

General terms used across most Japanese Martial Arts

**Japanese / English Terms**

**Dojo Etiquette:**

Sensei	Teacher or Instructor
Dojo	School or training hall
Gi	Training uniform
Seiza	Kneeling position
Anza	Sitting position with legs crossed
Ritsurei	Standing bow
Zarei	Kneeling bow
Sensei Ni Rei!	Bow! ( to Sensei)
Kiotsuke!	(come to) Attention!
Rei!	Bow!
Hagime!	Begin or Start
Uke/Nage	Person <b>receiving</b> the technique
Tori	Person <b>performing</b> the technique
Ukemi	Safe falling practice
Uchi Komi	Repetitive practice (no throwing)
Randori	Free Practice
Onegai Shimasu	I am ready to be train/be trained
Domo Arigato (Sensei) Gozaimashita	Thank-you (Sensei) for the training

## Japanese Ordinal Numbers

1. Ichi (Sho)
2. Ni
3. San
4. Shi (Yon)
5. Go
6. Roku
7. Shichi
8. Hachi
9. Ku
10. Ju

## Ukemi Waza -Safe Falling Techniques

Mae Ukemi	Forward Breakfalls
Yoko Ukemi	Side Breakfalls
Ushiro Ukemi	Back Breakfalls

## Shintai Waza- Posture and Stance

Shizen Hontai	Basic Natural Posture
Migi/Hidari Shizentai	Right/Left Natural Posture
Jigo Hontai	Basic Defensive Posture
Migi/Hidari Jigotai	Right/Left Defensive Posture
Tai Sabaki	Body Control (5 types)
Kuzushi	Break Opponent's Balance
Tsukuri	Fitting In/ Body Position
Kake	Execute the Throw

## Zen Philosophy

Jiko No Kansei	Strive for perfection
Jita Kyohei	Mutual Benefit and Welfare
Mushin	No Mind

Vocabulary Related to Names of:  
Judo/Jujitsu/Aikido Techniques

Ashi	Foot or Leg	Okuri <u>Ashi</u> Harai
Barai (Harai)	Sweeping action (leg or foot)	Deashi <u>Barai</u>
Dori	Grab	Kata <u>Dori</u>
Eri	Lapel of the Gi	Okuri <u>Eri</u> Jime
Gaeshi (Kaeshi)	Counter or Reversal	Sumi <u>Gaeshi</u>
Garami	Entangle or Twist	Ude <u>Garami</u>
Gari	Reap or Sweep	Osoto <u>Gari</u>
Gatame	Pin or (Joint) Lock	Kata <u>Gatame</u>
Goshi (Koshi)	Hip	0 <u>Goshi</u>
Guruma	Wheel	Kata <u>Guruma</u>
Gyaku	Reverse	<u>Gyaku</u> Juji Jime
Ha	wing	Kata <u>Ha</u> Jime
Hane	Springing Action	<u>Hane</u> Goshi
Hara	Stomach	<u>Hara</u> Gatame
Harai (Barai)	Sweeping action (leg or foot)	<u>Harai</u> Goshi

Hadaka	Naked (no gi used)	<u>Hadaka</u> Jime
Hidari	left	<u>Hidari</u> Jigotai
Hiji	Elbow	<u>Hiji</u> Makikomi
Hishigi	Crush	<u>Hishigi</u> Juji Gatame
Hiza	Knee	<u>Hiza</u> Guruma
Hon	Basic or Fundamental	<u>Hontai</u>
Juji	Cross	<u>Juji</u> Gatame
Jime (Shime)	Choke or Strangle	Hadaka <u>Jime</u>
Kaeshi (Gaeshi)	Counter or Reversal	<u>Kaeshi</u> Waza
Kami	Upper	<u>Kami</u> Shiho Gatame
Kata	Single or Shoulder	<u>Kata</u> Juji Jime or <u>Kata</u> Gatame
Kesa	Scarf	<u>Kesa</u> Gatame
Ko	Minor	<u>Ko</u> Soto Gari
Komi	Pull	Tsuri <u>Komi</u> Goshi
Koshi (Goshi)	Hip	<u>Koshi</u> Guruma
Kote	Wrist	Kote Gaeshi
Kuzure	Variation	<u>Kuzure</u> Kesa Gatame

Makikomi	Winding	Karada <u>Makikomi</u>
Makura	Pillow	<u>Makura</u> Kesa Gatame
Mata	Thigh	Uchi Mata
Migi	Right	<u>Migi</u> Ushiro Geri
Morote	Two-handed	Morote Gari
Mune	Chest	<u>Mune</u> Dori
Nami	Normal	<u>Nami</u> Juji Jime
O	Major	<u>O</u> Goshi
Obi	Gi Belt	Obi Nage
Okuri	Sliding	<u>Okuri</u> Eri Jime
Otoshi	Drop	Tani <u>Otoshi</u>
Ryote	Two Handed	<u>Ryote</u> Jime
Sankaku (Sangaku)	triangle	<u>Sankaku</u> Jime
Sasae	Blocking	<u>Sasae</u> Tsuru Komi Ashi
Seoi	Shoulder	Ippon <u>Seoi</u> Nage
Shiho	Four Corners	Kami <u>Shiho</u> Gatame
Shime (Jime)	Choke or Strangle	<u>Shime</u> Waza
Sode	Sleeve	<u>Sode</u> Guruma Jime

Soto	Outer or Outside	<u>Soto</u> Makikomi
Sukashi	Counter or Evasion	Uchi Mata <u>Sukashi</u>
Sukui	Scoop	<u>Sukui</u> Nage
Sumi	Corner	<u>Sumi</u> Otoshi
Tai	Body	<u>Tai</u> Otoshi
Tate	Straddle	<u>Tate</u> Shiho Gatame
Te	hand	Te Nage
Tomoe	Circle	<u>Tomoe</u> Nage
Tsuki	Thrusting	<u>Tsuki</u> Kote Gaeshi
Tsuri	Lift	<u>Tsuri</u> Komi Ashi
Uchi	Inner	0 <u>Uchi</u> Gari
Ude	Arm	<u>Ude</u> Gatami
Uki	Floating	<u>Uki</u> Goshi
Ura	Back	<u>Ura</u> Nage
Ushiro	Reverse or Rear	Tachi Waza <u>Ushiro</u>
Utsuri	Change or Transfer	<u>Utsuri</u> Goshi
Wake	Armpit	<u>Wake</u> Gatame
Yoko	Side	Yoko Shiho Gatame

