

TERMINOLOGY

NATIONAL YUDANSHAKAI ASSOCIATION U.S.A.

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PRONUNCIATION KEY

The pronunciation of Japanese words is very simple, in that any word in the language is made up of one or more short syllabic sounds called "The Fifty Sounds" or "Go Ju no On."

The vowels are pronounced as follows:

A - "AH" as the a in father
E - "EH" as the e in elephant
I - "EE" as the i in machine
U - "OO" as the u in Lulu

AI - "I" as the i in high
EI - "A" as the a in way
O - "OH" as the o in obey

Consonants that are followed by a vowel will have the hard sound. The consonants hard sounds are pronounced as would naturally be read. Consonants that are followed by another consonant are silent, such as "TSURI" and "JUTSU", the "T" is silent. There are exceptions such as "CH" and "SH", which maintain the "cheat" and "she" sounds.

A

AGO	Chin
AITE	Opponent, Partner
ANTEI	Stability, Stable, in reference to posture
ARASHI	Storm
ARATA-RYU	Ancient Jujutsu school (name)
ASHI	Foot, Leg
ASHI ATE	Leg strikes
ASHI FUMI	Foot stomp
ASHI GARAMI	Entangled leg lock
ASHI-KUBI	Ankle (see KURUBUSHI)
ASHI-WAZA	Foot and leg techniques
ATAMA	Head
ATEMI WAZA	Striking techniques, blows
AKUSHU	Hand shake

B

BARAI	Sweep (ancient), see also HARAI
BENJO	Toilet
BOGYO	Defense
BUJUTSU	Military arts
BUSHIDO	Warriors code, "Way of the Warrior"
BUTSUKARI	In Judo practice, technique of movement or TSUKURI for a WAZA, preceding KAKE (see also UCHIKOMI)

C

CHAIRO	Brown (color)
CHIKAKU	Near (proximity)
CHIKARA	Strength, power
CHOKU ZUKI	Straight stab, thrust
CHUGAIRI	Forward somersault break fall
CHUI	Attention, observant, notable

D

DAKIAGE	High lift
DAN	Rank, black belt holder, graduate of the martial art system
DEASHI	The foot
DEASHI HARAI	Forward foot sweep
DESHI	Student, pupil
DHO	Trunk of the body
DO	Way, Principle
DOJO	Martial Arts hall (term formally used by Buddhist priests in reference to their place of worship)
DOKKO	Mastoid Process (one of the vital points)
DORI	Grabbing, compressing or squeezing
DOSA	Move, movement
DOSHI	Comrade, friend (used among fellow Martial Artists)

E

EISEI----- Hygiene
ERI----- Collar or lapel

F

FUKKATSU----- Resuscitation, revival of unconscious one
FUKU SHIKI KOKYU----- Deep breathing for abdominal development
FUSEGI----- Defense
FUSEN RYU----- Ancient school of self-defense
FUSENSHO----- To win a match by default
FURIHANASHI----- Shaking loose

G

GAESHI----- Counter, turn around or over (also see KAESHI)
GAKE----- Hook or break
GAMBARU----- To resist, stiffen
GARI----- Reaping action
GARAMI----- Coil or entwine (also see KARAMI)
GATAME----- Lock or hold (also see KATAME)
GENKI----- Vitality, energy
GENSHIN----- The ability to anticipate an attack upon oneself
GENSOKU----- Principle, or principles
GERI----- Kick
GETSUEI----- Hypochondrium (one of the vital points)
GI----- Uniform
GODAN----- A holder of the fifth grade black belt
GO KYO NO WAZA----- The five stages throws (40 in number)
GOSHI----- Hip
GOSHINJUTSU----- Self-defense
GURUMA----- Wheel (also see KURUMA)
GYAKU----- Reverse or opposite
GYAKU NI MOTSU----- To hold opponent's lapel with the fingers on the inside and the thumbs on the outside

H

HA----- Tooth, teeth
HACHIDAN----- A holder of the eighth grade black belt
HADAKA----- Naked, bare
HAI----- A KIAI or yell given by a Martial Artist
HAIMEN ZUKE----- Pistol against the back
HANA----- Nose
HANASHIAI----- General discussion on Martial Arts matters
HANASU----- To let go of; also means "to speak"
HANE----- Spring; from HANERU - to spring
HANSOKU----- Rules and regulations
HANSOKU MAKE----- To lose a match by violating the rules
HANTEI----- Judgment of decision in a match
HAJIME----- Commence; begin (command by referee to begin)
HARA----- Stomach
HARAI----- Sweep; from HANAU - to sweep (see also BARAI)
HIDARI----- Left (direction)
HIJI----- Elbow

HIKIWAKE	Draw or tie in a match
HIKI	Pull or draw; from HIKU - to pull
HINERI	Twist
HINERU	To twist or turn sharply as the hips in UKIGOSHI
HIZA	Knee
HIZA GASHIRA	Patella, kneecap
HOJO UNDO	Auxiliary exercise, especially for throws
HOKO	Direction
HON	Basic, main (principle one)
HORYU	Hammer fist, side of fist (used in ATEMIWAZA)

I

IPPAN NO JUDO	General Judo; practice rules, auxiliary exercises, regulations, referee rules, management of a match or tournament, etc.
IPPO	One step
IPPON	Single; one point (in a match)
IRIMI NAGE	Entering in throw
ISHA	Doctor
ITTSUTSU NO KATA	Forms of five; a KATA

J

JIBUN	Self; myself as in contrast to opponent or AITE
JIGOHONTAI	Fundamental self-defensive posture
JIKAN	Time (used as command by referee)
JIKU	Axis; axle; pivot (as in making a JIKU of your foot when getting position for a throw or TSUKURI)
JIME	Strangulation; to tighten or squeeze
JINCHU	Philtrum, a vital point in ATEMIWAZA
JISHIN	Self-confidence
JOGOKU	Hellhole
JOSEKI	Wall, or place of honor
JU	Principle of gentleness fundamental to Jujutsu and Judo
JUDAN	A holder of the 10 th grade black belt
JUDO	Kodokan Judo, the system of Dr. Jigoro Kano, derived from the older and cruder systems of Jujutsu; a system of training mind and body most efficiently
JUDOGI	Judo costume
JUDOKA	Judo student, exponent of Judo
JUJUTSU	Ancient systems of self-defense meaning gentle art" (also spelling Jujitsu, Jiu Jitsu, Jiu Jutsu)
JUJI	A cross
JUN NI MOTSU	To hold opponent's lapel with the fingers on the outside and the thumb on the inside
JU NO KATA	Forms of gentleness, a KATA
JUSHIN	Balance
JUSHIN NO USHINAU	To lose one's balance
JUTSU	Art

K

KACHIKAKE	Chin (vital point in ATEMIWAZA)
KAESHIWAZA	Counter-attack technique

KAGAMI-MIGAKI	Mirror polishing
KAKATO	Heel
KAKE	The completed action of a throw following TSUKURI
KAKU	Angular, as in triangle
KAMI	Upper, top
KANGEIKO	Winter Martial Arts practice, practicing in extreme cold
KANI-BASAMI	Scissor Throw, or take down
KANSETSU	Joint referring to anatomy (also spelled KWANSETSU, KANSETSUWAZA)
KANSETSUWAZA	Techniques of twisting and bending the joints reversibly so as to develop dislocation
KAPPO	Resuscitation of unconscious individual (also spelled KWAPPO)
KARADA	Body
KARAMI	Twine, coil, entwine; from KARAMU - to twine (also spelled GARAMI)
KARI	Reap; from KARU - to reap (also spelled GARI)
KASUMI	Temples (vital point); also means feint
KATA	Shoulder; also means half
KATA	Form practice of prearranged exercises opposed to RANDORI
KATAHA	Single-wing
KATAME NO KATA	Forms of grappling; a KATA
KATAME WAZA	Techniques of grappling (mat work); subdivides into holding of the body, choking and dislocating locks
KAWAZU GAKE	One-leg entanglement; to hook and break
KAEGE	Kick
KEGA	Injury
KEIKO	Work out; practice
KENKYU	Research
KENKYUKAI	Research body or association
KENGAKU	To learn while watching other martial artist practice simply thru observing their techniques shortcomings
KESA	Scarf
KI	Spirit; Inner Energy; Strength or Power
KIAI	Martial arts cry with practical and psychological values meaning "meeting the spirits"
KIBISU	Heel
KIME	Finishing methods in self-defense techniques (KIMI)
KIME NO KATA	Forms of decision; a KATA
KITO RYU	Ancient school of Jujutsu
KIWAME NO KATA	Self-defense measures used in real fighting
KO	Minor; lesser; small
KOBUSHI	Fist
KODOKAN	School for studying the system of Judo established in 1882 by Dr. Jigoro Kano. Located in Tokyo, meaning "School for studying the Way." (also spelled KODOKWAN)
KOGI	Lecture or lectures
KOHO UKEMI	Break fall to the back
KOMI	Pull
KOOFUKU	Submission
KOSHI	Hips; loins; waist; buttocks (also spelled GOSHI)
KOSHIKI NO KATA	Forms of antique; a KATA
KOSOTO GARI	Minor Outer Reap
KOTAI	To retreat or move backward
KOUCHI GARI	Minor Inner Reap
KUBI	Neck
KUCHI	Mouth
KUCHIKI TAOSHI	One Hand Drop

KUDAN	A holder of the 9 th grade black belt (also spelled KYUDAN)
KUJIKI	Break, sprain or dislocate
KUMIKATA	Method of holding on to opponent during workout
KUMO	Spider
KUROI	Black (color)
KURUBUSHI	Ankle
KURUMA	Wheel (also spelled GURUMA)
KUTSUU	Pain
KUZURE	Break or modify
KUZUSHI	Unbalanced forms of posture. The continuation of KUZUSU to the point where posture of the opponent is completely broken and the WAZA can be executed
KUZUSU	Breaking or loosening opponent's posture
KYOSHI	Instructor
KYU	Martial Arts rank of class, a MUDANSHA, or undergraduate of the Martial Art system, without grade
KYUSHINRYU	Ancient school of self-defense
KYUSHO	A vital point to which ATEMIWAZA is effected

M

MA	Directly
MAE	In front; in front of; before
MAE GERI	Front Kick
MA MAE	Directly in front of
MAKIKOMI	Wind in
MAITTA	I am out, or I give up; a cry used by defeated opponent to get his victorious opponent to stop
MA SUTEMI	Sacrifice; falling to one's back prior to throw
MATA	Thigh
MATE	Wait
MAWASHI	Turn; from MAWASU - to turn
MA YOKO	Direct to the side
ME	Eye; eyes
MIGI	Right (direction)
MIZU	Water
MOCHIKATA	Method or way of gripping opponent's Judogi
MOKUHYO	Objective
MOKUSO	Command to meditate
MOKUTEKI	Objective
MONDO	Question and answer session
MONTEI	Disciple
MOROTE	Reinforced hand; both or two hands
MUDANSHA	One without grade, undergraduate of the Martial Art system; one in preparation for black belt grade
MUGAMUSHIN	Without body or soul (an attitude of mind)
MUNE OSHI	Chest push
MURI NI	To attempt a move in vain as with strength in contrast to the principles of the technique
MYOJO	Hypogastrium (vital point in ATEMIWAZA)

N

NAGE	Throw; from NAGERU - to throw
NAGE NO KATA	Forms of throwing; a KATA

NAGE WAZA	Techniques of throwing
NAMI	Normal
NE WAZA	Techniques applied from a lying position on the ground, referring to throwing or grappling
NIDAN	A holder of a 2 nd grade black belt
NIGIRI KATAMI	A method of squeezing the thumbs with the fingers to effect self-control and concentration
NIHO	Two steps
NODO	Throat
NOGAREKATA	Methods for escaping from opponent's techniques
NOKORI AI	Original form of RANDORI

O

O	Major, great or big
OBI	Belt or knot of belt
OGOSHI	Major Hip Throw
OKURI	Sliding; send; from OKURU - to send
OKYU TEATE	First Aid
OMOTE	Front
OSAEKOMI	Holding (referee's call)
OSAEKOMI TOKETA	Term used by referees meaning that the hold has been broken
OSAEKOMI WAZA	Techniques of immobilization, pressing or pinning the opponent to the ground so that he is unable to rise
OSHI	Push; from OSU - to push
OSOTO	Major Outer
OTOSHI	Drop; from OTOSU - to drop
OUCHI	Major Inner
OYA YUBI KAJI	Thumb Lock

R

RANDORI	Free play or free exercise
RANDORI NO KATA	Basic forms of randori (nage and gatame no kata)
REI	Respect; salutation; bow
REIGISAHO	Etiquette, proper manner of conduct on the mat
RENSHINHO	Physical development
RENSHU	Practice
RENRAKU WAZA	Continuation or combination techniques (as from one technique to another)
RITSU REI	Standing salutation or bow (also TACHIREI)
ROKYUDAN	Holder of 6 th grade black belt
RYOGANTSUKI	Hand positioning for ATEMIWAZA consisting of the middle finger and ring finger tips. Used in jabbing
RYOTE	Two or both hands
RYUGI	School, following or sect. Pertains to the old schools of self-defense that existed in Japan prior to KODOKAN Judo

S

SAI	A KIAI or yell given by JUDOKA
SAIKA TANDEN	Lower abdominal region. The seat of courage.
SAMPO	Three steps, the third step
SANDAN	Holder of the third grade black belt

SANKAKU	Triangular
SASAE	Stop, check or prop; hold back; from SASAERU - to check
SEIRYOKU ZEN'YO	Maximum efficiency
SEIZA	Command to sit on knees (ZA-ZEN)
SEKITO	Ball of the foot
SEMERU	To attack
SENSEI	Teacher; Instructor; Wise One
SESSEI	Care of the health
SEOI	Back (upper back in shoulder region)
SENAKA	Back (lower region)
SHIAI	Match or tournament
SHIAIJO	Match or tournament mat area
SHICHIDAN	Holder of 7 th grade black belt
SHIHAN	Master teacher; model teacher (originally referring to the Judo exponent of JUDAN attainment, but given wider connotation in modern times)
SHIHO	Four corners
SHIKORO	Neck-plates
SHIME WAZA	Strangulation techniques
SHINKEN	A real fight; a fight to the finish
SHINTAI	Movement of the body
SHIRI	Buttocks
SHIROI	White (color)
SHIRIZOKU	To retreat; SHIFIZOKI - retreat
SHITA	Down; below; beneath; under
SHITA BARA	Lower abdominal region; the SAIKA TANDEN (also spelled SHITA HARA)
SHITAGI	The pants or trousers of the JUDO GI
SHITSU KANSETSU	Knee joint
SHISEI	Posture; body form or posture
SHIZENHONTAI	Fundamental nature posture
SHOMEN	Front
SIZENTAI	Fundamental natural postures of the body in right and left combinations
SHOBU	Contest; bout or match
SHOBUHO	Rules for SHOBU, the 2 nd objective of JUDO or JUJUTSU which deals with learning the actual techniques, concept and principles of the art; the application of science
SHUSHINHO	Rules for training the mind, mental development or the 3 rd objective of JUDO and JUJUTSU
SHODAN	Holder of the 1 st grade black belt
SHODANHO	Probationary 1 st grade black belt
SOKUHO UKEMI	Side break falls (also YOKO UKEMI)
SODE	Sleeve
SONO MADE	A term used by referees in a match meaning "stop movement, "hold that position," or "freeze"
SOTO	Outer; outside
SUIGETSU	The solar plexus
SUKUI	Scooping
SUMI	Corner; the corner
SUTE KEIKO	Literally it means "throw away workout." It consists of having your workout partner become a stand while you apply a technique (NAGE WAZA) on him successively repeating it over and over
SUTEMI	Literally means to throw or sacrifice the body as is done in NE WAZA
SUSUMERU	To advance

T

TACHI	-----	Standing
TACHI GYAKU	-----	Techniques of KANSETSU WAZA applied from a standing position
TACHI WAZA	-----	Standing techniques (throws effected by hands, waist and feet)
TACHIREI	-----	Standing salutation; standing bow
TAI	-----	Body
TAIJUTSU	-----	Ancient self-defense system of Japan
TAI SABAKI	-----	Body movement; walking movements
TAN DOKU KEIKO	-----	Practice by one's self; solitary practice
TANI	-----	Valley
TATAMI	-----	Judo mats; Judo mat
TATE	-----	Vertical
TE	-----	Hand
TE KUBI	-----	Wrist (neck of hand)
TENDO	-----	Bregma (front of head); a vital spot
TEN SHINSHINYORKU	-----	Ancient school of self-defense in Japan
TEGATANA	-----	Ulna edge of hand used in ATEMI
TOBU	-----	Flying
TOKETA	-----	Broken; referring to hold (OSAEKOMI TOKETA)
TOMOE	-----	Circle; whirl, eddy
TORI	-----	Ancient system of self-defense; giver of a technique; also called TORI TE
TSUKIDASHI	-----	Finger thrust; finger end blow used in ATEMI
TSUKKAKE	-----	Punch
TSUKKOMI	-----	Thrust
TSUKURI	-----	Literally to "make," as indicated in the Judo and Jujutsu elements of victory, it consists of "making" you opponent or placing your own body in the proper position for executing the technique. A "fitting" action prior to executing a WAZA
TSUME	-----	Nails; finger or toenail
TSURI	-----	Raise; lift; from TSURU - to raise or to lift
TSURIKOMI	-----	Lift-pull; raise and pull in; entice, decoy or feint. The action applied with the hands upon the opponent's clothing to get him to an unbalanced position
TSURIGANE	-----	Testicles

U

UCHI	-----	Inner; inside
UCHI KOMI	-----	Form practice; practice of throwing by having your partner stand still while you practice the TSUKURI and fitting action necessary for a technique over and over
UCHI MATA	-----	Inner thigh
UDE	-----	Arm
UKE	-----	Receiver of a technique (also called UKE TE)
UKEMI	-----	Break fall techniques, meaning "falling away"
UKEMIHO	-----	Break fall techniques and their principles
UKI	-----	Float; from UKU - to float
UNDO	-----	Exercises
URA	-----	Reverse; back or wrong side
USHIRO	-----	Back; behind or rear
UTO	-----	The nasion; a vital spot
UTSURI	-----	Move, shift or change
UWAGI	-----	Jacket as worn in Judo or Jujutsu

W

WAKARE	Separation
WAKE	Armpit
WAZA	Techniques; technique or art
WAZA ARI	Referees term meaning figuratively a half-point has been scored
WAZA ARI AWASETE IPPON	Referees term "half point added equals one point"

Y

YAMA	Mountain
YAMA ARASHI	Mountain Storm
YANG	Hard, aggressive energy
YAWARA	Ancient system of self-defense in Japan (JUJUTSU)
YIN	Soft, yielding energy
YODAN	Holder of the 4 th grade black belt
YOKO	Side; to the side
YOKO SUTEMI WAZA	Techniques of throwing that are executed by throwing yourself to the side at the onset of the throw
YOSHI	Referees term meaning "all right" or "go ahead"
YOSHIN RYU	Ancient school of self-defense in Japan
YUBI	Finger or fingers
YUDACHI	Shower
YUDANSHA	A grade holder; graduate of a martial arts system; holder of the black belt
YUDANSHAKAI	Association or society of YUDANSHA
YUME NO UCHI	Dreaming
YUSEIGACHI	To win a contest by superiority declared by the judges as predominant victory

Z

ZABAKI	Body movement; walking procedures in Judo
ZANSHIN	Ability to conduct oneself correctly after a throw; ability to follow up a throw properly
ZAREI	Sitting salutation; bow; more formal than TACHIREI
ZAZEN	Formal sitting position
ZEMPO UKEMI	Forward break fall