

American Traditional Jujutsu Association Glossary of Japanese Terms in Jujutsu

BASIC PRONUNCIATION GUIDE

(Adapted for occidental use)

A	ah	as in	father	or hajime
E	eh	as in	net	or eri
I	ee	as in	feet	or ippon
O	o	as in	fort	or oshi
U	oo	as in	lulu	or uke



Ago	Chin, jaw
Aite	Partner
Aka	Red
Antei	Stability
Arashi	Storm
Ate	Striking (as in <i>ate-waza</i>), striking technique

Atemi Waza	Body strikes
	Empi uchi (elbow strike)
	Kote uchi (forearm strike)
	Seiken uchi (frontal fist strike)
	Te gatana (hand sword strike)
	Teisho uchi (palm heel strike)
	Ura ken uchi (back fist strike)

Bogyo	Defense
Budo	Martial Ways
Bujutsu	Martial Arts
Bushido	Way of the warrior
Butsukari	Bump (Body contact) [used only as a noun]

Chairo	Brown
Chi kaku	Close
Chikara	Physical strength, power

Dan

Yudansha
Shodan
Nidan
Sandan
Yodan (Yondan)

(Step) Black Belt Level

Black belt
1st degree black belt
2nd degree black belt
3rd degree black belt
4th degree black belt

Godan	5th degree black belt
Rokudan	6th degree black belt
Shichidan, nanadan	7th degree black belt
Hachidan	8th degree black belt
Kudan	9th degree black belt
Judan	10th degree black belt
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Dai Jobu	OK
De	Advanced [that is, placed forward]
Deshi	Student, disciple, follower
Do	The Way (path)
Do itashi mashite	You're welcome
<u>Dojo</u>	<u>Place Where We Practice the Way</u>
Kamiza	The High Place
Joseki	Place (wall) to the right of kamiza; place for seniors
Shimoseki	Place (wall) to the left of kamiza; place for juniors
Tatami	Straw floor mat or mats
Domo arigato (gozaimashita)	Thank you very (very) much
Dozo	Please accept (When giving something)
Gambaru	Put up with (To resist, stiffen)
Gake	Hook
Gari	Reaping action [from the verb <i>garu</i>]
<u>Gi or Judogi</u>	<u>Judo Uniform</u>
Eri	Judo uniform lapel or collar
Obi	Belt
Shitagi	Pants; underwear
Zubon	Pants (outer garment)
Sode	Sleeve
Uwagi	Jacket
Gomen nasai	Sorry (Apology)
Guruma, kuruma	Wheel
Gyaku	Reverse, opposite
Ha	Wing
Hadaka	Naked
Hai	Yes (I have heard you)
Hane	Spring or jump
Hantai	Opposite or reverse
Happo no kuzushi	8 directions of off balance
Harai (barai)	Sweep [from the verb <i>harau</i>]

Hazumi	Momentum, acceleration
Hidari	Left
Hiki	Pulling [from the verb <i>hiku</i>]
Hikite	Pulling hand
Hon	Basic (or, really? – Hon desu?)
Ikioi	Impetus, power, energy
lie	No (but, a negative is rarely used in Japan!)
Jime (shime)	Constrict, strangle
Jita kyoei	You-me shining together (“Mutual Glow”)
Joto	Good
Ju	Flexibility
Judo	Way of flexibility
Juji	Cross
Judoka	One who practices Judo
Jujutsuka	One who practices Jujutsu
Joseki	Place of honor for higher ranks, in dojo
Kaeshi, gaeshi	Countering/reversing [from the verb <i>kaeru</i>]
Kake	Execution of any technique
Kaku (gaku)	Angle or corner
Kamiza	Place of honor
Kami	Upper, Divine spirit, paper

Kappo

Eri katsu
Kogan katsu
Sasoi katsu
Soo katsu

Resuscitation

Lapel holding method
Kicking coccyx or testicle method
Inducing method
Integral method

Kata

Shoulder

Kata

Nage no kata
Katame no kata
Kodokan Goshin Jutsu
Kime no kata
Kumi kata

Formal Sequence (of techniques)

Forms of throwing
Forms of grappling
Kodokan Self defense forms
Forms of decision or self defense
Forms of combative/opposing grips

Kime shiki
Go no sen no kata
Koshiki no kata

Forms of decision
Forms of counters
Forms of antiquity

Itsutsu no kata
Joshi judo goshinbo
Ju no kata

Forms of five principles
Women's self defense techniques
Forms of flexibility

Renkoho no kata
Seiryoku zenyo kokumin taiiku

Forms of arrest or restraint
National physical exercise

Katame, gatame
Kesa, gesa

Hold
Scarf

Keiko

Uchi komi
Sute geiko
Tandoku renshu
Keiko o-negai shimasu

Practice in General

Repetition attack practice (pulling in)
Alternate throwing practice
Pantomime practice
Please practice with me

Kenka yotsu

Competitive grips

Keri Waza

Kicking Techniques

Mae geri (front kick)
Yoko geri (side kick)
Mawashi geri (roundhouse kick)
Naname geri (diagonal/cross body kick)
Ushiro geri (rear kick)

Ki
Kiai
Kiotsuke
Ko
Kogeki
Komi
Kodokan
Kuzure
Kuzushi

Spirit (internal power)
A shout with concentration and commitment
Attention! (Take note!) [literally *gather your ki*]
Small/minor
Attack [as a noun; this is not a verb]
Winding [as in *makikomi*, pulling-winding]
Place for learning the way
Broken/modified
Breaking of posture/balance

Kyu

Ranks Below Black Belt Level

Mudansha

Student who is below black belt

Rokkyu

6th class Judo rank - yellow belt

Gokyu	5th class Judo rank - orange belt
Yonkyu	4th class Judo rank – green - blue belt
Sankyu	3rd class Judo rank - brown belt
Nikyu	2nd class Judo rank - brown belt
Ikkyu	1st class Judo Rank - brown belt

Ma	In front (as in ma sutemi waza)
Ma-ai	Distance, space between opponents
Mae	Front
Migi	Right
Mon	Junior grade
Mudansha	Student who is below black belt

Nage	Throw [from the verb <i>nageru</i>]
Nami	Normal, regular, natural

O	Big or major, Honorific preposition, (e.g. O Sensei)
O-hayo gozaimasu	Good morning
Otoshi	Drop [as a noun, from the verb <i>otosu</i>]
Okuri	Sliding [from the verb <i>okuru</i>]

Rei

Ritsu rei, tachi rei
Za rei

Reigi saho
Ryu

Sasae
Sayonara
Sei ryoku zenyo
Sensei
Sensei ni rei
Seoi
Sumimasen

Shiai

Chui
Kachi, gachi
Hajime
Hansoku make
Hiki wake
Hantei
Ippon

Bow

Standing bow
Kneeling bow

Dojo etiquette
School (Literally “Stream/Flow”)

Lower prop
Good bye
Maximum efficiency with minimum effort
Teacher/instructor
Bow to teacher in front
Carrying on the back
So Sorry, (or excuse me)

Contest

A serious or repeated penalty
Victory, win
Begin (referee's command)
Loss by violating rules
Draw or tie
Call for decision (majority of 3)
Full point

Itami make	Loss by injury
Jikan	Time (referee's command)
Jo gai	Outside contest area
Keikoku	A serious penalty or repeated Chui
Koka	Less than a yuko, slight superiority
Make	Loss
Matte	Stop (referee's command)
Maitta	"I surrender!" [Literally <i>I am defeated</i>]
Osae komi	Hold-down (referee's command)
Sen shu	Champion; athlete
Shiai jo	Contest area
Shido	Slight penalty or infringement
Sono mama	Freeze (referee's command)
Sore made	Time is up (referee's command)
Suwate	Sit down [as a command]
Toketa	Hold broken (referee's command)
Waza ari	Half point
Wazari awaseti ippon	2 half points make a full point

Win (Kachi)

Fusen gachi	Win by forfeit or default
Kiken gachi	Win by withdrawal
Sogo gachi	Combination win by half point
Yusei gachi	Win by decision
Yoshi	Continue (referee's command)
Yuko	Not quite a half point
Shihan	Master Teacher (7 th Dan and up)
Shiho	Four directions [shi + ho]
Shintai	Advance-retreat, body movement
Shiro	White

Shisei

Anza
 Ayumi ashi
 Hon
 Hon tai
 Jigo tai
 Jigo hon tai
 Seiza
 Shizen
 Shizen hon tai
 Tsugi ashi

Posture in General

Sitting cross-legged
 Normal walking
 Basic
 Basic body posture
 Defensive posture
 Basic defensive posture
 Sitting on knees (kneeling)
 Natural
 Basic natural posture
 Sliding foot walking

Sode
Soto
Sukui
Sumi
Sutemi
Suwate

Sleeve
Outside
Scooping up [from the verb *sukuu*]
Corner
Sacrifice
Sit down! [from the verb *suwaru*]

Tai

Ago
Ashi
Ashi kubi
Atama
Do
Ha

Hara
Hiji/Empi
Hiza
Kata
Kao
Kote
Koshi, Goshi
Kubi
Kuchi, guchi
Mata
Mune
Hana
Nodo
Se
Te
Tekubi
Ude

Body

Jaw or chin
Foot
Ankle (neck of foot)
Head
Abdomen/trunk
Tooth, teeth, wing

Stomach
Elbow
Knee
Shoulder
Face
Forearm
Waist/hip
Neck
Mouth
Inside upper thigh
Chest
Nose
Throat
Back
Hand
Wrist (neck of hand)
Arm

Tai sabaki

Mae sabaki
Mae mawashi sabaki
Ushiro sabaki
Yoko sabaki

Body Movements (in all eight directions)

Front movement
Front (roundhouse) movement
Back movement
Side movement

Taiso

Junbi undo
Shumatsu undo

Exercises in General

Warm up exercises
Cooling-off exercises

Randori

Free practice

Tani	Valley
Tate	Vertical, length wise
Tori	One who executes technique
Tomodachi	Friend
Tsukuri	Entering or fitting in for a throw
Tsuri	Lifting from above [from the verb <i>tsuru</i>]
Uchi	Inner/strike
Uke	Receiver of action (is receiving)
Ukemi	Breakfall
Uki	Floating [from the verb <i>uku</i>]
Ura	Back, rear, inverted
Ushiro	Behind, back of
Utsuri	Changing, moving [from the verb <i>utsuru</i>]
Wakare	Division, separation

Waza

Technique(s)

Atemi waza	Striking techniques
Bogyo	Defense
Nage waza	Throwing technique
Go kyō no waza	Techniques of the five teachings (1 st 40 throws in judo)
Kaeshi waza	Counter techniques
Renraku waza	Combination techniques

Sutemi Waza

Sacrifice Techniques

Ma sutemi waza

Back falling sacrifice techniques

Obi nage	Belt throw
Obi tori gaeshi	Belt grab reversal
Sumi gaeshi	Corner reversal
Tawara gaeshi	Rice bale reversal
Tomoe nage	Circle Throw
Ura nage	Inverted or rear throw
Uki waza	Floating throw

Yoko sutemi waza

Side falling sacrifice techniques

Daki wakare	Encircling separation
Hane makikomi	Springing wrap around throw

Harai makikomi
Hikikomi gaeshi
Kani basami
Soto makikomi
Tani otoshi
Uchi mata makikomi
Yoko gake
Yoko guruma
Yoko otoshi
Yoko tomoe nage
Yoko wakare

Hip sweep wrap around
Pulling out (rolling) reversal
Scissors or crab throw
Outside wrap around throw
Valley drop
Inner thigh wrap around throw
Side hook
Side wheel
Side drop
Side circle throw
Side separation

Tachi Waza

Ashi waza

Ashi guruma
De ashi harai
Harai tsuri komi ashi
Hiza guruma
Kawazu gake
Kibisu gaeshi
Ko soto gake
Ko soto gari
Ko uchi gaeshi
Ko uchi gari
Nidan ko soto gari
Okuri ashi harai
O soto gaeshi
O soto gari
O soto guruma
O soto otoshi
O uchi gaeshi
O uchi gari
Sasae tsuri komi ashi
Tsubame gaeshi
Yama arashi
Yoko gake

Koshi Waza

Eri tsuri komi goshi
Hane goshi
Hane goshi gaeshi
Harai goshi
Harai goshi gaeshi

Standing Techniques

Foot techniques

Leg wheel
Sweeping the advanced foot
Sweeping pulling lift throw
Knee wheel
Wrapping opponent's leg
Heel reversal
Small outside hook
Little outside reaping throw
Minor inner reaping counter
Minor inside reaping throw
Double (2nd step) minor outside reap
Sliding foot sweep
Major outer reaping counter
Major outer reaping
Major outside wheel
Major outer dropping throw
Major inner reaping counter
Major inner reaping throw
Foot stop lift pull throw
Swallow counter
Mountain Storm
Side hook

Hip Techniques

Lifting lapel hip throw
Springing hip throw
Springing hip reversal
Sweeping hip throw
Sweeping hip counter

Koshi guruma
Kubi nage
Ogoshi
O guruma
Sode tsurikomi goshi
Tsurikomi goshi
Uchi mata
Uchi mata gaeshi
Uchi mata sukashi
Uki goshi
Ushiro goshi
Utsuri goshi
Tsuru goshi

Hip wheel throw
Neck throw
Major hip throw
Big wheel throw
Lifting sleeve pull hip throw
Lifting pull hip throw
Inner thigh throw
Inner thigh counter
Inner thigh slip
Floating hip throw
Back hip throw
Hip shift throw
Lifting hip throw

Te Waza

Eri seoi nage
Ippon seoi nage
Kata guruma
Kuchiki taoshi
Morote gari
Morote seoi nage
Obi otoshi
Seoi nage
Sumi otoshi
Sukui nage
Soto maki komi
Tai otoshi
Ude gaeshi
Uki otoshi

Hand Techniques

Lapel shoulder throw
Single arm shoulder throw
Shoulder wheel
Dead tree drop, one hand drop
Double hand reap
Two hand shoulder throw
Belt grab drop
Back carry throw
Corner drop
Scooping throw
Outside wrap around throw
Body drop
Arm reversal or counter
Floating drop

Ne Waza

Hikkomi gaeshi

Grappling Techniques

Extended pulling and rolling action into mat work

Kansetsu Waza

Hiza gatame
Juji gatame
Tekubi gatame
Ude garami
Ude hishigi hara gatame
Ude hishigi hiza gatame
Ude hishigi juji gatame

Joint Locking Techniques

Knee lock
Cross (body) arm lock
Wrist lock
Entangled arm wrap (figure four)
Arm crushing stomach lock
Arm crushing knee lock
Arm crushing cross (arm) lock

Ude hishigi ude gatame
Ude hishigi waki gatame
Waki gatame

Yubi gatame

Arm crushing lock
Arm crushing side (of the body) lock
Side arm lock (waki refers to the side of the body. The small sword carried by the samurai was called waki zashi, side companion)
Finger lock

Osaekomi Waza

Ashi garami
Dojime
Fusegi
Kuzure
Hairi kata
Kumi kata
Kami shiho gatame
Kata gatame
Kesa gatame
Kuzure kesa gatame
Kuzure kami shiho gatame

Kuzure yoko shiho gatame
Makura kesa gatame
Tate shiho gatame
Ushiro kesa gatame
Yoko
Yoko shiho gatame

Holding Techniques

Leg entanglement
Trunk strangle
Escape (from ne waza)
Broken/Modified
Mat entry techniques
Gripping techniques
Upper four directions hold
Shoulder hold
Scarf hold
Modified/broken scarf hold
Modified/broken upper four directions hold
Modified/broken side four directions old
Pillow scarf hold
Vertical four direction hold
Rear scarf hold
Side
Side four directions hold

Shime Waza

Ashi jime
Gyaku juji jime
Hadaka jime
Jigoku jime
Kata juji jime
Katate jime
Kataha jime
Nami juji jime
Obi jime
Okuri eri jime
Ryote jime
Sankaku jime
Sode guruma jime
Suso jime

Choking/Strangling Techniques

Foot strangle
Reverse cross strangle
Naked strangle
Hell strangle
Single cross strangle
One hand strangle
Single wing strangle
Normal cross strangle
Belt strangle
Sliding lapel strangle
Two hands strangle
Triangular [3 corner] strangle
Sleeve wheel strangle
Jacket end strangle

Tsuki komi jime
Ushiro kataha jime

Thrust strangle
Reverse single wing strangle

Renraku Waza

Ukemi waza

Koho ukemi
Zempo ukemi
Kaiten
Zempo kaiten ukemi

Yama
Yoko
Yudansha
Zori

Counting in Japanese

Ichi
Ni
San
Shi (Yon)
Go
Roku
Shichi, nana
Hachi
Ku
Ju

Combination Techniques

(Break) Falling techniques

Back falls
Forward falls
Rolling/rotation
Front rolling/rotation falls

Mountain
Side
Black belt rank holder
Sandals

One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten