3rd son of Huiko. Japanese Bodhisattva, Guardian of the Road, Protector of Children, Protector of Natural Law of Life, son of the lion. 7th Century.
Kanchipuram, India	Ancient capitol in India, 3rd century. Birthplace of Daruma, means city that is radiant and shines like a jewel.
Kara	Energy collection in the floating pocket or hara to the Kempo studies of Vajrayana, WT Inner-self study
Karate	Hand/Fist Way from China, first use of this terminology Japan 522 A.D, Chinese Hand

Karma	Action of (6 Expressions), all Actions 1. The Body 2. The Mind 3. The Spirit 4. The Emotion 5. The Vajrayana 6. O Karmayana
Karma	(WT) All actions to the human self. Romanize: 1) All physical action 2) All mind action 3) All spirit action 4) All emotional action
Kata	1) Formal exercise 2) Bosatsu traditional formal exercise and study 3)Kempo Karate origination
Kata	4 Shi Bosatsu's Traditional Formal Exercise
Kayagita	Singing with the body, White Tiger sounding off
Kempo	Separate study under Zen. Chuan Fa study with transition influence in China, Bodhidharma curriculum Fist within the universal law of the four elements
Kempo	Hand/Fist way within The Universal Laws/Arihan/Bosatsu
Kiai	Breath follows body: 1. Breath Control 2. Breath Intention 3. Breath Timing
Knowledge pie	Know what you know, learn from what you know (Anumana). Know what you don't know, learn from what you don't know (Anupalabधि). Know from what you think you know, and learn from what you thought you knew (Upama).
Kongo	Thunderbolt (Japan) (Hard Energy)
Kon San Men	3 Doors, Body Motion = 1. Feet 2. Arms 3. Head
Kooksul	Korean term for Kempo (520AD)
Kosho Studies	495 A.D. Taishan Mountain, 1300 and 500 year old Pine trees, symbol of studies from Indian Masters studies in Buddhism (Indo-Chinese cross studies wth the Tao), House of Pine Winds.
Kosho Studies	495 A.D. transplanted pine tree at Song Mountain of the Shaoshi Mountains by Quen Yin, House of Pine Winds
Kosho Studies (WT)	House of Pine Winds.
Ksatreya	Ancient Empty Hand art of India, roots of Chuan Fa Kempo
Kuan Yin	Quen Yin, Queen Shiba, Zong Chi, Lin Chi
Kuan Yin	Bodhisattva (female), Bodhisattva name Avalokiteshvara (disguised as male), Buddha (female)
Kuen Yin	Quen Yin, Queen Shiba, Zong Chi, Lin Chi, Bodhisattva, Bosatsu, Amida Buddha
Kuen Yin	Bosatsu (Bodhisattva), Amida Buddha (male/female)
Kuntau	Indonesian term for Kempo
Kyo	Lower levels of Buddhist curriculum, beginning, elementary, basics (2/10/13). Exoteric study for the masses. (8/9/15) Life Studies. Beginning Bosatsu formal physical exercise. (mind-body, spirit-body)
KYO (WT)	Acronym using Karma, Yana, and O is everything, complete- the basics for the three conditions of the self being study (Mind, body, spirit), beginning foundation of Esoteric studies
Life Source	Air, Water, Wood, Earth (4 Universal Elements)

Li	Title of the head of 5 Lin-a village, 5 Li formed a commune called Tang
Liang Dynasty	1st of 3, Southern Dynasty from Tao/Zen Progression of Shaolin Study 495 A.D. Daruma
Lin	Ancient Chinese titles of 5 families formed a neighborhood, 5 Lin formed a village (495 AD Shaolin Lin Chi) (Progression from Han Dynasty)
Lin	Taishan Mountain, 5 families of Tai Chi (early 3rd century). Early 6th century, 4 families of Shaolin from the Taishan.
Lin Chi	Progression study of Zong Chi, or to Lin Chi, Kuan Yin
Lion	
Lioness	
Liu Sung Dynasty	420-479 AD (Liu, general drafted into leadership during the time of the Northern Wei)
Lohan	Chinese term Arahant, Japan term Arihan
Mahayana	large vehicle, major study of the Bodhisattva
Mahayana	Northern form of Dharma in China, Japan and Korea, etc. Use of 3 conditions of self being, community study & self study to the natural environment, the Zen study
Mahayana	(WT) All social interaction of humans. Romanize. 1) Neighborhood 2) 5 family groups + Lin 3) Li-community groups, village, town 4) Tang - Large population, country, nation, cultures
Maitraya Buddha	The buddha of the coming age
Mikkyo	Buddhist Sect to Japan
Mindfulness	Mind Body Speech, Mind Body Spirit
Nata	Traditional formal exercise and training - ongoing enlightenment. Vedic traditional formal ritual exercise.
Naha-te	Hands from Naha, Okinawa
Nalanda	Bihar, India. Ancient University. Bodhisattva place of formal study and training.
Nalanda University	
O:	1. All that applies 2. Everything involved 3. All useful matters and things 4. Far, wide, deep
Observation	All human karma through your senses
Nirvana	Awake to Reality! Enlightened! Truth is Known!
Pala	Protector, Guards, Guardian, Four Guardian Kings of Zen Mountains
Pali/Sanskrit	Enlighten, to learn, learning
Pani, Kara, Hasta, Sandhi	Hands, palms
Paramitas	pg 51 - Human characteristics of mind, spirit, emotion (inner-self). Formal study of your inner-self (self-study)
Pine	Ancient Pine trees of Mount Taishan-Han Dynasty Cypresses planted by Emperor Wu Di, Tang Chinese Scholar tree (about 1300 years old), the Welcoming-Guest Pine (500 years old), Fifth-Rank Pine planted by Emperor Qin Shi Huang
Prajnadhara	27th Patriarch of the Buddha
Pratyaksha	Direct perception through 5 sense. External (e.g. sight), Internal (pain, lobe)
Ren	Romanization of Theravada study, social study.
Ren	Romanization of Theravada study, human study.
Ren Buddhism	Theravada Ren of the Han Dynasty of Chaan Buddhism, 800 BC Ceylon

Ren Study	Japanese transliteration of Chaaan 515 A.D. Hui Ko and Soji prepare for Japan
Rin Buddhism	Ren Indo Chinese Buddhism interaction. (Rinzai)
Rin Study	Study of Zong Chi family-ancient lineage (Lin Chi) Taishan Mountain, Putuo Shan, Sung Shan
Renzai	515 Japan, Chaaan Buddhism transliteration to Japan from Hui Ko, Renzai Sect from Hui Ko, 1st Patriarch of Zen
Rinzai	522 Japan, Chaaan Buddhism transliteration to Japan from Shiba, Rinzai Sect from Shiba
Sabda	Sound, hearing. Knowledge from hearing from an authentic source
Sabda	Knowledge from your own senses, 3 conditions of the self-being
SAN	S=Sangha, masses, common monks A=Arahants, elders, Arihans (Elders) N=Nata, formal patterns (written, observation, physical) 11/5/14
San	3 Way Study, Sangha, Arihan, Nata. Sangha Ahihan formal basic exercise ritual study.
Sangha	Group of followers, beginning monks, order of monks, disciples
Sahajayana	Left side kata Vajrayana
San Mii	3 Peripheral Senses - Vision, Mind, Spirit (6 Unifications), 3 Acutes, Mind Body, Spirit Body, Spirit Mind
Sanchin Hsing (kata)	Purpose: Subdue the 3 realms of the self-being; Method: 9 squares drawn on the ground
Sanshin kata	Bosatsu 9 box kata, traditional formal exercise
Sandhi, Khataka	Closed fist
Sanskrit/Pali/Kanji	Enlighten, to learn, learning, changing, always learning
Seven Stars	Correct form for motion. Consists of 8 rounds, 7 stars, 4 directions of motion, 6 unifications. The physics of the human body, biology of the human body, psychology of the body. 2/10/2013
Shakamuni	Realm of Existence Parinirvana, 1st Buddha
Shaolin	The young forest, Da Mo study, curriculum outline for intended students. Yung Ming Temple, first to house 3000 monks.
Shaolin	The 4 families of Shaolin (Sung Temple) (House of the Pine Winds) Kempo Karate Tai Chi Chuan
Shaolin	The physics of the human body, biology of the human body, psychology of the body 2/10/2013 (Hsing Yi) (Kata)
Shaolin	The Young Forest (Shorin-Japanese term) Master of origin: Daruma (Da Mo ) Place of origin: Henan Province 495 A.D. South Eastern China South Eastern caves 495 to 504 A.D. Yung Ming Temple built by Emperor Wu to house up to 3000 monks and nuns. Later referred to as Shaolin Temple. Chuan Fa and Yoga influenced foundation of beginning physical exercise. Shaolin beginning training was led by 18 Arahants who lived in the caves with Da Mo. Emperor Wu later built Da Mo his own personal temple in 505 A.D.
Shaolin Studies	a) Began in Shao Shi Mountains b) Lin: 4 Families (masters) of Sung Shan Mountain (Center Great Mountain) Head Master: Bodhidharma
Shaolin Zen	Shozen -(skt. kskitagarbha) Guardian on the Road of Life and Protector of Children, Bosatsu Orientation
Shaoshi Mountain	The lesser, smaller mountain, south of Taishan Mountain. Minor mountain of the Pine!
Shi	Dharma, enlighten
Shi	Reference to the 4 Bosatsu of Zen, Arihan, guide
Shi	4 Zen bosatsu of the Shaoashi, Shaolin beginning

Shihan	The Way of Shiba, early studies of Han/Zhou family, Lin Chi (Rin Chi), The Way of 4 Dharmas of Zen to Han study
Shilum	
Shilum	Southern Shaolin (Zen) Study a) Female Master/Teacher/Bosatsu b) Self-study of Zen/Tao (Kyo high level) c) One of 4 Zen Bosatsu d) Chuan Kyo Bunkai, Vajra (Kyo high level)
Shin	Heart, Emotional Spirit of Logic, Logical Spirit of Emotion, Inner-Self
Shin	Bodhisattva Bosatsu Dharma Traditional formal exercise
Shing I	Form, shape, change to body for fitness, health. Mind Body Exercise for Longevity
Shinto	Shin, Zen basics, Spirit of the Eightfold Path, Spirit of Goodwill and intentions. Indo-China influence, Religion
Sho	495 A.D. Taishan Mountain, 1300 & 500 year old Pine, symbol of studies from Indian Masters, Buddhism, Way of the Pine, Follow the Way of the Pine! (HOUSE of the PINE WINDS)(LIN: 4 FAMILIES of the HOUSE OF THE PINE WINDS at CENTER SMALL GREAT MOUNTAIN SUNG TEMPLE of SHAOSHI MOUNTAINS)
Sho	CEYLON PINE SYMBOL of early cultural interaction of INDO-CHINA STUDIES 800 B.C. planted at Taishan Mountain. Pine tree curriculum to a higher level (8 levels) Dan 2/10/13
Sho	The symbol from the Han Dynasty for the 5 families of the Taishan Mountain and their studies from India
Shobogenzo	She is the lioness, mother of the lion, female buddha, matriarch of House of Pine Winds. Bosatsu Dharma of Bodhidharma 4 Shi.
Shorin	Japanese term for Shaolin. House of the Pine Winds. Pine tree study from 4 families of Sung Shan Mountain.
Shotokan/Shoutoukan	Pine Winds House, or House of the Pine Winds (Taishan Mountain, symbolic forest, Ceylon cypress and pine 800 BC, 600 BC, 10 BC)
Shozen	(skt. kskitagarbha) Heian period. Protector of Travelers and Children. (Bosatsu), Bodhisattva Scholar Warrior
Shuri-te	Hands from Shuri, Okinawa, 522 AD, Liang Dynasty. Shurite Karate Kata 5 box Sanchin
Si	Same as Shi, except for reference to number 4. Reference to the 4th Bosatsu of Zen, Arihan, guide, Shaoshi 4th mountain
Silum	Southern Shaolin (Zen) Study a) Female Master/Teacher/Bosatsu b) Self-study of Zen/Tao (beginning level) c) One of 4 Zen Bosatsu d) Chuan Kyo Bunkai, Vajra (beginning level)
Silum	Teachers of the Liang Dynasty, female master, teacher, Zong Chi, Jade Princess, Shiba
Social 4 Strata of India	1. Shih-scholar, guide, Bosatsu. 2. Kung-worker, life-time student. 3. Wang-farmers 4. Shang-merchants
Sungshan Mountain	Mount Sung, central of the 5 great mountains
Song	After 515, all the studies of Bosatsu training
Sung	Before 515 AD, more ancient term used for the highest level of study at the temple in the Sung Mountains, in Okinawa intermediate level of study (ueichi).
Sword	Bodhisattva symbol - To cut away ignorance, ill will
State of No Poles	Flowing motion
State of Zero Poles	1. Transition 2. 8 rounds in motion coordinating in air for center leverage and balance (in the state of no poles, 1 pole, 2 poles)



State of 1 Pole	Balance on 1 leg in 7 stars
State of 2 Poles	Center base for leverage and motion in self defense (with physical intended motion for defend and counter, escape, avoid)
State of 2 Poles	2, 1 and 0. Sequential state of the body, from the waist down, moving from center base stability, to center base balance, to center base stability
Sui Dynasty	581 to 618 AD
Tachito	Village mayor and son of Shiba, son of the lioness
Tai Chi Chuan	The Supreme Study. All Tai Chi by all masters are correct according to their study from their masters. Cannot compare apples and oranges. You cannot learn all aspects of Tai Chi in one life time. You can only master your own limitations.
Tai Chi Chuan	Physics of Motion For all levels of study & exercise: Novice - Exercise, fitness, health & wellbeing Beginners- Slow, soft motion to clear the mind, calm the spirit and relax the body Intermediate - Coordinate mind-body for smooth motion, calm the spirit to reduce tension
Taishan Mountain	The principal (Dai/major) mountain of China, in spring and summer it is called Dongyue, translated Sacred Mountain of northeast China. In the fall and winter it is called Dai Zong, translated principal/major mountain of China. Taishan is south of Tai'an and north of Jinan.
Taishan Mountain	The great mountain
Tang	5 Li forms a commune
Tang Dynasty	618-907 a.d. China
Tang Dynasty	2nd of 3 Dynasties of TAO/ZEN Progression of Shaolin Study 495 A.D. with Daruma.
Tode	(Okinawan) Tang Dynasty
Tongo	Buddha mind, sudden enlightenment
Tou	Tang Dynasty (Japanese)
Tao	The Way (a study)
Tao Mountains (Five)	1. Tai Shan - East Great Mountain (Dongyue), "Tranquil Mountain" in Shandong Province. Greatest & holiest
	2. Hua-Shan - West Great Mountain (Xiyue), "Splendid Mountain", "Flower Mountain" in Shaanxi Province.
	3. Heng Shan - South Great Mountain (Nanyue), "Balancing Mountain" in Hunan Province.
	4. Heng Shan - North Great Mountain (Beiyue), "Permanent Mountain" in Shanxi Province.
	5. Sung Shan - Center Great Mountain (Zhongyue), "Lofty Mountain" in Henan Province. Between Yellow and Yangtze Rivers. Place of Shaolin Temple, home of Zen Buddhism
Telesis	Progress intelligently planned
Test Workout	Practice workout assignments by White Tiger black belts to work on improving both strong points and weaknesses under test conditions. No charge.
Theravada	Thera=Elders, Vada=teaching, Hinayana, Vajrayana
The Lion's Art	1. Yoga Chara 2. Vajrayana 3. 3 conditions of self-being 4. 4 Noble Truths 5. 8 Fold Path 6. Chuan-Fa
Tori	
Tung (Dung)	Formal Tori Uke Drill Exercise from Chuan Fa to Kempo, Particle to designate formal training by Arahants

Tung Chuan	Formal Tori Uke Drill Exercise for Kempo Orientation
Tung Chuan	Tori Uke Drill Exercises Develop: 8, 7, 4 Coordination Skills 8 Rounds, Crossing Guards, 8 Folds, Void (Options to Void) 7 Stars 6th Sense, Unification, 6 Crossing Guards 5 Senses, Gates, Stances 4 Directions of motion 3 Disciplines 2 State of 2 Poles 1 Flow, Unification
Tung Chuan	Physical Orientation for self defense studies: Kempo, Karate, Shorin, Tai Chi Chuan, Kosho
Upama	Knowledge though comparison, analogy. Reach higher study, universal study
Upaya	Body mind process by skillful means, Progress intelligently planned.
Ueich	Higher Study, higher ground, higher level
Universal Study	4 Elements Kempo Animal Forms-Basic Bunkai for KYO practice in self-defense and fitness, not for healing 4 Elements Forms for healing Theravada 5 elements and 7 Chakras 5 Element Forms for healing and self-defense Soft Form
Universal Elements	It is of the heavens, it is of the earth, life source
Universal Life Force	Jiva, Jivat, Vajra (India)
Universal Observation	5 Senses, 6 Unifications
Vajra	Thunderbolt (Sanskrit); Chinese-Ching Kang; Japanese-Kongo
Vajra	Thunderbolt energy through skeletal structure, and bone marrow. Romanize.
Vidya	Knowledge, education, skill
Vajrahara	One who holds Thunderbolt in the floating pocket, soft hand Power, beginning of Vajra disbursement
Vajrakaya	Thunderbolt body (unsafe practice for beginners without guidance)
Vajramukti	Beginning/Fist/Vajra a) Clasped Hands of Thunder bolt (Chinese -Ching Kang Chuan) (Japanese-Kongoken) Advanced/Open Hand b) Liberating Thunder bolt (Chinese-Ching Kang Chieh) (Japanese -Kongogedatsu)
Vajramukti	Thunder bolt fist, Mikkyo philosophical tradition, Bodhisattva orientation, Ching Kang
Vajramukti Method	Hsing I - Collective pattern shape, for life studies and training Shing I - Form, shape, change to body for fitness, health. Mind Body Exercise for Longevity.
Vajrapani	Hands of Thunderbolt (Physical hands), Form Power (Floating Pocket)
Vajrasattva	Essence of the Thunderbolt, Spirit/Mind, Crown, Heart, Shin, Emotional Spirit, Inner Self
Vajrayana	Thunder Study, The Way of Thunder or Thunder Way, Ching
White	Good, without impurities, White Blossoms, Absence of color, day of 24 hour clock
White Tiger	Chinese symbol and legend of warding off evil spirits and demons and saving beings of high stature
White Tiger Gung-Fu	Lifetime Self-Study
White Tiger Inner-Self	1. 7 Energy Centers (4 limbs, 3 inner-selves) 2. Floating Pocket - Collecting Center - 8,7,4 3. Body - stimulation to the skin, muscle, muscle tissue only! Use 5 Energy Centers only! (Jiva)

White Tiger learning methods	1. 5 steps 2. KIS -Keep it simple 3. Progressive 4. Shotgun
White Tiger Universal Study	Inner-Self Energy Stimulation (in motion) for health, fitness and wellbeing
Wisdom	Experienced process that enlightens and benefits all
Wu	Warrior of high experience and knowledge. General Wu Shi, 1st great general and Emperor of China.
Wu Tai Shan	Early 3rd century, Tao Masters and 4 Bodhisattvas migrate to northeast China mountain. Chuan Fa Studies established. Healing and medical practice were priority of the masters curriculum. Mahubhuta Nata. Wu Tai Hsing (formal practice), 5 great Element Forms
Wu Yue	Term for 5 great mountains
Yao Shi (Buddha)	The healing Buddha, Chuan Fa master and healer
Yana	Study, practice, work-out, apply
Yi	Study skills of mind body senses
Yoga	Join Mind Body, meditation (static)
Yoga cara	Join Mind Body, meditation in motion
Yoga Chara	Yoga (Union) + Achara (practice of, conduct, custom, culture, spirit), Bunkai
Zanshin	State of no mind, continuous mind, continuous flow
Zen Patriarchs	1st-Bodhidarma (470-543), 2nd-Hui Ko (487-593), 3rd-Seng Tsan (536-606), 4th-Tao Shin (580-651), 5th-Hung Jen (601-674), 6th Hui Ning (638-713)
Zen	Johana (Pail) - Dayana (Sanskrit) - Cha'an (Chinese) - Zen (Japanese). Study of inner self and then expand to the external environment. Originated in India, written in Hindu
Zen Mountains (Four)	1. Wutai Shan - North in Shanxi province. Bodhisattva Manjushri Buddha shone his third eye a ray of understanding light to cut through ignorance like a sword of high quality. Black Tortoise is associated with the North.
	2. Jiuhuan Shan - South in Anhui province. Bodhisattva Kshitparbha "Earth Buddha" or "Guardian of the Underworld". Red Phoenix bird is associated with the South
	3. Emei Shan - West in Szechuan province. Bodhisattva Samantabhadra "Protector of Doctrine and Teachers". Came from India riding a white elephant. White Tiger is associated with the West.
	4. Putuo Shan - "White flower island mountain". East in Zhejiang province. Dedicated to Kuan Yin who reached enlightenment there. An Chi Sheng lived there. He was a famous healer scholar that studied immortality. It has been said that he lived several hundred years until the Tan Dynasty. Blue Dragon is associated with the East.
Zen/Tao	The Way (a study)/The Way (a study). Indo/China
Zen kyo	Beginning basics - universal observation of self-study, community study, environmental study 2/10/13