

## A

|                   |  |
|-------------------|--|
| Age               | Rising.  |
| Age tsuki         | Rising punch.  |
| Age uke           | Rising block.  |
| Ai                | Love, Harmony.   |
| Ai Hammi          | Harmony stance, when partners are standing with the same foot forward.   |
| Aiki              | Harmonious Spirit.   |
| Aikido            | Way of spirit meeting; Japanese method of self-defense which took root from Jiu Jitsu.<br>Founded in 1942 by Morihei Uyeshiba. |
| Aikiho            | Harmonious Spirit Division or Method. Principle Of Loving Harmony.   |
| Aikoshin          | Love of the school in mind.  |
| Aite              | Partner.   |
| Aiuchi            | Simultaneous scores (both disallowed)  |
| Aka               | Red (belt color of one contestant)   |
| Arashi            | Storm.   |
| Arigato Gozaimasu | Thank you  |
| Ashi              | Foot; leg.   |
| Ashi Barai        | Leg Sweep  |
| Ashi guruma       | Leg wheel.   |
| Ashi waza         | Foot techniques.   |
| Atama             | Head.  |
| Atemi             | Striking, Striking vital points of the body  |
| Atemi Jutsu       | Technique used to attack vital points of the body  |
| Atemi waza        | Striking techniques.   |
| Awasette Ippon    | Two waza-aris adding up to one ippon   |

## B

|             |  |
|-------------|--|
| Bassai      | Japanese/Okinawan kata                                   |
| Bo          | Staff (long) used for carrying heavy items.              |
| Bodhidharma | Indian Zen monk (see Daruma and Ta Mo)                   |
| Bojutsu     | Staff techniques (long).                                 |
| Bokken      | Wooden sword.  |
| Bonzai      | "10,000 years for the Emperor"                           |
| Budo        | Martial way, Way of the warrior.                         |
| Bugei       | Martial Arts.  |
| Bujutsu     | Martial Arts Techniques                                  |
| Bujutsu     | Martial Art. Fighting arts of the warrior class of Japan |
| Bukai       | Martial ranks; Belts.                                    |
| Buke        | Martial house; Family.                                   |
| Buki        | Weapons.   |
| Bukiho      | Weapons principle.                                       |
| Bun         | Writing; Basic education.                                |
| Bunkai      | Analysis; Practical application of form or kata.         |
| Bushi       | Warrior class of Japan.                                  |
| Bushi Te    | Warrior hand.  |
| Bushido     | Way of the warrior/Warrior code                          |
| Bushido     | Way of the warrior.                                      |

## C

|                  |   |
|------------------|---|
| Chinto or Shinto | Japanese/Okinawan kata; Chinese military attache        |
| Choku            | Straight.   |
| Choku tsuki      | Straight punch.   |
| Choshi           | Rhythm.   |
| Chuan fa         | (Chinese) Fist Law, Chinese Boxing.                     |
| Chudan           | Middle (of body, i.e. torso), Mid-section, Middle rank. |

## D

|                        |   |
|------------------------|---|
| Daigaku                | University.   |
| Dan                    | Rank of Degree of Black Belt in Japanese Martial Arts   |
| Daruma                 | Japanese Name for Bodhidharma   |
| De ashi harai          | Forward Foot Sweep.   |
| Deshi                  | Students.   |
| Do                     | Way; Way Of Life.   |
| DoJang                 | Korean training hall  |
| Dojo                   | Place Of The Way; Japanese training hall, the place where one practices Japanese Martial Arts DO = way; JO = place where you learn. |
| Dokusan                | Private Interview.  |
| Domo Arigato Gozaimuso | Thank you very much   |
| Doshu                  | Way Master.   |
| Dozo                   | Please  |

## E

|              |   |
|--------------|---|
| Ed Gruberman | - See Gruberman   |
| Ekū          | Oar, used as a weapon in Okinawan Karate.                 |
| Embu         | Demonstration of martial spirit; Two person training form |
| Embusen      | Line of performance of a kata.                            |
| Empi         | 1. Elbow. 2. Name of Shotokan Kata                        |
| Empi uchi    | Elbow strike.   |
| Encho        | Extensions of kihon kumite.                               |

## F

|                   |   |
|-------------------|---|
| Fudodachi         | Rooted stance or immovable stance           |
| Fukushin          | Judge                                       |
| Fumikomi          | Stomp.                                      |
| Funikoshi, Gichin | Father of Shotokan Karate, nicknamed Shoto. |

## G

|                |  |
|----------------|--|
| Gakka          | Lesson; Learn a lesson.                                  |
| Gankaku        | Japanese/Okinawan kata, known also as 'wanshu'           |
| Gatame         | Arm bar.   |
| Gedan          | Downward; Lower, waist or below.                         |
| Gedan barai    | Low block.   |
| Gedan juji uke | Lower X-block.   |
| Gekisai        | Type of training kata                                    |
| Genki          | Original spirit; Health.                                 |
| Geri           | Kick that has been named; 'mawashi geri', See also Keri. |
| Gi             | Practice uniform.  |
| Go             | Strength; Five (See also numerals)                       |

|                 |  |
|-----------------|--|
| Goho            | Strength principle. Strenght division or method                            |
| Gohon           | Five-finger strike.  |
| Gohon Kumite    | Five step sparring   |
| Goju-Ryu        | Hard-soft way, one of the four major Japanese karate systems               |
| Gojushiho       | Japanese/Okinawan kata   |
| Gokyu           | 5th Kyu (green belt w/two stripes)   |
| Goshin          | Self Defense.  |
| Goshin Jutsu    | Self Defense Art.  |
| Goshin Kan      | Self Defense School.   |
| Guruma          | Wheel-like throw.  |
| Gyaku           | Reverse.   |
| Gyaku Hammi     | Revers stance, where partners are standing with the opposite foot forward. |
| Gyaku juji jime | Reverse cross choke.   |
| Gyaku tsuki     | Reverse punch.   |

## H

|                     |   |
|---------------------|---|
| Hachi               | Eight. See also numerals.                           |
| Hachiji dachi       | Open leg stance or ready stance.                    |
| Hachikyu            | 8th Kyu or grade before black belt (purple belt)    |
| Hachimachi          | Towel used as a headband.                           |
| Hadaka              | Naked.  |
| Hadaka jime         | Naked choke.  |
| Hai                 | Yes.  |
| Haishu              | Back of the hand.                                   |
| Haishu uchi         | Back hand strike.                                   |
| Haisoku             | Instep.   |
| Haisoku geri        | Instep kick.  |
| Haito               | Ridge hand .  |
| Haito uchi          | Ridge hand strike.                                  |
| Hajime              | Begin or start.                                     |
| Hakkaku             | Eight angles, used in kobujutsu.                    |
| Hane goshi          | Hip spring.   |
| Hane makikomi       | Springing winding throw.                            |
| Hangetsu            | Japanese/Okinawan kata                              |
| Hangetsu dachi      | Hourglass stance.                                   |
| Hanmei              | Foul  |
| Hanshi              | Grand Master; Senior Master, Exemplary Teacher      |
| Hara                | Stomach; Abdomen.                                   |
| Hara tsurikomi ashi | Lifting pulling foot sweep.                         |
| Harai goshi         | Hip sweep.  |
| Hashi               | Chopsticks.   |
| Heian               | Training kata (name means peace, see also 'pinian') |
| Heisoku             | Instep  |
| Heisoku dachi       | Attention stance.                                   |
| Henka               | Variation.  |
| Hidari              | Left (side).  |
| Hiji                | Elbow.  |
| Hikiwake            | draw  |
| Himitsu Kempo       | Secret fist law, pre-Ninjutsu stealth art.          |

|                    |   |
|--------------------|---|
| Hiraken            | Half-open fist  |
| Hittsui            | Knee hammer.  |
| Hittsui geri       | Knee strike .   |
| Hiza               | Knee.   |
| Hiza guruma        | Knee wheel.   |
| Hokai              | Law ranks in Kiyojute ryu; Titles.  |
| Hombu              | Headquarters.   |
| Hombu Dojo         | Headquarters Training Hall.   |
| Hon                | Fingers. See also Gohon.  |
| Hotei              | Dedication.   |
| Hyohakusha         | Wendell; Traveller.   |
| Hyoshi             | Timing.   |
| <b>I</b>           |   |
| Ichi               | One. See also numerals.   |
| lie                | No.   |
| Ikken              | One fist or strike.   |
| Ikkyu              | 1st Kyu or grade before black belt (Brown Belt w/three stripes)   |
| 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              | Enter; Entering.  |
| Irimi waza         | Entering techniques.  |
| Isshin Ryu         | School of karate founded by I Shimabuku in 1955; One heart spirit way   |
| Itten              | One point, center of ki.  |
| <b>J</b>           |   |
| Jigo-tai           | Defensive posture.  |
| Jion               | Japanese/Okinawan kata  |
| Jishu              | Self-mastery.   |
| Jiyu               | Freedom; Freestyle.   |
| Ji yu ippon kumite | Semi-free one step sparring   |
| Jiyu kumite        | Free sparring.  |
| Jo                 | Short staff.  |
| Jo jutsu           | Short staff techniques.   |
| Jodan              | Upper, shoulders or above.  |
| Jodan juji uke     | High X-block.   |
| Joseki             | Upper seat.   |
| Ju                 | Gentle; Ten (see also numerals)   |
| Ju jitsu           | Gentle art.   |
| 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               | X; Cross. Juji gatame, juji uke.  |
| Juji gatame        | Cross-body arm bar through legs and across hips.  |
| Juji uke           | X-block.  |
| Jukyu              | 10th Kyu or grade before black belt (yellow belt)   |

|                   |   |
|-------------------|---|
| Junzuki           | Lunge punch   |
| Jute              | Gentle hand or person.  |
| Jutsu             | Technique   |
| <b>K</b>          |   |
| Kagi tsuki        | Hook punch.   |
| Kai               | Organization; Understand.   |
| Kaicho            | Association President.  |
| Kaiden            | All traditions.   |
| Kaisho            | Club.   |
| Kaishocho         | Head instructor of a club.  |
| Kaiso             | Opening ancestor.   |
| Kaiten            | Spin; Rotary.   |
| Kakato            | Heel.   |
| Kake              | Attack; Application of the technique.   |
| Kakuto            | Bent sword; Bent wrist.   |
| Kakuto uke        | Bent wrist block.   |
| Kama              | Sickle, used in pairs in Okinawan Karate.   |
| Kamae             | Posture.  |
| Kame              | Stone-filled jar; turtle  |
| Kamakaze          | Divine wind   |
| Kami shiho gatame | Upper four-corner hold.   |
| Kan               | School; Intuition.  |
| Kancho            | School president; Head instructor of a school   |
| Kanji             | Oriental Writing; A character in the Japanese system of writing based upon borrowed or modified Chinese characters. |
| Kano, Jigoro      | Founder of Judo.  |
| Kansetsu          | Joint lock.   |
| Kansetsu waza     | Joint locking techniques.   |
| Kanzen Muketsu    | Absolute perfection.  |
| Kara              | Empty.  |
| Karadatsuki       | Body Build.   |
| Karate            | Empty hand; A martial arts style featuring hand strikes   |
| Karate-Do         | Way of Karate   |
| Karate Jutsu      | Karate techniques   |
| Karate Gi         | Karate uniform  |
| Karateka          | Practitioner of karate  |
| Kata              | Form, Formal exercise, an pre-arranged battle with imaginary opponents, Shoulder                                    |
| Kata gatame       | Shoulder hold.  |
| Kata guruma       | Shoulder wheel throw.   |
| Kata ha jime      | Single edge choke.  |
| Kata Ido          | Form movement.  |
| Kata juji jime    | Half cross choke.   |
| Katame            | Grappling.  |
| Katame waza       | Mat work. Grappling and ground-fighting techniques. Also known as Ne-waza.  |
| Katana            | Long sword.   |
| Katsu             | Revival techniques.   |
| Ke                | House; Family.  |

|               |  |
|---------------|--|
| Keage         | Kick upward.   |
| Keiko         | Practice; Training the spirit.   |
| Keikogi       | Practice Uniform.  |
| Kekomi        | Kick through; Kick thrust.   |
| Kempo         | Japanese reading of Chuan'Fa, boxing                                   |
| Kendo         | Japanese sword fighting.   |
| Kenpo         | Fist law; Fist way.  |
| Kenpoka       | Practitioner of Kempo.   |
| Kensho        | Insight; Religious insight.  |
| Kentsui       | Fist hammer.   |
| Keri          | Kick.  |
| Keri waza     | Kicking techniques.  |
| Kesa gatame   | Scarf hold.  |
| Ki            | Air, Breath, Spirit; Spiritual Energy                                  |
| Kiai          | Spiritual meeting; Loud shout or yell with spiritual energy            |
| Kiba dachi    | Horse stance.  |
| Kihon         | Basics.  |
| Kihon Ido     | Basic movement.  |
| Kihon Kumite  | Basic sparring.  |
| Kime          | Focus (in relation to the martial arts only).                          |
| Kiotsuke      | Attention.   |
| Kirikami      | Cut of paper.  |
| Kiyo          | Positive spirit.   |
| Kiyojute Ryu  | The family of spiritually positive, Gentle people.                     |
| Ko            | Skill.   |
| Kobudo        | Weaponry, Weapons training   |
| Kobujutsu     | Ancient martial art; Weapon arts.                                      |
| Kodokan       | Headquarters of Judo in Japan. Literally "School for Studying the Way" |
| Kohai         | Junior   |
| Koko          | Tiger mouth.   |
| Koko uchi     | Tiger mouth strike.  |
| Kokutsu       | Back   |
| Kokutsu dachi | Back stance.   |
| Kokyu Ho      | Breathing division or method.  |
| Konnichi-Wa   | Hello, good afternoon  |
| Koppo         | Bone method; Bone breaking.  |
| Koshi         | 1. Hip. 2. Ball of the foot  |
| Koshi guruma  | Hip wheel throw.   |
| Koshi waza    | Hip techniques.  |
| Kosoto gaka   | Minor outer hook.  |
| Kosoto gari   | Minor outer reaping throw.   |
| Kote          | Forearm.   |
| Kouchi gari   | Minor inner reaping throw.   |
| Ku            | Nine. See also numerals.   |
| Kukyu         | 9th Kyu or grade before black belt (orange belt)                       |
| Kumikata      | Forms of gripping; Methods of holding.                                 |
| Kumite        | Sparring.  |

|              |  |
|--------------|--|
| Kung Fu      | Skill or time or task or work (Gung-Fu) Chinese martial art using the soft movement philosophy |
| Kunren       | Discipline.  |
| Kurisuchan   | Christian.   |
| Kusarigama   | Sickle with a rope or chain attached.  |
| Kuzushi      | Balance breaking.  |
| Kyoshi       | Faith Teacher, Head Instructor   |
| Kyu          | Grade or class under black belt; 10th kyu is the lowest and 1st the highest.                   |
| Kyudo        | Way of Archery   |
| Kyusho       | Vital point.   |
| Kyusho jutsu | Pressure point strikes.  |

## M

|                   |   |
|-------------------|---|
| Ma-ai             | Distance; Distancing.                       |
| Mae               | Front.                                      |
| Mae geri          | Front kick.                                 |
| Mae geri keage    | Front snap kick.                            |
| Mae geri kekomi   | Front thrust kick.                          |
| Mae tobi geri     | Jump front kick.                            |
| Makiwara          | Striking post; punching board.              |
| Martial Arts:     | Generic term for all Asian Fighting arts    |
| Matae             | Stop.                                       |
| Mawashi           | Circle, circular, round                     |
| Mawashi Geri      | Roundhouse kick                             |
| Mawashi tsuki     | Roundhouse punch.                           |
| Mawatte           | Turn  |
| Meijin            | Wise man.                                   |
| Menkyo            | License.                                    |
| Migi              | Right (side).                               |
| Mikazuki          | Crescent.                                   |
| Mikazuki geri     | Crescent kick.                              |
| Mikazuki geri uke | Crescent kick block.                        |
| Mokuso            | Meditation, Contemplation                   |
| Mondo             | Questions and answers.                      |
| Moro              | Double or Two. Morote tsuki.                |
| Moroashi dachi    | Semi-forward stance                         |
| Morote seoi nage  | Two hand shoulder throw.                    |
| Morote tsuki      | Double forward fist strike.                 |
| Morote uke        | Double hand block.                          |
| Mudansha          | Colored belt holder; Non black belt holder. |
| Mugen             | No Limit; Infinite.                         |
| Mukei             | No Form.                                    |
| Munen             | No thought.                                 |
| Mushin            | Mind of no mind; No conscious thought.      |
| Musubi dachi      | Another name for attention stance           |

## N

|                 |   |
|-----------------|---|
| Nage            | Throw.  |
| Nage no kata    | Formalized throws.  |
| Nage waza       | Throwing techniques.  |
| Naginata        | Halberd.  |
| Naha-Te         | Okinawan school of To-De                                      |
| Nami juji shime | Normal cross choke.   |
| Neko            | Cat.  |
| Neko ashi dachi | Cat stance.   |
| Ne-waza         | Ground fighting techniques, also known as katame waza.        |
| Ni              | Two. See also numerals.                                       |
| Nidan geri      | Double jump kick.   |
| Nihon nukite    | Two finger spear hand. See also Goon nukite, Nukite           |
| Ni-ju           | Twenty. See also numerals.                                    |
| Ni-ju-ichi      | Twenty one. See also numerals.                                |
| Nikkyu          | 2nd Kyu or grade before black belt (Brown Belt w/two stripes) |
| Nimpo           | Patience Principle.   |
| Ninja:          | Spy or Stealer  |
| No              | Ability; Talent; Skill.                                       |
| Nunchaku        | Wooden Flail  |
| Noritsu         | Efficiency.   |
| Nukite          | Spear hand.   |
| Nunchaku        | Flail-like weapon of two rods joined by rope or chain.        |
| Nyujo           | Flow into tranquility; Meditative contemplation.              |
| Nyunan Shin     | Soft hearted.   |

## O

|                  |                                 |
|------------------|---------------------------------|
| O goshi          | Major hip throw.                |
| O guruma         | Major wheel throw.              |
| Obi              | Belt.                           |
| Ohayo-Gozaimasu  | Good morning; hello             |
| Oi               | Lunge.                          |
| Oi tsuki         | Lunge Punch.                    |
| Okinawa te       | Okinawan Hand.                  |
| Okuri ashi harai | Foot sweep.                     |
| Okuri eri jime   | Sliding collar choke.           |
| Omote            | Front.                          |
| Osae komi        | Hold-down.                      |
| Osae komi waza   | Hold-down techniques.           |
| Osoto gari       | Major outer reaping throw.      |
| Osoto guruma     | Major outer wheel throw.        |
| Osu              | Acknowledgement has taken place |
| Ouchi gari       | Major inner reaping throw.      |
| Oyayubi          | Thumb.                          |
| Oyo              | Application.                    |

## P

|          |                                     |
|----------|-------------------------------------|
| Pa Kua   | School of soft wushu                |
| Passai   | alternative name for kata 'bassai'  |
| Peh Hoke | School of hard wushu                |
| Pinan    | Training kata meaning peaceful mind |
| Pinian   | Peace and tranquility               |

## R

|                  |   |
|------------------|---|
| Randori          | To take the throw; Freedom to take; Free practice (judo sparring) |
| Rei              | Bow.  |
| Reigi            | Courtesy.   |
| Ren              | Polish.   |
| Renoji Dachi     | V stance.   |
| Renraku Waza     | Combination technique   |
| Renshi           | Disciple teacher.   |
| Renshu           | Practice; Training; Training The Body.                            |
| Rienzoku Ken     | Continuous fist.  |
| Rikai            | Understanding.  |
| Rikairyoku       | The power of understanding.                                       |
| Ritsu Rei        | Standing bow  |
| Rochin           | Short spear   |
| Roku             | Six. See also numerals.   |
| Rokushakubo      | Six foot staff  |
| Rokyu            | 6th Kyu (green belt w/one stripe)                                 |
| Roundhouse kick. | Mawashi geri  |
| Ryo              | Both.   |
| Ryu              | Family; School; System; Dragon.                                   |
| Ryukyū           | Okinawa.  |

## S

|                      |  |
|----------------------|--|
| Sagi                 | Heron.   |
| Sai                  | Short forks, Three-pronged metal weapon.                     |
| Sammai               | Concentration; Absorption.                                   |
| Samurai              | Japanese warrior.  |
| San                  | Honorable, Formal Address, Three. See also numerals.         |
| Sanbon Kumite        | Three-step sparring  |
| Sanchin              | Japanese/Okinawan kata; Three battle; Tension.               |
| Sanchin dachi        | Three Battle stance; hourglass stance.                       |
| San-ju               | Thirty.  |
| Sankaku              | Triangle.  |
| Sankyu               | 3rd Kyu or grade before black belt (brown belt w/one stripe) |
| Sasae tsurikomi ashi | Lifting pulling foot prop.                                   |
| Satori               | Enlightenment.   |
| Seigyo               | Control.   |
| Seiho                | Spirit (healing) division or method.                         |
| Seiken               | Forefist.  |
| Seishin              | Soul; Spirit of God.   |

|             |  |
|-------------|--|
| Seiza       | Correct sitting; Formal sitting position.                  |
| Sempai      | Senior.  |
| Sensei      | Teacher, Literal translation "one who is born before"      |
| Senshin     | Concentration; Undivided attention; Singleness of purpose. |
| Sepuku      | Ritual suicide   |
| Sesshin     | Concentrating; Unifying the mind.                          |
| Shi         | Four. See also numerals.                                   |
| Shiai       | Contest.   |
| Shichi      | Seven. See also numerals.                                  |
| Shichikyu   | 7th Kyu or grade before black belt (blue belt)             |
| Shiden      | Historical tradition.                                      |
| Shihan      | Master of Japanese martial arts.                           |
| Shika       | Historian.   |
| Shiken      | Test; Examination.   |
| Shimbun     | Newspaper.   |
| Shime       | Choke/Strangle.  |
| Shime waza  | Choking techniques.  |
| Shinai      | Bamboo sword.  |
| Shinjitsu   | Reality.   |
| Shinken     | Real sword; Real fist; Earnest.                            |
| Shinko      | Faith; Faith that looks up; Stretch.                       |
| Shinsei     | Divine nature; Holiness; Godliness.                        |
| Shinwa      | Friendship; Fellowship.                                    |
| Shinyo      | Faith; Faith effort, in your own work.                     |
| Shiro       | White  |
| Shizen      | Natural.   |
| Shizen-tai  | Natural posture.   |
| Shodai      | First generation; Founder.                                 |
| Shodai Soke | Founding father; First soke.                               |
| Shogei      | All arts.  |
| Shomei      | Summons of destiny; Call of God.                           |
| Shorei      | Encouragement.   |
| Shorei Ryu  | Karate jutsu developed from Naha-Te and Tomari-Te          |
| Shorin Ryu  | Karate Jutsu developed from Shuri-Te                       |
| Shotei      | Palm heel strike (also may use as block).                  |
| Shotokan    | A Karate System Founded by Gichin Funikoshi.               |
| Shu         | To Learn.  |
| Shudo       | Leadership; Guidance.                                      |
| Shugyo      | Austere practice; Hard training.                           |
| Shuho       | Taking principle.  |
| Shuto       | Knifehand; Swordhand; Chop.                                |
| Shuto uchi  | Knife hand strike.   |
| Shuto uke   | Knife hand block.  |
| Sifu        | Teacher, male instructor of Chinese Martial Arts           |
| Simu        | Teacher, female instructor of Chinese Martial Arts         |
| So          | Head; Master; Phase.                                       |
| Sode        | Sleeve.  |
| Soke        | Head Master; Grand Master; Head of the Family.             |

|               |  |
|---------------|--|
| Soke Sho      | The Head Master writes.                              |
| Sokuji        | The Diet Cure.                                       |
| Sokuto        | Foot sword.  |
| Soto          | Outer; Outside.                                      |
| Soto makikomi | Outer winding throw.                                 |
| Soto shuto    | Outside knife-hand block.                            |
| Suki          | Gap; Unguarded moment; Dead time.                    |
| Sukui         | Scooping.  |
| Sukui nage    | Scooping throw.                                      |
| Sumi gaeshi   | Corner throw.  |
| Sumi otoshi   | Corner drop.   |
| Sumo          | Struggle, Japanese wrestling                         |
| Sun Dome      | To stop one inch.                                    |
| Sutemi        | Sacrifice.   |
| Sutemi waza   | Sacrifice techniques.                                |
| Suwari Waza   | Sitting techniques.                                  |
| <b>T</b>      |  |
| Tachi         | Standing.  |
| Tachi waza    | Standing techniques.                                 |
| Tai otoshi    | Body drop.   |
| Taido         | Attitude.  |
| Taiho         | Arrest; Capture; Holding methods.                    |
| Taikaku       | A Good Physique.                                     |
| Taiko         | Body cavity.   |
| Taisabaki     | Body movement.                                       |
| Taiso         | Body manipulation; Exercise.                         |
| Tameshiwari   | Test by breaking; Breaking Demonstration             |
| Tanden        | Point just below the navel.                          |
| Tani otoshi   | Valley drop.   |
| Tanto         | Short sword.   |
| Tate          | Vertical   |
| Tate tsuki    | Vertical punch (boxer's jab).                        |
| Te            | Hand. See also Karate.                               |
| Teiji dachi   | T-stance.  |
| Teisho        | Heel palm.   |
| Teisho tsuki  | Heel palm thrust.                                    |
| Teisho uchi   | Heel palm strike.                                    |
| Teisho uke    | Heel palm block.                                     |
| Tenkan        | Pivoting; Pivot.                                     |
| Tenoji Dachi  | T or L stance.                                       |
| Tenshin Sho   | Divine Illumination; Inspiration for creating a Ryu. |
| Tetsui        | Iron twin.   |
| Te-waza       | Hand techniques.                                     |
| To            | Sword.   |
| Tobi          | Leaping; Jumping; Flying.                            |
| Toide         | Taking hand, Okinawan Grappling Art.                 |
| Toitsu        | Unified principle.                                   |
| Tomoe         | A three section circle; Circle.                      |

|                 |   |
|-----------------|---|
| Tomoe nage      | Circle throw.   |
| Tonfa           | Rice grinder handles, Wooden rod with handle at right angle, used in pairs. |
| Tori            | Defender, demonstrator of technique.  |
| Torite          | Taking hand, Japanese pronunciation.  |
| Tsugi no kata   | Following form.   |
| Tsukamu         | Grab.   |
| Tsuki           | Punch; knuckle strike with first two knuckles only.                         |
| Tsuki no sandan | Three levels of thrusts.  |
| Tsuki waza      | Punching techniques.  |
| Tsukkomu        | Hand thrust.  |
| Tsukuri         | Stepping into the throw.  |
| Tsume           | Claw.   |
| Tsuri goshi     | Lifting hip throw.  |
| Tsuriai         | Balance.  |
| Tsurikomi goshi | Lifting-pulling hip throw.  |
| Tsuru           | Crane.  |
| Tuite           | 1. Grappling techniques.2. Using pressure points for joint manipulation     |

## U

|              |  |
|--------------|--|
| Uchi         | Inside.  |
| Uchi mata    | Inner thigh throw.                                   |
| Uchi waza    | Striking Techniques.                                 |
| Uchideshi    | Special disciple.                                    |
| Uchikomi     | Fitting-In. Repeated practice of throwing techniques |
| Ude          | Arm.   |
| Ude uki      | Forearm block.                                       |
| Uke          | Block. Age uke.                                      |
| Ukemi        | Falling and rolling exercises.                       |
| Uki          | Attacker, to whom techniques are done.               |
| Uki goshi    | Floating hip throw.                                  |
| Uki otoshi   | Floating drop.                                       |
| Uki waza     | Floating throw.                                      |
| Undo ryoho   | Exercise cure.                                       |
| Ura          | Rear.  |
| Ura nage     | Back throw.  |
| Uraken uchi  | Back fist strike                                     |
| Ushiro       | Back; Rear   |
| Ushiro geri  | Back kick  |
| Ushiro goshi | Back hip throw                                       |

## W

|      |                     |
|------|---------------------|
| Wa   | Peace, Tranquility. |
| Waza | Techniques.         |

## Y

|            |                   |
|------------|-------------------|
| Yama       | Mountain.         |
| Yama bushi | Mountain Priests. |
| Yama tsuki | Mountain Punch.   |
| Yame       | Stop.             |
| Yari       | Spear.            |

|                   |   |
|-------------------|---|
| Yoi               | Ready.  |
| Yojimbo           | Someone of discretion; protector; bodyguard.                    |
| Yojin             | Discretion.   |
| Yoko              | Side.   |
| Yoko gake         | Side hook.  |
| Yoko geri         | Side kick.  |
| Yoko guruma       | Side wheel.   |
| Yoko kekomi       | Side thrust kick.   |
| Yoko otoshi       | Side drop.  |
| Yoko shiho gatame | Side four corner hold.  |
| Yoko taeru        | Laying.   |
| Yoko tobi geri    | Jump side kick.   |
| Yoko wakare       | Side separation.  |
| Yokogiru          | Cross.  |
| Yonkyu            | 4th Kyu or grade before black belt (green belt w/three stripes) |
| Yudansha          | One who is a black belt; Blackbelt Holders                      |

## **Z**

|                |                                   |
|----------------|-----------------------------------|
| Zanshin        | Ready mind; Alertness.            |
| Zazen          | Sitting meditation.               |
| Zen            | Meditation, All, Enlightenment    |
| Zenkutsu dachi | Front or Forward stance.          |
| Zenshin        | Gradual progress; Steady advance. |

## **Numerals**

|        |       |
|--------|-------|
| Ichi   | One   |
| Ni     | Two   |
| San    | Three |
| Shi    | Four  |
| Go     | Five  |
| Roku   | Six   |
| Shichi | Seven |
| Hachi  | Eight |
| Ku     | Nine  |
| Ju     | Ten   |