

Japanese Terminology

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|---------------------|----------------------------|
| Sensei | Teacher |
| Rei | bow |
| Kiotsuke | attention |
| Mokusu..... | Close eyes for meditation |
| Sensei ni rei | bow to instructor |
| Shomen ni rei | bow to front |
| Seiza | formal kneeling posture |
| Obi | Belt |
| Dojo | practice hall |
| Tatami | mat |
| Tori | person who throws |
| Uki | person who is thrown |
| Hajime | begin |
| Matte | wait |
| Yame | stop |
| Sore made | it's finished, that is all |
| Kiai | power shout |
| Arigato | Thank you |
| Nage | Throw |
| O | Major |
| Ko | Minor |
| Mae | Forward |
| Jime | Strangle |
| Juji | Cross |
| Ura | Back |
| Uchi | Inner |
| Soto | Outer |
| Gake | To hang, hook, block |
| Garami | To entangle, wrap, bend |
| Ha | Wing |
| Hadaka | Naked |
| Hane | Spring |
| Harai | Sweep, reap |
| Morote | Both hands |
| Shiho | 4 quarters, 4 directions |
| Shime (Jime) | To tighten, strangle |
| Tani | Valley |
| Ukemi | Breakfall |
| Ushiro | Behind, back of |

YokoSide
DachiStance
SumiCorner
JikanTime
Sono MamaDo not move
YoshiContinue after Sona Mama is called
OseakomiHold is on
TokettaHold down broken
MaittaI submit or Tapping
IpponFull point
Waza AriHalf point
YukoAlmost half point
KokaAlmost a Yuko
Sogo GachiCompound win
HanteiRequest for a descision
Hiki WakeDraw
ShidoNote
ChuiCaution
KeikokuWarning
Hansoku makeDisqualification
OnnaFemale
OtokoMale
KinsaSlight Superiority
Yunsei GachiWin on descision by Kinsa
AkaRed
ShiroWhite
HonBasic
KuzureModified
ZoriesSlippers

Body Parts

AtamaHead
KubiNeck
TaiBody
DoWaist
TeHand
KataShoulder or Form
UdeArm
YokoSide
TekubiWrist

KoshiHip
HizaKnee
AshiFoot
KobushiFist
MuneChest
ZempakuForearm
KaoFace
EriCollar
KamiUpper body
HijiElbow
MomoThigh
SodeSleeve
KakatoHeel
YubiFinger/Toe
AgoChin
HaraStomach
AshikubiAnkle
Sui GetsuSolar Plexus
HoryuSide Fist
SenakuBack
AshiuraBall of Foot
Shitsu KansetsuKnee Joint
ZinshinEntire body

Terms of posture and body movement

MigiRight
HidariLeft
Midoru.....Middle/Center
MaeFront
Kiba Dache.....Horse Stance
Zen Kutsu Dashi.....Front Stance
Ko Kutsu Dashi.....Back Stance
SeizaKneeling position
zenpo kaiten ukemi (Chugari)....Forward roll
GariReap
HariSweep
TomoeCircular
Shizen HontaiBasic natural posture
GurumaWheel
Tai SabakiBody movement

Ayumi AshiNatural walking movement
UkemiBreakfall
Tsugi AshiConstant one leg movement
KuzushiDisturbing balance
GakeHook
SuriashiBrushing walk
Kaesi WazaCountering techniques

Techniques

Osae WazaThe art of holding
Shime WazaThe art of strangling
Kansetsu WazaThe art of bending and twisting the joints
Atemi WazaThe art of striking
Ukemi WazaBreakfalling techniques
Tachi WazaTechniques done standing up
NeWazaTechniques done on ground
Te WazaHand Techniques
Koshi WazaHip/Loin Techniques
Ashi WazaFoot/ Leg Techniques
Ma Sutemi WazaWith one's back on the ground
Yoko Sutemi Waza.....With one's side on the ground

Throws (nagewaza)

O Soto GariMajor outer reaping
O GoshiMajor hip throw
Koshi NageHip throw
Seio nageShoulder throw
Ippon SeionageOne arm shoulder throw
Morote SeionageTwo arm shoulder throw
Tani otoshiValley drop
Tai otoshiBody drop
Kani basamiFlying scissors
Tomoe nageStomach throw
Ushiro GoshiRear hip throw
De ashi bariAdvanced foot sweep
Ko soto gariMinor outer reaping
Ko uchi gariMinor inner reaping
Hani goshiSpringing hip throw
Shi ho nage4 corners throw
Uchi mataInner thigh throw

O Soto MakikomiWinding throw
Hane MakikomiSpring hip winding throw
Harai GoshiSweeping hip throw
Uki GoshiFloating hip throw
O uchi gariMajor inner reaping
Kata GurumaShoulder wheel
Koshi GurumaHip wheel
Hiza GurumaKnee wheel
Ashi GurumaLeg wheel
O soto GurumaMajor outer wheel
O GurumaMajor wheel throw
Yoko GurumaSide wheel
Sasae tsurikomi ashiPropping drawing ankle throw
TsurigoshiLifting hip throw
Ko soto gakeMinor outer hooking
Tsurikomi goshiLift pull hip throw
Harai Tsurikomi ashiSweeping drawing ankle throw
Okuri ashi haraiPursuing/following foot sweep
Sukui nageScooping throw
Yoko otoshiSide drop
Sumi gaeshiOver throw at an angle
Utsuri goshiChanging hip throw
Ura nageBackward throw
Sumi otoshiDrop to an angle
Yoko gakeSide hook
Yoko wakareSide separation
Kote Gaeshi.....Wrist throw

Osae Waza (the art of Holding)

Kesa gatameScarf hold
Kata gatameShoulder hold
Kami shiho gatameLocking of upper forequarters
Tate shiho gatameVertical locking of forequarters
Yoko shiho gatameSide locking of forequarters
Makura kesa gatamePillow scarf lock

Shime Waza (the art of strangling)

Hada ka jimeNaked choke
Okuri eri jimeSliding collar choke
Kata ha jimeSingle wing choke

Name juji jimeNormal cross strangle
Kata juji jimeHalf cross lock
Gyaku juji jimeReverse cross lock
Kata te jimeOne hand choke
Ryote jimeTwo hand choke
Sankaku jimeTriangular choke

Kansetsu Waza (bending/twisting joints)

Ude garame.....Entangled arm lock
Ude hishigi ude gatame.....Arm arm lock
Ude hishigi juji gatameCross arm lock
Ude hishigi waki gatame.....Armpit arm lock
Ude hishigi te gatameHand arm lock
Ude hishigi sankaku gatame...Triangular arm lock
Ude gatameTwo arm arm lock
Hiza gatameKnee arm lock
Waki gatameSide arm lock
Hara gatameStomach arm lock
Ashi garamiEntangled leg lock
Juji gatameCross arm lock
SankyoWrist twist
Ude Osae.....Arm pin
Kata Osae.....Shoulder pin

Kicks

Mae geriFront kick
Mawashi geriFront round house kick
Ushiro geriRear kick
Yoko geriSide kick
Mae ateFront kick with knee
Taka geriHigh front kick
Naname geriFront crossing kick

Ranks

Rokyu6th KyuWhite belt
Gokyu5th KyuYellow belt
Yonkyu4th KyuOrange belt
Sankyu3rd KyuGreen belt
Nikyu2nd KyuBlue belt
Ikkyu1st KyuBrown belt\

Shodan1st DanBlack belt
Nidan2nd DanBlack belt
Sandan3rd DanBlack belt
Yondan4th DanBlack belt
Godan5th DanBlack belt
Rokudan6th DanRed/White or Black
Shichidan7th DanRed/White or Black
Hachidan8th DanRed/White or Black
Kudan9th DanRed or Black belt
Judan10th DanRed or Black belt

Japanese Numbers

OneIchi
TwoNi
ThreeSan
FourShi
FiveGo
SixRoku
SevenShichi
EightHachi
NineKu
TenJu

Principle of Bio Mechanics

The stability principle (the base & support & center of gravity)
The summation of joint forces principle (use all joints that can be used)
The continuity of joint force principle (use all joints in the correct order)
The thrust or impulse principle (Force & Time application)
The direction principle (direction of the force)
The grip and control principle (to maintain proper grip and control at all times)