

# *Japanese Terminology*

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<b>Words and Phrases</b>	
<i>Kempo</i>	Fist law or natural law
<i>Sei</i>	True, pure, correct
<i>Kosho</i>	Old pine tree
<i>Shorei</i>	Encouragement
<i>Kai</i>	Family, association
<i>Ryu</i>	School of thought
<i>Sumikiri</i>	Octagon
<i>Kigan (ogamite)</i>	Praying hands
<i>Kaishu (mute)</i>	Open hands
<i>Hoken (hiken)</i>	Covered fist
<i>Mon</i>	Crest or gate
<i>Shochikubai</i>	Pine/bamboo/plum
<i>Densho</i>	Legend, history, story
<b>Waza</b>	<b>Techniques or Tricks</b>
<i>Aruku no waza</i>	Stepping tricks
<i>Ashi ate waza</i>	Foot and leg striking tricks
<i>Ashi Sabaki</i>	Foot movement
<i>Atemi waza</i>	Vital point striking tricks
<i>Onna</i>	Female
<i>Otoko</i>	Male
<i>Ato uchi waza</i>	Feinting tricks
<i>Bogyo geri waza</i>	Kicking defense tricks
<i>Chushin waza</i>	Centering exercises
<i>Debana waza</i>	Anticipation tricks
<i>Go shinjitsu</i>	Self defense study
<i>Harai waza</i>	Warding-off techniques
<i>Hyoshi</i>	Timing
<i>Iaido</i>	Sword drawing way
<i>Jikaku</i>	Awareness
<i>Jitsute waza</i>	Spontaneous practice
<i>Jodo</i>	Short staff way
<i>Kansetsu waza</i>	Locking tricks

<i>Kata</i>	Forms or patterns
<i>Katame Waza</i>	Holding and locking tricks
<i>Keiho waza</i>	Structured practice
<i>Kieru waza</i>	Disappearing tricks
<i>Kihon teki</i>	Basics
<i>Kime waza</i>	Focus exercises
<i>Koga ken keiko</i>	Repositioning with the sword
<i>Kokyu waza</i>	Breathing tricks
<i>Koshi nage waza</i>	Hip throwing
<i>Kuzushi waza</i>	Unbalancing tricks
<i>Kumite no waza</i>	Crossed hands training
<i>Maai</i>	Distancing
<i>Maki waza</i>	Rolling-off technique
<i>Nage waza</i>	Throwing tricks
<i>Nidan waza</i>	Two-step technique
<i>Ne waza</i>	Ground tricks
<i>Nige no waza</i>	Escaping tricks
<i>Nuki waza</i>	Displacement, dodging or avoidng technique
<i>Orashi no waza</i>	Avoidance tricks
<i>Randori waza</i>	Grappling tricks
<i>Renshu</i>	Practice
<i>Sandan waza</i>	Three-step technique
<i>Shiatsu</i>	Finger pressure therapy
<i>Shikake waza</i>	Offensive techniques
<i>Shime waza</i>	Choking tricks
<i>Shodo</i>	Calligraphy way
<i>Tai Sabaki</i>	Body Movement
<i>Te Sabaki</i>	Hand Movement
<i>Tsuki Waza</i>	Punching tricks
<i>Uchi Waza</i>	Striking tricks
<i>Ukemi waza</i>	Falling practice
<i>Uke no waza</i>	Blocking tricks
<i>Yawara waza</i>	Grab release tricks
<b><i>Kihon Tekki</i></b>	<b>Basic Skills</b>
<i>Dachi (tachi)</i>	Stances
<i>Gamae</i>	Posture

<i>Fudo Dachi</i>	Rooted Stance, Immovable
<i>Gankaku Dachi</i>	Crane Stance
<i>Hachiji Dachi</i>	Open Leg Stance, 'Figure Eight Stance
<i>Hangetsu Dachi</i>	Half-Moon Stance
<i>Heiko Dachi</i>	Parallel stance
<i>Heisoku Dachi</i>	A natural or informal attention stance
<i>Ippon Dachi</i>	One point stance
<i>Juji Dachi</i>	Cross Stance
<i>Kiba Dachi</i>	Straddle Stance. Also known as horse riding stance
<i>Kiza no kamae</i>	Kneeling but up on toes
<i>Kokutsu dachi</i>	Back Stance
<i>Naihanchi dachi</i>	Kiba Dachi, but with the feet turned in
<i>Neko ashi dachi</i>	Cat Foot Stance
<i>Sanchin dachi</i>	Three Conflicts / Hour-glass Stance
<i>Seiza no kamae</i>	Kneeling on both calves
<i>Shiko dachi</i>	Square Stance, Four Thigh Stance also sumo stance
<i>Tachi</i>	Stance
<i>Tachiagaru</i>	to stand up
<i>Tsuru ashi dachi</i>	Crane Leg Stance
<i>Zenkutsu dachi</i>	Front/Forward Stance, translation Front Knee Bent Stance
<i>Ashi</i>	Foot or Leg
<i>Fumikomi geri</i>	Stamping kick
<i>Geri</i>	Kick, when added to another word to describe the kick
<i>Hiza geri</i>	Knee Kick
<i>Kakato geri</i>	Axe Kick
<i>Kake geri</i>	Hook Kick
<i>Keage</i>	Kick Up, snapping
<i>Kekomi</i>	Thrust Kick (Literally, Kick Into/Straight)
<i>Keri</i>	Kick
<i>Keru</i>	Kick, this is used when saying kick as a verb
<i>Mae geri</i>	Front Kick
<i>Mae geri keage</i>	Front Snapping Kick
<i>Mae geri kekomi</i>	Front Thrust Kick

<i>Mae tobi geri</i>	Front Jump Kick
<i>Mawashi geri</i>	Round/Roundhouse Kick
<i>Mikazuki geri</i>	Crescent Kick
<i>Ren geri</i>	Consecutive Kicking, alternating kicking
<i>Tobi geri</i>	Jumping Kick
<i>Ushiro geri</i>	Back Kick
<i>Yoko geri</i>	Side Kick
<b><i>Uke</i></b>	<b>Blocks</b>
<i>Age uke</i>	Rising Block
<i>Barai waza</i>	Sweeping techniques
<i>Chudan uke</i>	Middle Level Block
<i>Empi uke (hiji uke)</i>	Elbow Block
<i>Gedan barai uke</i>	Lower level Sweeping Block
<i>Jodan uke</i>	Upper/High Level Block
<i>Juji uke</i>	Cross or X Block
<i>Kaisho uke</i>	Open Hand Block
<i>Morote uke</i>	Augmented Block
<i>Otoshi uke</i>	Dropping Block
<i>Shuto uke</i>	Knife-hand Block
<i>Soto chudan uke</i>	Outside Mid-level Block
<i>Teisho barai</i>	Palm Heel Sweep
<i>Tettsui uke (or Kentsui uke)</i>	Hammer Fist Block
<i>Tsuki uke</i>	Punching Block
<i>Uchi chudan uke</i>	Inside Mid-level Block
<i>Uke</i>	Block
<b><i>Tsuki or Zuki</i></b>	<b>Punches</b>
<i>Age zuki</i>	Rising Punch
<i>Choku zuki</i>	Straight Punch, also Kara Tsuki
<i>Dan zuki</i>	Consecutive punching (same hand)
<i>Gyaku zuki</i>	Reverse Punch
<i>Hiraken</i>	Flat Fist or Fore knuckle fist
<i>Ippon ken</i>	One Knuckle Fist
<i>Kake zuki</i>	Hook Punch
<i>Kizami zuki</i>	Jabbing Punch
<i>Mawashi zuki</i>	Round/Roundhouse Punch
<i>Morote zuki</i>	Augmented Punch or U-Punch
<i>Nagashi zuki</i>	Flowing punch

<i>Nakadaka ippon-ken</i>	Middle Finger One Knuckle Fist
<i>Oi zuki</i>	Lunge punch
<i>Ren zuki</i>	Alternate punching
<i>Sanbon zuki</i>	A series of three punches
<i>Seiken</i>	Original Fist, Fore fist, Regular Fist
<i>Tate zuki</i>	Vertical Punch
<i>Tsuki</i>	A punch or thrust
<i>Yama zuki</i>	A wide U-shaped dual punch, also called Mountain Punch
<i>Zuki</i>	Punch, use 'Zuki' when you add the word to another
<b><i>Uchi or Tuchi</i></b>	<b>Strikes</b>
<i>Age-empi uchi</i>	Upward Elbow Strike, sometimes Tate empi uchi
<i>Empi uchi</i>	Elbow Strike
<i>Haito uchi</i>	Ridge-hand Strike
<i>Ippon tsuki</i>	One Finger Thrust, also Ippon Nukite
<i>Tettsui ken uchi (or Kentsui uchi )</i>	Hammer Fist Strike
<i>Nihon nukite</i>	Two Finger Strike
<i>Nukite</i>	Spear Hand
<i>Shuto uchi</i>	Knife hand strike
<i>Tate empi uchi</i>	Upward Elbow Strike, also called Age empi
<i>Teisho uchi</i>	Palm Heel Strike
<i>Uchi</i>	Striking
<i>Uraken uchi</i>	Back Fist Strike
<i>Ushiro mawashi empi uchi</i>	Back Roundhouse Elbow Strike
<i>Yoko empi uchi</i>	Side Elbow Strike
<b><i>Types of Practice</i></b>	
<i>Embu</i>	Demonstration
<i>Kata</i>	Structured practice; form or pattern
<i>Kakari-geiko</i>	Practice where the instructor offers openings to the student, who must attack the openings immediately
<i>Keiko</i>	Practice
<i>Mi tori keiko</i>	Watching practice
<i>Shiai</i>	Competition
<i>Bugei</i>	Martial arts

<i>Jujutsu</i>	Gentle art
<i>Karate</i>	Empty hand
<i>Kobujutsu</i>	Weapon arts
<i>GI</i>	Top of uniform
<i>Keiko gi</i>	Uniform
<i>Zekken</i>	Chest patch embroidered with own name and dojo name
<i>Obi</i>	Belt
<i>Hakama</i>	Split skirt, wide legged pants
<b>Reigi</b>	<b>Etiquette</b>
<i>Arigato</i>	Thank you (informal)
<i>Domo</i>	Thanks (informal)
<i>Domo arigato</i>	Thank you (formal)
<i>Domo arigato gozaimasu</i>	Thank you very much (very formal)
<i>Dozo</i>	Please go ahead
<i>Gomen nasai</i>	Excuse me, I'm sorry
<i>Hajime no saho</i>	Beginning etiquette
<i>Joseki ni rei</i>	Bow to the high section of the Dojo
<i>Kamiza ni rei</i>	Bow to kamiza (heritage)
<i>Onegai shimasu</i>	Please (asking for something, please lets practice together)
<i>Oshiete (kudasai)</i>	(Please) teach me, Let's practice (play) together, shall we?
<i>Onegai otsukare sama deshita</i>	A thank-you that is used after training
<i>Otagai ni rei</i>	Bow to each other
<i>O tsukare sama deshita</i>	You have become tired (because of the hard work you have done teaching) An expression of thanks
<i>Owari no saho</i>	Finishing etiquette
<i>Rei</i>	Bow
<i>Reigi</i>	Etiquette
<i>Reiho</i>	Etiquette, method of bowing
<i>Reishiki</i>	Etiquette, method of bowing
<i>Ritsu rei</i>	Standing bow
<i>Saho</i>	Method of etiquette
<i>Sensei (gata) ni re</i>	Bow to Teachers
<i>Sumimasen</i>	Excuse me (to attract attention)
<i>Tachi rei</i>	Standing Bow

<i>To rei</i>	Bow to sword
<i>Za rei</i>	Kneeling Bow
<b><i>Ranks and Titles</i></b>	
<i>Gakkusei</i>	Student
<i>Ko hai</i>	Junior student
<i>Sempai</i>	Senior student
<i>Sensei</i>	Teacher
<i>Shihan</i>	A senior, or exemplary teacher, properly used within the school only
<i>Soke</i>	Head of style (actually head of family, unifier of gods and lineage)
<i>Hanshi</i>	Root master, source
<i>Kyoshi</i>	Middle title
<i>Renshi</i>	Title bestowed in addition to Dan ranks
<i>Kancho</i>	Owner of school (building, hall)
<i>Kaicho</i>	Owner of school (organization)
<i>Yudansha</i>	Members of the Dan grades
<i>Mudansha</i>	Members of the Kyu grades
<i>Kyu</i>	Student grade, from 8 up to 1, the highest
<i>Hachikyu</i>	8th Rank
<i>Shichikyu</i>	7th Rank
<i>Rokyu</i>	6th Rank
<i>Gokyu</i>	5th Rank
<i>Shikyu</i>	4th Rank
<i>Sankyu</i>	3rd Rank
<i>Nikyu</i>	2nd Rank
<i>Ikkyu</i>	1st Rank
<i>Yudansha</i>	Members of the Dan grades
<i>Dan</i>	More advanced grades from 1 to 10, after attaining a black belt
<i>Shodan</i>	1st degree Black Belt
<b><i>Practice Hall Arrangement and Definitions</i></b>	
<i>Dojo</i>	Practice hall
<i>Ge</i>	Side of dojo opposite shinzen
<i>Joseki (jo)</i>	High side, shinzen
<i>Shomen</i>	Front of room

<i>Kamiza</i>	Spirit seat
<i>Shimoza</i>	opposite sensei, where students sit
<b>Dojo Commands</b>	
<i>Ato</i>	move back
<i>Hajime</i>	Begin, start
<i>Hayaku</i>	Quickly, Hurry
<i>Iai kisogeiko</i>	Fundamental practice
<i>Iie</i>	No
<i>Ijo</i>	that is all (after recitation)
<i>Junbitaiso o hajimemasu</i>	Begin warm-up
<i>Junbitaiso o owarimasu</i>	Warm-ups are finished
<i>Kaette</i>	Pivot, change direction
<i>Hai</i>	Yes
<i>Katana o motte</i>	Get your sword(s)
<i>Kiai</i>	Shout, yell
<i>Kiyotsukete</i>	Be careful
<i>Kogemi</i>	Attack
<i>Mate</i>	Wait
<i>Mawatte</i>	Turn around
<i>Moichido</i>	One more time
<i>Mo motte</i>	More, eg. mo oki, bigger
<i>Mokuso</i>	Close the eyes, meditation
<i>Narande</i>	Line up
<i>Osame to</i>	Replace swords into saya
<i>Roe</i>	Bow
<i>Shitsurei</i>	Excuse me
<i>Suwari kudasai</i>	Please sit down
<i>Tachi nasai</i>	Stand up
<i>Tadashi</i>	Correct
<i>Uchimoni</i>	Practice motion
<i>Yame</i>	Stop
<i>Yasume</i>	Relax, at ease
<i>Yoi</i>	Ready, attention
<i>Yukuri</i>	Slowly
<i>Yuru yaka ni</i>	Smooth
<b>Aruki</b>	<b>Walking</b>

<i>Ayumi ashi</i>	Normal walking motion, back foot slides up to become front foot
<i>Fumi komi</i>	Shift forward, as in a strike, using the hips
<i>Fumi komi ashi</i>	Foot motion as shifting forward, front and back slide together, not two different movements
<i>Okuri ashi</i>	Following foot, step forward with front foot, then rear foot moves same distance forward to regain original distance apart
<i>Tsugi ashi</i>	Half step, rear foot up to front then front forward again
<b>Names of Roles</b>	
<i>Kasso teki</i>	Invisible opponent
<i>Motodachi</i>	Defender, teacher side in waza practice
<i>Nage</i>	Performer of technique
<i>Shidachi (shi tachi)</i>	Completing sword. Finishes partner practice
<i>Teki</i>	Opponent
<i>Tori</i>	Attacker
<i>Uchidachi (uchi tachi)</i>	Entering sword. Attacker in partner practice
<i>Uke</i>	Receiver (of technique)
<b>General Vocabulary</b>	
<i>Age</i>	Lift or raise up
<i>Ato de</i>	Afterwards
<i>Chigau</i>	Different
<i>Chiisai</i>	Small
<i>Chikaku</i>	Near
<i>Dame</i>	Not like that, wrong
<i>Hai</i>	Yes
<i>Heta</i>	Unskillful, poorly done
<i>Iie</i>	No
<i>Jozu</i>	Skillful
<i>Kogesa</i>	Small form
<i>Kyojun</i>	Standard, basic level
<i>Machigai</i>	Mistake
<i>Miru</i>	Look
<i>Naza</i>	Why

<i>Ogesa</i>	Large form
<i>Oki</i>	Big
<i>Semeru</i>	Push, press
<i>Shita</i>	Under
<i>Shito kokyu</i>	One breath
<i>Shizukani</i>	Soft, gentle
<i>Sukoshi</i>	A little, a small amount
<i>Tate</i>	Standing, upright
<i>Wakarimasu</i>	I understand
<i>Warui</i>	Bad
<b><i>Tai Sabaki</i></b>	<b>Body Motions</b>
<i>Tai</i>	Body
<i>Sabaki</i>	Movement
<i>Hiraki ashi</i>	Rear foot moves forward and turns to face opponent, front foot turns to establish feet again in kamae but with opposite foot forward
<i>Irimi</i>	Entering
<i>Jiku ashi</i>	Turning foot, the main axis of rotation
<i>Kaiten</i>	Turning
<i>Mawari</i>	Swinging around
<i>Seme ashi</i>	Pushing or pressing foot
<i>Suri ashi</i>	Sliding foot
<i>Tenkan</i>	Moving one foot behind the other to turn 180 degrees
<b>Directions</b>	
<i>Mae</i>	Forward
<i>Migi</i>	Right
<i>Hidari</i>	Left
<i>Ushiro</i>	Rearward, behind
<i>Omote</i>	Front
<i>Ura</i>	Back
<i>Uchi</i>	Inside, inward
<i>Soto</i>	Outside, outward
<i>Jodan</i>	High
<i>Chudan</i>	Middle
<i>Gedan</i>	Low

<i>Fukaku</i>	Low
<i>Ichi mon ji</i>	A straight line
<i>Tate ichi mon ji</i>	A vertical line
<i>Yoko ichi min ji</i>	A horizontal line
<i>Chokkaku</i>	Right angles
<i>Do</i>	Degrees, eg. kuju do is 90 degrees
<i>Heiko</i>	Parallel
<i>Kakudo</i>	Angle
<i>Massugu</i>	Straight ahead
<i>Naname</i>	Diagonal
<i>Otoshi</i>	Dropping
<i>Shomen</i>	Straight ahead
<i>Ue</i>	Up
<i>Yoko</i>	Horizontal, to the side
<i>Asoko</i>	Over there
<i>Biki</i>	To move, as in saya biki or hakama biki
<i>Gyaku</i>	Reverse, opposite, inverted
<i>Hantai</i>	The other way around
<i>Kiku</i>	Lower
<i>Komi</i>	Coming close or drawing near
<i>Soko</i>	There, that position
<b>Anatomy</b>	
<i>Nakazumi</i>	Centerline of body
<i>Atama</i>	Head
<i>Men</i>	Head
<i>Shomen</i>	Front or top of head
<i>Yokomen</i>	Side of head
<i>Shamen</i>	Side of head, temple
<i>Gammen</i>	Point on face between eyes
<i>Me</i>	Eye
<i>Mimi</i>	Ear
<i>Jinchu</i>	Center of upper lip
<i>Kubi</i>	Neck
<i>Nodo</i>	Throat
<i>Do</i>	Chest / side of body at ribs
<i>Sui getsu</i>	Solar plexus

<i>Mune</i>	Chest
<i>Te</i>	Hand
<i>Te kubi</i>	Wrist
<i>Omote</i>	Open / palm of hand
<i>Kote</i>	Wrist (forearm)
<i>Hiji</i>	Elbow
<i>Kata</i>	Shoulder
<i>Ude</i>	Arm in general
<i>Ura</i>	Back of hand
<i>Yubi</i>	Finger / toe
<i>Koshi</i>	Hip
<i>Hara</i>	Abdomen
<i>Tanden</i>	Centre of balance, below navel
<i>Seika tanden</i>	As per tanden
<i>Ashi</i>	Foot or leg
<i>Ashi kubi</i>	The ankle
<b>Philisophical Concepts</b>	
<i>Budo</i>	Way of war
<i>Bushido</i>	Way of the warrior
<i>Dai kyo soku kei</i>	Big strong fast smooth
<i>Fudoshin</i>	Immovable mind, calm spirit
<i>Fukaku</i>	Personal character
<i>Gokai</i>	Grandeur, large, full motions
<i>Heijishin</i>	Ordinary mind
<i>Jo ha kyu</i>	Slow, faster, fastest
<i>Ki</i>	Spirit, energy
<i>Kiai</i>	Spirit/breath union, shout
<i>Kime</i>	Focus, sharpness of movement
<i>Kokoro or Shin</i>	Heart/mind
<i>Kokyu</i>	Breath, breath power
<i>Ma</i>	Distance, space, interval (in time)
<i>Maai</i>	Mutual distance (in space)
<i>Mushin</i>	No mind, no rationalization
<i>Muga</i>	No ego
<i>Munen</i>	No thought
<i>Riai</i>	Unification of action and theory

<i>Sei</i>	Motionless, inactive
<i>Shu ha ri</i>	Absorb, digest, omit. Memorize, question and understand, forget
<i>Sutemi</i>	Sacrifice technique, accept a blow to deliver one
<i>Zanshin</i>	Lingering mind

From the website <http://westlinnmartialarts.org/vocabulary.htm>