

Japanese - English

A

Age, Rising.
Age tsuki, Rising punch.
Age uke, Rising block.
Ashi, Foot/leg.
Ashi guruma, Leg wheel.
Ashi hishigi, Leg crush.
Ashi kubi, Ankle.
Ashi kubi hishigi, Ankle crush.
Ashi waza, Foot techniques.
Atemi, Striking.
Atemi waza, Striking techniques.

B

Bo, Staff (long).
Bojitsu, Staff techniques (long).
Bunkai, Application of form.
Bushi, Warrior class of Japan.
Bushido, Way of the warrior.
Bujutsu, Fighting arts of the warrior class of Japan.

C

Choku tsuki, Straight punch.
Chudan, **Middle** (of body, i.e. torso).

D

Dachi, Stance.
Dan, Rank of black belt; 1st dan is the lowest, 10th the highest.
De ashi barai, Forward foot sweep.
Denzook, No count.
Do, The way.
Dojo, Exercise hall, the place where one practices the martial arts.

E

Eku Oar, used as a weapon in Okinawan Karate.
Empi 1. Elbow. **2**. Name of a kata.
Empi uchi, Elbow strike.

F

Fudo dachi, Rooted stance.
Fumikomi, Stamping kick.
Funakoshi, Gichin Father of Japanese Karate.

G

Ganmen, Face.

Ganmen, shuto Face knife-hand.
Gari, Reap.
Gatame, Hold arm bar.
Geashi, Reversal.
Gedan, Lower waist or below.
Gedan barai, Low block.
Gedan juji uke, Lower X-block.
Gedan shuto uke, Lower knife-hand block.
Geri, Kick.
Gi, Uniform for practicing martial arts.
Go Five.
Goshin Jutsu, Body defence.
Gohon, Five-finger strike.
Goshi, Hip throw.
Guruma, Wheel-like throw.
Gyaku, Reverse, reversal.
Gyaku tsuki, Reverse punch (opposite hand and leg).
Gyaky juji jime, Reverse cross choke.

H

Hachi Eight, See also numerals.
Hachiji dachi, Open leg stance.
Hachimachi, Towel used as a headband.
Hadake, Naked.
Hadake jime, Naked choke/strangle.
Hadari, Left.
Hakudo, Form of combat for self defence
Haishu, Back of the hand.
Haishu uchi, Back hand strike.
Haisoku, Instep.
Haisoku geri, Instep kick.
Haitto, Ridge hand (first knuckle of thumb and side of hand).
Haitto uchi, Ridge hand strike.
Hajimae, Begin.
Hane, Spring.
Hane goshi, Spring hip throw.
Hane makikomi, Springing winding throw.
Hangetsu dachi, Hourglass stance.
Hara tsurikomi ashi, Lift-pull foot sweep.
Harai, Sweep.
Harai goshi, Sweep hip throw.
Heisoku dachi, Attention stance.
Hidari, Left (side).
Hiji, Elbow strike (upward, downward, forward, rear).
Hishigi, Crush.
Hittsui, Knee.
Hittsui geri, Knee strike (upward, side).
Hiza guruma, Knee wheel.
Hon, Fingers. See also Gohon.
Honbu, Headquarters.

I

Ich or Sho, One. See also numerals.
Ippon, Full point in a contest.
Ippon ken (tsuki), One knuckle fist.
Ippon kumite, One step sparring.

Ippon Seoi Nage, One-armed shoulder throw.
Irimi waza, Entering techniques.

J

Jigo-tai, Defensive posture.
Jime Choke, or strangle.
Jiyu kumite, Free sparring.
Jo, Short staff.
Jodan Upper, shoulders or above.
Jodan juji uke, High X-block.
Jo-jitsu, Short staff techniques.
Joseke, Upper seat.
Ju, Ten. See also numerals.
Judo, A martial arts style featuring throwing. Literally, "gentle way", referring to giving way in order to gain victory.
Judoka, Practitioner of Judo.
Ju-ichi, Eleven. See also numerals.
Juji Cross, Juji gatame, juji uke.
Juji gatame, Cross-body arm bar through legs and across hips.
Juji uke, X-block.

K

Kagi tsuki, Hook punch.
Kakato, Heel.
Kakato uke, Bent wrist block.
Take, Application of the technique.
Kakiwake uke, Pushing through block.
Kama Sickle, used in pairs in Okinawan Karate.
Kamae, Posture.
Kami shio, gatame Upper four-corner hold.
Kane sute, Flying sacrifice.
Kani basami, Flying scissors.
Kano, Jigoro Founder of Judo.
Kansetsu, Joint lock.
Kansetsu waza, Joint locking techniques.
Kara, Empty.
Karate, A martial arts style featuring strikes. Literally, "empty hand".
Kata 1. Stylized form, pre-arranged techniques. Nage no kata. **2**. Shoulder. Kata guruma.
Kata gatame, Shoulder hold.
Kata guruma, Shoulder wheel throw.
Kata ha jime, Single wing choke.
Kata juji jime, Half cross choke.
Katame, Grappling.
Katame waza, Grappling and ground-fighting techniques. Also known as Ne-waza.
Katana, Long sword.
Katate, Tori Grasping of hands.
Katsu, Revival techniques.
Kazuri kesa gatame, Modified scarf hold.
Kempo, Fist way.
Kendo, Japanese sword fighting.
Keri waza, Kicking techniques.
Kesa gatame, Scarf hold.
Ki, Vital energy.
Kiai, Shout or yell with vital energy (ki).
Kiba dachi, Horse stance.
Kime, Focus.
Kitskay, Attention.

Ko, Minor.
Kodokan, Headquarters of Judo in Japan. Literally, "school for studying the way"
Koko uchi, Tiger mouth strike.
Kokutsu dachi, Back stance.
Komi, Pulling.
Koshi, 1. Hip. 2. Ball of the foot.
Koshi guruma, Hip wheel throw.
Koshi jime, Hip choke.
Koshi waza, Hip techniques.
Kosoto gakae, Minor outer hook.
Kosoto gari, Minor outer reaping throw.
Kouchi gari, Minor inner reaping throw.
Ku, Nine. See also numerals.
Kubi, Neck.
Kumikata, Methods of holding.
Kumite, Sparring.
Kusarigama, Sickle with a rope or chain attached.
Kusho, Vital points of the body.
Kuzushi, Unbalancing (eight directions).
Kyu, Grade under black belt; 10th kyu is the lowest and 1st the highest.
Kyusho, Vital point.
Kyusho-jitsu, Pressure point strikes.

M

Ma-ai, Distance.
Mae, Front.
Mae geri, Front kick.
Mae geri keage, Front snap kick.
Mae geri kekomi, Front thrust kick.
Mae tobi geri, Jump front kick.
Maki, Wrapping.
Maki geashi, Wrapping reversal. **(Soto) maki komi**, Outside wrapping pulling. **(Soto) maki komi harai**, Outside wrapping pulling sweep.
Makiwara, Punching board.
Matae, Stop.
Mawashi geri, Roundhouse kick.
Mawashi tsuki, Roundhouse punch.
Migi, Right (side).
Mikazuki, Crescent.
Mikazuki geri, Crescent kick.
Mikazuki geri, uke Crescent kick block.
Moro, Augmented.
Morote, Two arm or two hand.
Morote seoi nage, Two arm shoulder throw.
Morote tsuki, Double forward fist strike.
Morote uke, Double forearm block.
Moro ubi tori, Augmented finger pull.
Mudansha, Non black belt holder.
Mune, Chest.
Muni gatame, Chest hold.
Mushin, Mind of no mind.

N

Nagashi, uke Flowing block.
Nage, Throwing.
Nage waza, Throwing techniques.
Nage no kata, Formalized throws.

Naginata Halberd, used by Japanese women.
Nami juji jime, Normal cross choke.
Necho, Cat.
Necho ashi dachi, Cat stance.
Ne-waza, Ground fighting techniques, also known as katame waza.
Ni, Two. See also numerals.
Nidan geri, Double jump kick.
Nidan, Second dan
Nihon nukite, Two finger spear hand. See also Gohon nukite, Nukite.
Ni-ju, Twenty. See also numerals.
Ni-ju-ichi, Twenty one. See also numerals.
Nukite, Spear hand.
Nunchaku, Flail-like weapon of two rods joined by rope or chain.

O

Obi, Belt.
O goshi, Major hip throw.
O guruma, Major wheel throw.
Ohten, Barrel roll.
Ohten gatame, Barrel roll arm-bar.
Oi tsuki, Forward lunge punch (same side hand and leg).
Okinawa te, Okinawan hand.
Okuri, Sliding.
Okuri ashi barai Foot sweep.
Okuri eri jime, Sliding collar choke.
Okuri (ashi), harai Sliding foot sweep.
Osae komi, Hold-down.
Osae komi waza, Hold-down techniques.
Osoto gari, Major outer reaping throw.
Osoto guruma, Major outer wheel throw.
Otoshi, Drop.
Ouchi gari, Major inner reaping throw.

R

Randori, Free practice (judo sparring).
Rei, Bow.
Roku, Six. See also numerals.
Ryu, Style of school or martial art.
Ryukyu, Okinawa.

S

Sai, Three-pronged metal weapon.
Sakotsu, Collarbone.
Sakotsu shuto, Collarbone knife-hand.
San, Three. See also numerals.
Sanchin dachi, Hourglass stance (derived from Sanchin kata).
San-ju, Thirty.
Sasae, Block.
Sasae (tsuri komi), ashi Lifting pulling foot block.
Seiza, Sitting position.
Sempai, Senior.
Sensei, Teacher.
Seoi, Shoulder.
Shi, Four. See also numerals.
Shiai, Contest.

Shichi, Seven. See also numerals.
Shihan, Master instructor (4th-5th Dan).
Shiho, Four corners, or all directions.
Shiho nage, All directions throw.
Shime, Choke.
Shime waza, Choking techniques.
Shizen-tai, Natural posture.
Shotei, Palm heel strike (also may use as block).
Shuto, Knife-edge hand (little-finger side of palm).
Shuto uchi, Knife hand strike.
Shuto uke, Knife hand block.
Sode, Sleeve.
Sode tsuru komi goshi, Sleeve lifting pulling hip throw.
Soto, Outside (of opponent's stance).
Soto age uke, Outer upper block.
Soto makikomi, Outer winding throw.
Soto mikazui geri, Outer crescent kick.
Soto shuto, Outside knife-hand block.
Soto ude uke, Outside forearm block.
Sukui nage, Scooping throw.
Sumea gaeshi, Corner reversal.
Sumi otoshi, Corner drop.
Sute, Sacrifice.
Sutemi, Sacrifice or roll.
Sutemi-waza, Sacrifice techniques.

T

Tachi-waza, Standing throwing techniques.
Tai otoshi, Body drop.
Tameshiwari, Breaking demonstration.
Tanden, Point just below the navel.
Tani otoshi, Valley drop.
Tanto, Short sword.
Tate tsuki, Vertical punch (boxer's jab).
Te, Hand. See also Karate.
Teisho, Palm heel.
Teisho tsuki, Palm heel punch.
Teisho uchi, Palm heel strike.
Teisho uke, Palm heel block.
Teiji dachi, T-stance.
Tekubi, Wrist.
Tekubi tori, Wrist pull.
Tettsui, Hammer fist; downward strike with closed fist, little finger side as the striking surface.
Te-waza, Hand techniques.
Tomoe nage, Stomach throw.
Tonfa, Wooden rod with handle at right angle, used in pairs.
Tori, Defender, demonstrator of technique; or, pull.
Torite, See tuite.
Tsuki, Punch; knuckle strike with first two knuckles only.
Tsuki waza, Punching techniques.
Tsukuri, Stepping into the throw.
Tsuri, Lifting.
Tsuri goshi, Lifting hip throw.
Tsuri komi goshi, Lifting pulling hip throw.
Tuite 1. Grappling techniques. **2**. Using pressure points for joint manipulation.

U

Uchi, Inner; or, Strike.
Uchideshi, Special disciple.
Uchikomi, Repeated practice of throwing techniques.
Uchi mata, Inner thigh throw.
Uchi waza, Striking techniques.
Ude, Forearm.
Ude gatame, Forearm arm-bar.
Ude tori, Forearm pull.
Ude uki, Forearm block.
Uke, Block (Age uke); or, Attacker, to whom techniques are done.
Ukemi, Falling and rolling exercises.
Ukemi waza, Falling techniques.
Uki, Floating.
Uki goshi, Floating hip throw.
Uki otoshi, Floating drop.
Uki waza, Floating throw.
Ulna, (English) Bone on little-finger side of wrist.
Ulna, press Straight arm bar with wrist on opponent's elbow.
Ura, Back or flip side.
Uraken uchi, Back fist strike.
Ura nage, Back throw.
Ura tsuki, Flip side punch.
Ushiro, Rear.
Ushiro geri, Back kick.
Ushiro goshi, Back hip throw.

W

Wakare, Separation.
Waza, Technique. **Katame waza**, Mat work.

Y

Yama, Mountain.
Yama bushi, Mountain warriors.
Yama tsuki, U-punch.
Yari, Spear.
Yawara, Control.
Yoi, Ready.
Yoko, Side.
Yoko gake, Side body drop.
Yoko geri, Side kick.
Yoko guruma, Side wheel.
Yoko haitto, Side ridge-hand.
Yoko kekome, Side thrust kick.
Yoko, otoshi Side drop.
Yoko shio gatame, Side four corner hold.
Yoko shuto, Side knife-hand.
Yoko tobo geri, Jump side kick.
Yoko wakare, Side separation.
Yubi, Finger.
Yubi tori, Finger pull.
Yudansha, One who is a black belt.

Z

Zazen, Sitting meditation.

Zen **1.** Buddhist sect. **2.** Religious meditation.

Zenkutzo dachi, Front stance.