

Oss...Say Oss

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There are several essays about what the word OSS meaning for martial art. According to E. Wilson Wendell (2010), “In Japanese the word [oss] is written as a two-character combination. The first character means “to push,” and the second means “to suffer.” But it is more than a simple meaning. When the karateka say OSS he or she are declaring and decreeing the absolute disposition to go ahead in the practice although it surely will pain a lot of and suffering will appear as consequence, but because their disposition and courage to learn, they will accept these strong condition while they practice and also can combat in.

In addition, the words meaning “Together they symbolize the importance of pushing, striving and persevering while suffering through whatever difficulties, pains and hindrances are encountered along the way” *Wilson Wendell (2010)*. However, other authors go ahead looking for when this “greeting” stated to be used and the origin.

According the author Enkamp, Jesse (2018), “full-contact Kyokushin Karate... requires extreme amounts of physical conditioning and guts – this theory says that you are verbally reminding yourself to breach your comfort zone by putting your physical/mental limits to the test every time you say “*Osu!*”.

In brief, the word OSS means greeting and disposition. Do like Hello sensei, how are you today? Or Oss, we are ready to start, or Oss, we understand the instruction. This song does look like that come from the tandem where the central energy of the body is.



Bibliography:

- E., Wilson, Wendell (2010). *Oss. The Karate Greeting*. Retrieved from: <https://mineralogicalrecord.com/wilson/pdfs/Language%20-%20The%20'oss'%20greeting.pdf>
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