

TERMINOLOGY

A – K

Arigato	Thank You
Atemi.....	Striking
Budo.....	Martial Way
Bujutsu.....	Weaponary
Bushi	Warrior
Bushido.....	Way of the Warrior
Dachi.....	Stance
Deshi	Student
Dojo	Training Room
Dogi.....	Training Uniform
Embu.....	Martial Arts Display
Empi.....	Elbow
Fudoshin.....	Unbreakable Spirit
Fusegu.....	Defend
Gaeshi.....	Twisting / Rolling
Gari.....	Reap
Gatame.....	Hold
Geri.....	Kick
Goshi.....	Sweep
Guruma.....	Wheel
Hajime.....	Start
Hidari.....	Left
Hiza.....	Knee
Jagari.....	Rolling
Ju-Jitsu.....	The Gentle Art
Junbi.....	Prepare
Kaeshi.....	Counter
Katame.....	Grapple
Katana.....	Samurai Sword
Ki.....	Life Force / Spirit
Kiai..	Spiritual unity of mind/body
Keyretsu.....	Stand Up
Ko	Minor
Koshi.....	Hip
Kumite.....	Fighting
Kyu	Grade or Rank

M – Z

Mai.....	Front
Makikomi.....	Winding
Matte.....	Wait
Migi.....	Right
Mushin.....	Empty Mind
Nage	Throwing
O	Major
Obi	Belt
Otagai ni Rei.....	Mutual Bow
Otoshi.....	Drop
Randori	Sparring
Ritsu Rei	Standing Bow
Seiretsu.....	Line up
Seoi.....	Shoulder
Seiza	Kneel position
Shime	Choking
Soto.....	Outer
Sutemi.....	Sacrifice
Tachi.....	Standing
Tanjun.....	Simple / Basic
Tatami	Straw Mats
Tori	Person Executing a Technique
Tsukami.....	Grab
Tsuki.....	Punch
Uchi	Inner
Uke	Person being thrown
Ukemi.....	The Art of Falling
Ushiro.....	Backwards
Waza.....	Technique
Yamei	Stop
Yoi.....	Prepare
Yoko.....	Side
Za Rei.....	Kneeling Bow
Zempo.....	Forward