

Japanese Terminology and Glossary

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A	
Age tsuke	rising punch
Age uke gyaku ashi	upper block (reverse foot)
Age uke	rising block
Ago	chin
Ai hanmi	same or matched stance
Aiki	unified energy
Aikido	way of aiki; a modern martial art derived from jujutsu
Aikijutsu	techniques of aiki
Aite	opponent
Ashi	foot
Ashi waza	foot techniques
Ashibo kake uke	leg hooking block
Ashiguru	foot soldiers; the lowest level of bushi
Ashikubi kake uke	ankle hooking block
Atama	head
Atarashii naginata	new naginata; modern martial art of naginata
Ate waza	smashing technique
Atemi waza	techniques of striking
Atemi	striking the vital points
Awase tsuke	u punch

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B	
Bakufu	military government of Japan
Bassai	breaking down the fortress
Battojutsu	techniques of sword drawing; sword-drawing art
Bo	staff
Bojutsu	techniques of the staff
Bokken	wooden sword
Bokuto	wooden sword
Budo	martial ways
Bugei	martial arts
Bujutsu	martial arts; martial techniques
Bunkai	analysis of techniques in kata
Bushi	Japanese warrior
Bushido	way of the bushi, or Japanese warrior

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C	
Choku tsuke	straight punch
Chudan	middle or chest area
Chudan choku tsuke	straight punch to body
Chudan mae geri	front kick to the middle area
Chudan shuto uke	middle knifehand block
Chudan uchi uke	block from inside out with top of wrist
Chudan ude uke	forearm block against body attack

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D	
Dachi	stance
Dai Nippon Butokukai	Greater Japan Martial Virtues Society

Dan	indicated a degree of black belt
Dan tsuke	consecutive punches
De ashi harai	advancing foot sweep
Deai osae uke	pressing block stepping in
Densho	transmission documents of classical ryu
Deshi	disciple; student
Do	way
Dogi	Uniform for practicing the "Way"
Dojo	Practice Hall, or literally , "Place of Learning the Way"
Doshin	Tokugawa period law enforcement official

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E	
Empi	elbow
Empi uchi	elbow strike
En sho	round heel
Eri	collar or lapel

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F	
Fudo dachi	rooted stance
Fudoshin	imperturbable or immovable spirit
Fukuro shinai	training sword made of bamboo encased in leather
Fumikomi	stomping kick
Fumikiri	cutting kick
Fumikomi age uke	upper block, stepping in
Fumikomi shuto uke	knifehand block, stepping in
Fumikomi ude uke	forearm block, stepping in

Furibo	heavy training club used in Jikishinkage-ryu to develop proper technique and stamina
Furisode	long-sleeved kimono worn by young unmarried women
Furui	old

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G	
Gai wan	outer arm
Gedan barai uke	downward sweeping block
Gedan choku tsuke	straight punch to groin
Gedan kake uke	downward hooking block
Gedan kekomi	thrust kick to groin
Gedan tsuke	punch to groin
Gedan uke	downward block
Gedan	lower body area
Gi	uniform - (Note: this term is "common usage, but is not correct Japanese. Rather the word "gi" is more accurately used in conjunction with other words to define the type of uniform or uniform article, such as keikogi, dogi, judogi, karategi, uwagi, etc.).
Go no sen (also machi no sen)	responsive initiative
Gokui	hidden or secret; in yagyu shinkage-ryu, one of the okugi
Goshi (or koshi)	hip
Goshi	farmer warriors; bushi who held and worked land
Goshin waza	self defense techniques
Gunbaisha	practitioner of battlefield divination
Gyaku	reverse
Gyaku ashi	reverse foot

Gyaku hanmi	reverse or opposite stance
Gyaku juji gatame	palms up strangle
Gyaku mawashi geri	reverse round kick
Gyaku tsuke	reverse punch

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H	
Habiki	metal bladed sword; can be sharp or rebated
Hachidan	8th Degree black belt
Hachiji dachi	open leg stance
Hachimaki	headband
Hachiwari	helmet splitter
Hadaka jime	naked strangle
Hai wan negashi uke	back arm sweeping block
Hai wan	back arm
Haishoku	instep
Haishu uchi	backhand strike
Haishu uke	backhand block
Haishu	backhand
Haito uchi	ridgehand strike
Haito	ridgehand
Hajime	begin
Hakama	pleated divided skirt
Hakuda	unarmed close-combat techniques
Hamon	formal expulsion from a ryu
Hanbo	Short staff
Hanbojutsu	techniques of the short staff
Hangetsu dachi	half-moon stance
Hangetsu kata	half-moon formal exercise

Hankawaza	technique variation
Hanmi	half front facing
Hanshi	master level instructor
Hara	stomach
Harai	sweeping
Hariken	fore-knuckle fist
Hasami tsuke	scissors punch
Heian	peaceful mind
Heiho	martial principles or military strategy
Heiko dachi	parallel stance
Heiko tsuke	parallel punch
Heisoku dachi	closed feet stance (attention)
Henka	change; variation
Hidari shizen tai	left natural position
Hidari teiji dachi	left t-stance
Hidari	left
Hiji ate	elbow strike
Hiji suri uke	elbow sliding block
Hiji uchi	elbow strike
Hikitate geiko	training to improve someone's technical skill or level
Hiraken tsuke	fore knuckle-fist straight punch
Hiraken	fore knuckle fist
Hiriki no yosei	elbow power
Hiza geri	knee kick
Hiza	knee
Hizagashira	kneecap
Hojo	binding and securing
Hojojutsu	binding techniques using a tying cord to restrain prisoners
Hyoho	see heiho

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I	
Iaido	way of sword drawing; a modern martial art
Iaijutsu	techniques of sword-drawing; sword-drawing art
Ichitaita	one against many
Ikkajo (also Ude Osae)	first control; armlock
Inkajo	rank of the seal; authority to pass on the tradition
Ippon ken tsuke	one knuckle-fist straight punch
Ippon ken	one knuckle fist
Ippon kumite	one step exercise
Ippon seoi nage	one arm shoulder throw
Irimi nage	entering throw
Irimi	entering

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J	
Jigeiko	free practice or sparring in kendo; atarashii naginata, jukendo
Jita kyoei	mutual benefit and welfare
Jo sokutei	raised sole
Jo	stick, usually about four feet in length
Jodan age uke	upper block against head attack
Jodan choku tsuke	upper straight punch
Jodan kekomi geri	thrust kick to head
Jodan mae geri	front kick to head
Jodan uke	high block
Jodan	head level
Jojutsu	techniques of the stick; stick art

Judo	way of flexibility; modern martial art
Judogi	jacket and trousers worn while doing judo
Juji kumite	free exercise
Juji nage	crossed arm throw
Juji uke	cross block
Ju-jitsu (also jujutsu)	techniques of flexibility; art of flexibility
Jukendo	way of the bayonet; modern martial art
Jukenjutsu	techniques of the bayonet; bayonet art
Jumbi undo	warming up exercises
Jutte	single-tined truncheon

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K	
Kaeshiwaza	techniques to reverse or escape techniques being applied to oneself
Kage geri	hooking kick
Kage tsuke	hook punch
Kaisho	open hand
Kaiten nage	open and turn throw
Kaiten	turning
Kakato geri	heel kick
Kakato	heel
Kake geri	hooking kick
Kake shuto uke	hooking knifehand block
Kake tsuke	hooking punch
Kake uke	hooking block
Kakiwaki uke	reverse wedge block
Kakuto uke	bent wrist block
Kakuto	bent-wrist block
Kamae	engagement posture

Kami	shinto diety or dieties
Kanku	viewing the sky
Kansetsu waza	joint manipulation techniques
Kappo	resuscitation methods or techniques
Karate	empty hand
Karatedo	way of the empty hand; modern martial art
Karategi	Uniform for practicing Karate
Kata	formal exercise
Kata	shoulder
Katadori	shoulder grab
Katana	Japanese sword; worn cutting edge up
Katchu bujutsu	martial techniques done while wearing armor
Katsu	resuscitation techniques
Katsujinken	life-giving sword
Kazunuki	drawing and cutting 3,000, 10,000, or 30,000 times, special practice of tatsumi-ryu
Keage	snap (kick)
Kebanashi	kick off (snap kick)
keikogi	practice uniform
Keiko shokon	reflect on the old to understand the new
Keito uke	chicken head wrist block
Keito	chicken head wrist
Kekomi	thrust (kick)
Kempo	fist method; unarmed sparring methods or systems
Ken	attack; fall upon
Ken	sword
Kendo	way of the sword; modern martial art of Japanese fencing

Kenjutsu	techniques of the sword; swordsmanship
Kentsui uchi	fist hammer strike
Kentsui	fist hammer
Keppan	blood seal made with vow upon entering a ryu
Keri	kick
Keri waza	kicking techniques
Kesa geri	diagonal kick
Kesa giri	diagonal cut
Ki	vital energy
Kiai	yell or shout
Kiaijutsu	techniques of kiai; methods of exerting ones will on others
Kiba dachi	horse (straddle leg) stance
Kihon dosa	basic movements
Kihon kumite	basic sparring
Kihon waza	fundamental techniques
Kihon	basics or fundamentals
Kime	focus
Kin geri	groin kick
Kiostuke	attention (command)
Kirigami menjo	classical license on a simple piece of folded Japanese paper
Kishomon	vow on entering a classical tradition
Kizami tsuke	jab
Ko soto gari	minor outside reaping throw
Ko uchi gari	minor inside reaping throw
Kobo itchi	attack and defense as a continuum of response in combat
Kobudo	classical martial ways
Kobujutsu	classical martial arts

Kobutowari	helmet splitter
Koda yari	spear with a sleeve
Kodachi	short sword
Kogusoku	grappling; usually in armor
Kohai	junior
Koken uke	wrist block
Kokoro (also shin)	spirit, heart, or mind
Koku	traditional Japanese weight measurement; used to specify income
Kokutsu dachi	back stance
Kokyu nage	breath throw
Kokyu	breath. Breathing
Kokyuhō	breathing way or method
Konoe gaeshi	leaf turning wristbend
Koppo	unarmed grappling
Koryu budo	classical or old tradition martial ways
Koryu bujutsu	classical or old tradition martial arts
Koryu	classical or old tradition
Kosa dachi	crossed leg stance
Kosadori	cross-hand grab
Koshi no mawari	grappling, usually in light armor
Ko-shi	ball of the foot
Kote gaeshi	outward turning wristbend
Kote hineri (also sankajo)	inward turning wristbend
Kote mawashi (also nikajo)	turning wristbend; second control
Kowami	unarmed grappling
Kubi nage	neck throw
Kubi	neck
Kuden	oral teachings
Kuji	nine signs; mudra used in esoteric Buddhism

Kumade	bear hand
Kumite	free exercise
Kumiuchi	grappling
Kuzushi	balance breaking
Kyuba no michi	way of mounted archery, bow and horse; old name for the warrior arts
Kyudo	way of the bow; modern martial art of Japanese archery
Kyusho	vital point

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M	
Ma ai	distancing
Mae ashi geri	front leg kick
Mae empi uchi	forward elbow strike
Mae geri keage	front "snap" kick
Mae geri kekomi	front thrusting kick
Mae geri	front kick
Mae hiji ate	forward elbow smash
Mae tobi geri	jumping front kick
Maeude deai uke	forearm pressing block
Maeude hineri uke	forearm twist block
Majutsu	techniques of invisibility
Makimono	scroll
Makiwara	striking board
Manrikigusari	ten thousand power chain; weighted chain
Marishiten	Buddhist warrior goddess
Masubi dachi	informal attention stance
Matte	stop
Mawashi geri	round kick

Mawashi tsuke	round punch
Meijin	sage; master; expert
Menkyo kaiden	license of complete transmission
Menkyo	license
Migi	right
Mikazuki geri	crescent kick
Mikkyo	rituals of esoteric Buddhism
Mokuroku	catalog of techniques; transmission scroll or license
Momo	thigh
Monomi	scouting techniques of the tatsumi-ryu
Morote sukui uke	two-handed twist block
Morote tsukami uke	two-handed grasping block
Morote tsuke	double fist punch
Morote uke	augmented forearm block
Morotedori	two-hand grab (two hands on one)
Mudansha	non-graded; below black belt level
Muga	egolessness or selflessness
Mukei bunkazai	intangible cultural assets
Mune	chest
Munedori	chest grab
Munen muso	no desires, no thoughts
Musha shugo	itinerant training in martial arts
Mushin	freedom from discriminate thinking
Muso shinden	transmission of the dream-vision of the deity
Muso	dream-vision
Musubi dachi	open feet stance, heel together

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Nagamaki	Japanese glaive with a particularly large or heavy blade
Nagareru	to flow
Nagashi tsuke	flowing punch
Nage waza	throwing techniques
Naginata	Japanese glaive
Naginatajutsu	techniques of the glaive; glaive art
Nai wan	inner arm
Naihanchi	iron horse
Nakadaka ippon ken	middle finger one knuckle fist
Nami juji gatame	half cross strangle
Nanadan (also shichidan)	rank of 7th degree black belt
Negashi uke	sweeping block
Nekoashi dachi	cat stance
Nidan geri	double kick
Nihon kobudo kyokai	Japanese classical martial arts association
Nihon kobudo shinkokai	society for the promotion of the Japanese classical martial arts
Nihon nukite	two finger spearhand
Nikaijo	second control
Ninja	mercenary specialist in espionage
Nitto	two swords
Nukite	spearhand

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O	
O soto gari	major outside reaping throw
O uchi gari	major inside reaping throw
Obi	belt or sash
Odachi	long sword

Oi tsuke	stepping or lunge punch
Okuden	inner or hidden transmissions of a ryu
Okugi (also ogi)	secret teachings or principles
Okuri ashi harai	sliding (or gathering) foot sweep
Okuri eri jime	sliding collar throw
Omote	front, obvious, overt' opposite of ura; refers to entering movements
Ongyoho	invisibility
Osae uke	pressing block
Otome-ryu	official, sometimes secret, martial tradition of a clan or domain
Otoshi empi uchi	downward elbow block
Otoshi hiji ate	downward elbow strike
Otoshi uke	dropping block
Oyo	application of techniques in kata
Oyowaza	applied technique

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R	
Randori	freestyle or sparring in judo
Randori-ho	methods of freestyle practice or sparring in judo
Rei	bow
Reinoji dachi	"I" stance
Ren tsuke	alternate punching
Renzoku geri	combination kick
Ritsu rei	standing bow
Ronin	wave man; warrior unattached to a domain
Ryotedori	two-hand grab (one hand on one)
Ryu	formalized martial tradition or school; used almost synonymously with ryugi,

	ryuha
Ryugi	formalized martial tradition or school; used almost synonymously with ryu, ryuha
Ryuha daihyo	representative of the tradition
Ryuha	formalized martial tradition or school; used almost synonymously with ryugi, ryugi

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S	
Samurai (see bushi)	Japanese warrior
Sanchin dachi	pigeon-toed (or hour-glass) stance
Sankaijo	third control
Sanren tsuke	three consecutive punches
Sansenjin	three war kami; fudo myoo, aizen myoo and marishiten
Saya	Japanese sword scabbard
Seiken choku tsuke	forefist straight punch
Seiken tsuke	forefist strike
Seiken	forefist
Seiryoku zenyo	maximum efficient use of energy
Seiryuto uke	ox-jaw block
Seiryuto	ox-jaw hand
Seiza	formal seated position
Sempai	senior
Sen no sen (also tai no tai)	taking the initiative
Sensei	one who was born before; teacher or instructor
Sensen no sen	pre-active, preemptive initiative; kakari no sen
Shiai	match, competition

Shihan	master or senior instructor
Shihanke	master teacher
Shiho nage	four-corner directional throw
Shiho wari	breaking boards on four side to test power
Shikko ho	knee walking
Shiko dachi	square stance
Shime waza	strangulation techniques
Shinken	true or real sword; live blade
Shinobi	used to refer to agents of espionage
Shintai	body movement
Shitage	uniform pants
Shitsuke	breeding or training
Shittsui	knee-hammer
Shizen dachi	natural stance
Shizen tai	natural body posture
Shomen tsuke	front punch
Shomen uchi	frontal head strike
Shotei uchi	palmheel strike
Shotei uke	palmheel block
Shu wan	palm arm
Shubaku	term for jujutsu
Shubo	arm stick
Shugyo	ascetic training
Shumatsu undo	cool down exercises
Shuriken	throwing darts
Shurikenjutsu	techniques of throwing darts; throwing blade art
Shuto uchi	knifehand
Shuto uke	knifehand block
Sochin dachi	diagonal straddle-leg stance

Sode	sleeve
Sodedori	sleeve grab (at the elbow)
Sodegushidori	cuff grab
Sogo bujutsu	integrated, composite martial arts/systems
Sojutsu	techniques of the spear; spearsmanship
Soke	headmaster
Sokumen awase uke	side two-hand block
Sokutei mawashi uke	circular sole block
Sokutei osae uke	pressing block with sole
Sokuto keage geri	"snap" kick with edge of foot
Sokuto keage	snap kick with foot edge
Sokuto osae uke	pressing block with foot edge
Sokuto	foot edge
Soto uke	block from outside inward with bottom of wrist
Suhada bujutsu	martial techniques done in street clothes
Suki	opening
Sukui uke	scooping block
Sumai no sechie	ritual performances of sumo; Japanese wrestling
Sutemi waza	sacrifice technique
Suwariwaza	seated techniques

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T	
Tachi	Japanese sword; can be a general term or can refer to swords worn cutting edge down
Tai no henko	body change or shift; exercise to develop ability to turn properly
Tai subaki no kihon	basics of body movement

Tai subaki	body movement; pivoting
Tai	static or quiescent waiting
Taijutsu	body technique; technique executed empty handed
Taikyoku	first cause
Tameshiai	mutual testing; competing against one's own self
Tameshigeri	test cutting with the sword
Tameshiwari	power demonstration, breaking
Tanden	area below the navel and the center of ki
Tankendo	way of the short sword; modern adjunct art to jukendo
Tanto	knife; dagger; dirk
Tantra	Buddhist ritual text focused on the cult of a deity
Tatami	mat
Tate empi uchi	vertical elbow strike
Tate hiji ate	upward elbow strike
Tate shuto uke	vertical knifehand strike
Tate tsuke	vertical fist punch
Te nagashi uke	hand sweeping block
Te osae uke	hand pressing block
Tegatana	hand-blade
Teiji dachi	stance
Teisho awase uke	combined palm heel block
Teisho tsuke	palm heel punch
Teisho uchi	palm heel strike
Teisho uke	palm heel block
Teisho	palm heel
Teki	enemy
Tekki	iron horse

Tekubi kake uke	wrist hook block
Tem ben nage	elbow lock throw
Tenkan	turning
Tobi geri	jumping kick
Tobi yoko geri	jumping side kick
Tode	term for unarmed grappling and arrest techniques
Tojutsu	techniques of the sword; swordsmanship
Tokonoma	decorative alcove
Tori	taker; the one who executes technique
Torimi	term for the one who takes or executes technique in tenjin shinyo-ryu
Torite	term for jujutsu and arrest techniques
Tsukami uke	grasping block
Tsuke waza	punching techniques
Tsuke	punch
Tsumasaki	tips of toes
Tsuro ashi dachi	crane stance

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U	
Uchi hachiji dachi	inverted open leg stance
Uchi mawashi geri	inside crescent kick
Uchi uke	inside block
Uchi waza	striking techniques
Uchi	striking (also inner)
Ude garami	coiling armbar/figure four shoulder lock
Ude uke	forearm block
Ude	arm

Uke	block
Uke	receiver; the one on whom techniques are executed
Ukemi	receiving; receiving techniques in Kata the one who receives a technique in Tenjin Shinyo-ryu
Ukemi	break-falling
Ura tsuke	close punch
Ura	reverse, or back; opposite of omote; refers to turning or pivoting movements
Uraken uchi	back fist strike
Uraken	backfist
Ushiro ashi geri	rear leg kick
Ushiro empi geri	back elbow strike
Ushiro geri	back kick
Ushiro hiji ate	back elbow strike
Ushiro	back, rear
Uwagi	jacket worn for martial arts training

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W	
Wake gatami	elbow lock
Wakizashi	short sword
Wan	arm
Wanto	arm sword
Washide	eagle hand
Waza	technique

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Y	
Yama tsuke	wide "u" punch

Yari	spear
Yawara	term for jujutsu
Yawaragi	term for jujutsu
Yoko empi uchi	side elbow strike
Yoko geri keage	side "snap" kick
Yoko geri kekomi	side thrust kick
Yoko geri	side kick
Yoko hiji ate	side elbow strike
Yoko kekomi	side thrust
Yoko mawashi empi uchi	side round elbow strike
Yoko mawashi hiji ate	side round elbow strike
Yoko tobi geri	jumping side kick
Yoko	side
Yokomen uchi	lateral strike to head
Yokomen uchi	side strike to head
Yonhon uchi	four finger spearhand
Yonkaijo	fourth control
Yoriki	Togugawa period law enforcement official
Yoroi kumiuchi	battlefield grappling in armor
Yoroidoshi	dagger-like thrusting blade for use against armor
Yubi	finger
Yudansha	those holding black belt rank
Yugamae	posture for shooting a bow
Yumi	bow; also refers to Japanese archery

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Z	
Zanshin	vigilance upon completion of technique
Za-rei	kneeing salutation (bow)

Zenkutsu dachi	forward stance
Zubon	trousers

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DAN/KYU RANK STRUCTURE			
BLACK BELT RANKS		PRE-BLACK BELT RANKS	
1st Dan	Shodan	10th Kyu	Jukyu
2nd Dan	Nidan	9th Kyu	Kukyu
3rd Dan	Sandan	8th Kyu	Hachikyu
4th Dan	Yondan	7th Kyu	Sichikyu
5th Dan	Godan	6th Kyu	Rokyu
6th Dan	Rokudan	5th Kyu	Gokyu
7th Dan	Sichidan	4th Kyu	Yonkyu
8th Dan	Hachidan	3rd Kyu	Sankyu
9th Dan	Kudan	2nd Kyu	Nikyu
10th Dan	Judan	1st Kyu	Ikkyu

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COUNTING NUMBERS	
1	Ichi
2	Ni
3	San
4	Shi
5	Go
6	Roku
7	Shichi
8	Hachi
9	Ku
10	Ju

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USEFUL JAPANESE EXPRESSIONS	
Ohayo Gozaimasu	"Good Morning"
Ohayo	"Good Morning"
Konnichiwa	"Good afternoon", "hello"
Kondanwa	"Good Evening"
Oyasuminasai	"Good night"
Soyonara	"Goodbye"
Dewa Mata	"Well then...see you again"
Ja Mata	" "
Ja Ne	" "
Arigato	"Thank you"
Arigato Gozaimasta	"Thank you very much"
Domo	"Thank you very much"
Do Itashimashite	"You are welcome"
Gomennasai	"I am sorry", "Pardon me"
Sumimasen	"Excuse me"
Wakarimasen	"I don't understand"
Mo Ichido Onegaishimasu	"Once more please"
Yukkuri Onegaishimasu	"Slowly please"