

# Student Handbook

Jujitsu terms – taken from Stanford University JJ Club

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## -A-

Age	Rising
Age zuki	Rising punch
Age uke	Rising block
ai	harmony; join; fit
aiki	aligning one's <i>ki</i> with that of an opponent <sup>1</sup> ; literally, "harmonized inner energy"
aikido	martial art derived from <i>aiki jujitsu</i> but which places more emphasis on spiritual development; founded by <i>Morihei Ueshiba</i> in the early 20th century
aiki jujitsu	style of <i>jujitsu</i> which places emphasis on <i>aiki</i>
ashi	foot; leg; synonymous with <i>soku</i>
ashi guruma	leg wheel; throw in <i>judo</i>
ashi gyaku	leg screw; literally, "leg torture"
ashi hishigi	leg crush
ashi kubi	ankle; literally, "neck of the leg"
ashi kubi hishigi	ankle crush
ashi waza	foot and leg techniques
atemi	striking the body
atemi waza	body-striking techniques

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## -B-

ba	horse
bajitsu	horsemanship; literally, "horse techniques"
barai	spelling of <i>harai</i> when following another word

<b>basami</b>	spelling of <i>hasami</i> when following another word
<b>bo</b>	long staff
<b>bojitsu</b>	art of the long staff
<b>bokken</b>	wooden sword used in <i>kendo</i> and <i>kenjitsu</i>
<b>Bu</b>	Military; martial
<b>Bubun</b>	Side
<b>budo</b>	martial arts of late medieval and post-medieval Japan emphasizing spiritual, health, and sport aspects over combat and self-defense; literally, "martial way"; compare to <i>bujitsu</i>
<b>budokai</b>	martial way organization
<b>bunkai</b>	application of form
<b>bushi</b>	warrior class of medieval Japan; also, a member of this class (synonymous with <i>samurai</i> <sup>2</sup> )
<b>bushido</b>	unwritten moral and ethical code of conduct practiced by the <i>bushi</i> ; similar to European chivalry; literally, "way of the warrior"
<b>bujitsu</b>	fighting arts of the warrior class of medieval Japan; literally, "martial techniques" or "martial arts"; compare to <i>budo</i>

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## -C-

<b>choku zuki</b>	straight punch
<b>chuan fa</b>	( <i>Chinese</i> ) fist way; kung fu; synonymous with <i>kempo</i>
<b>chudan</b>	middle (of body); torso level

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## -D-

<b>dachi</b>	spelling of <i>tachi</i> when following another word
<b>dan</b>	degree or step; in Japanese martial arts, used for black belt ranks (see <i>belt ranks</i> )
<b>daisho</b>	the two swords worn by the <i>samurai</i> : the <i>katana</i> and <i>wakizashi</i> ; literally, "long and short"
<b>de</b>	advanced; forward
<b>de ashi barai</b>	forward foot sweep; throw in <i>judo</i>
<b>denzook</b>	no count
<b>deshi</b>	student; disciple
<b>do</b>	way

**dojo** exercise hall; the place where one practices the martial arts  
**dori** spelling of *tori* when following another word

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## **-E-**

**ebi** lobster; shrimp; prawn  
**ebi jime** lobster choke  
**eku** oar, used as a weapon in Okinawan *karate*  
**empi** elbow; literally, "monkey arm", but considered synonymous with *hiji* in Japanese martial arts  
**empi uchi** elbow strike  
**eri** lapel; collar

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## **-F-**

**fudo dachi** rooted stance  
**fumi** step on; tread on  
**fumikomi** stepping into; stomping  
**fumikomi geri** stomping kick  
**Funakoshi, Gichin** father of Japanese *karate*, in particular, Shotokan

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## **-G-**

**gake** spelling of *kake* when following another word  
**ganmen** face  
**ganmen shuto** face-level knife-hand  
**ganmen shuto uchi** face-level knife-hand strike  
**garami** spelling of *karami* when following another word  
**gari** reap; reaping  
**gatame** spelling of *katame* when following another word  
**gaeshi** spelling of *kaeshi* when following another word  
**gedan** lower; waist-level or below  
**gedan barai uke** low sweeping block

<b>gedan haitto</b>	lower ridge-hand
<b>gedan juji uke</b>	lower X-block
<b>gedan shuto uke</b>	lower knife-hand block
<b>geri</b>	spelling of <i>keri</i> when following another word
<b>gi</b>	uniform for practicing martial arts
<b>go</b>	five (see <i>numerals</i> )
<b>godan</b>	fifth degree; fifth degree black belt (see <i>belt ranks</i> )
<b>gohon</b>	five long cylindrical objects
<b>gohon nukite</b>	five-finger spear-hand strike
<b>gokyu</b>	fifth class (see <i>belt ranks</i> )
<b>goshi</b>	spelling of <i>koshi</i> when following another word
<b>guruma</b>	spelling of <i>kuruma</i> when following another word
<b>gyaku</b>	1. reverse; opposite; synonymous with <i>saka</i> ; e.g., <i>gyaku zuki</i> 2. torture; tyranny; cruelty; oppression; e.g., <i>ashi gyaku</i>
<b>gyaku zuki</b>	reverse punch (opposite-side hand and leg)
<b>gyaku juji jime</b>	reverse cross choke

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## -H-

<b>ha</b>	1. edge (of a sword) 2. wing; e.g., <i>kataha jime</i>
<b>hachi</b>	eight (see <i>numerals</i> )
<b>hachidan</b>	eight degree; eight degree black belt (see <i>belt ranks</i> )
<b>hachiji</b>	the <i>kanji hachi</i>
<b>hachiji dachi</b>	open leg stance; literally, the stance where the feet are in the shape of the <i>kanji hachi</i>
<b>hachimachi</b>	towel used as a headband
<b>hadaka</b>	naked; nude; bare
<b>hadaka jime</b>	naked choke
<b>hadari</b>	left (side)
<b>hai</b>	1. yes 2. back; behind; e.g., <i>haito</i>
<b>haishu</b>	back of the hand
<b>haishu uchi</b>	back hand strike
<b>haisoku</b>	instep; literally, "back of foot"
<b>haisoku geri</b>	instep kick

<b>haito</b>	ridge-hand (thumb side of hand); literally, "back knife"
<b>haito uchi</b>	ridge-hand strike
<b>hajimae</b>	begin
<b>hane</b>	springing or bouncing
<b>hane goshi</b>	springing hip; throw in <a href="#">judo</a>
<b>hane makikomi</b>	springing wrap-around; throw in <a href="#">judo</a>
<b>hangetsu dachi</b>	hourglass stance
<b>hanshi</b>	honorific title given in recognition of one's character, not just technical ability in a given martial art
<b>hantai</b>	reverse; opposite
<b>hantai gatame</b>	reverse hold
<b>harai (<a href="#">barai</a>)</b>	sweep; sweeping
<b>harai goshi</b>	sweeping hip; throw in <a href="#">judo</a>
<b>harai tsurikomi ashi</b>	lifting pulling foot sweep; throw in <a href="#">judo</a>
<b>hasami (<a href="#">basami</a>)</b>	scissors; pincers of a crab
<b>heisoku dachi</b>	attention stance
<b>hidari</b>	left (side)
<b>hiji</b>	elbow; often used synonymously with <a href="#">empi</a> in Japanese martial arts
<b>hiragana</b>	cursive phonetic script used for writing Japanese in combination with <a href="#">kanji</a>
<b>hishigi</b>	crush; break; sprain
<b>hittsui</b>	incorrect spelling of <a href="#">shittsui</a>
<b>hiza</b>	knee
<b>hiza geri</b>	knee kick
<b>hiza guruma</b>	knee wheel; throw in <a href="#">judo</a>
<b>ho</b>	direction; side; way; e.g., <a href="#">shiho</a>
<b>hon</b>	counter for long cylindrical objects; e.g., <a href="#">gohon</a>
<b>hombu</b>	headquarters; also spelled <a href="#">honbu</a>
<b>honbu</b>	alternative spelling of <a href="#">hombu</a>

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## -I-

<b>ichi</b>	one (see <a href="#">numerals</a> )
<b>ikkyu</b>	first class (see <a href="#">belt ranks</a> )
<b>ippon</b>	one long cylindrical object; one full point in a <a href="#">judo</a> contest
<b>ippon ken</b>	one-knuckle fist
<b>ippon kumite</b>	one-step sparring

**ippon seoi** one-armed shoulder; throw in *[judo](#)*  
**irimi waza** entering techniques

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## **-J-**

**ji** character; letter; word; handwriting; e.g., *[kanji](#)*  
**jigo-tai** defensive posture  
**jime** spelling of *[shime](#)* when following another word  
**jitsu** technique; art; e.g. *[jujitsu](#)*, *[bujitsu](#)*; should technically be spelled *[jutsu](#)*<sup>3</sup>  
**jiyu** freedom; liberty  
**jiyu kumite** free sparring  
**jo** short staff  
**jodan** upper; shoulder-level or above  
**jodan juji uke** high X-block  
**jojitsu** short staff techniques  
**joseke** upper seat  
**ju**  
1. ten (see *[numerals](#)*)  
2. gentle; soft; pliant; synonymous with *[yawara](#)*</TD< tr>  
**judan** tenth degree; tenth degree black belt (see *[belt ranks](#)*)  
**judo** sport martial art featuring throwing; founded by *[Jigoro Kano](#)* in the late 19th and early 20th centuries; literally, "gentle way"  
**judoka** practitioner of *[judo](#)*  
**juji** cross; literally, "the *[kanji ju](#)*" (whose shape is that of a cross)  
**juji gatame** cross lock  
**jujitsu** self-defense martial art based on grappling and throwing; literally, "gentle technique"  
**jujitsuka** practitioner of *[jujitsu](#)*  
**juji uke** x-block; literally, "cross block"  
**jutsu** alternative (and technically correct<sup>3</sup>) spelling of *[jitsu](#)*

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## **-K-**

**kaeshi** (*[gaeshi](#)*) counter; reversal; return; answer

<b>kagi</b>	hook
<b>kagi zuki</b>	hook punch
<b>kakato</b>	heel
<b>kakato geri</b>	heel kick
<b>kake (<i>gake</i>)</b>	hooking or clipping action
<b>kakiwake</b>	pushing one's way through
<b>kakiwake uke</b>	pushing through block
<b>kakuto</b>	crane head
<b>kakuto uke</b>	bent wrist block; literally, "crane head block"
<b>kama</b>	sickle, used in pairs in Okinawan <i>karate</i>
<b>kamae</b>	posture
<b>kami</b>	1. god; spirit; divine 2. upper body; top
<b>kami shiho gatame</b>	upper four-direction hold
<b>kan</b>	China
<b>kana</b>	the Japanese phonetic alphabets, i.e., <i>hiragana</i> and <i>katakana</i>
<b>kani</b>	crab
<b>kani sute</b>	crab sacrifice; another name for <i>kani basami</i>
<b>kani basami</b>	crab scissors; flying scissors throw of <i>judo</i> which is sometimes also called <i>kani sute</i>
<b>kanji</b>	Japanese system of writing utilizing characters from Chinese writing; a single character in this system; literally, "the character <i>kan</i> "
<b>Kano, Jigoro</b>	founder of <i>judo</i>
<b>kansetsu</b>	knuckle or joint
<b>kansetsu waza</b>	joint-locking techniques in <i>judo</i>
<b>kara</b>	1. empty; emptiness 2. China; literally, "T'ang", as in the T'ang dynasty of China
<b>karami (<i>garami</i>)</b>	entanglement; entwined
<b>karate</b>	martial art emphasizing striking; literally, "empty hand" or "Chinese hand" (see <i>kara</i> )
<b>kata</b>	1. stylized form; pre-arranged techniques used to practice many martial arts 2. shoulder; e.g., <i>kata guruma</i> 3. one-sided; one (of two); e.g., <i>kataha jime</i>
<b>kata gatame</b>	shoulder hold
<b>kata guruma</b>	shoulder wheel; throw in <i>judo</i>
<b>kata juji jime</b>	half cross choke
<b>kataha</b>	single edge; single wing
<b>kataha jime</b>	single wing choke
<b>katakana</b>	angular phonetic script used mainly for writing foreign words in Japanese

<b>katame</b> ( <i><u>gatame</u></i> )	hardening; fortifying; tightening; used in <i><u>judo</u></i> to mean grappling or a hold or lock
<b>katame waza</b>	grappling techniques of <i><u>judo</u></i> ; often used interchangeably with <i><u>ne waza</u></i> <sup>4</sup>
<b>katana</b>	long sword of the <i><u>daisho</u></i> ; the primary sword of the <i><u>samurai</u></i> worn tucked into the belt with its curved blade facing upward; successor of the <i><u>tachi</u></i> ; synonymous with <i><u>to</u></i>
<b>katate</b>	one hand; single hand
<b>katate dori</b>	one hand pull
<b>katsu</b>	revival techniques
<b>keage</b>	upwards kick
<b>kekomi</b>	thrusting kick
<b>kempo</b> ( <i><u>kenpo</u></i> )	fist way; Japanese word for (and hence synonymous with) <i><u>chuan fa</u></i>
<b>ken</b>	1. fist; e.g., <i><u>kenpo</u></i> 2. any generic straight-bladed sword; e.g., <i><u>kendo</u></i>
<b>kendo</b>	modern Japanese sport martial art of fencing; literally, "way of the sword"; descendant of <i><u>kenjitsu</u></i>
<b>kenjitsu</b>	combat sword fighting practiced by the <i><u>bushi</u></i> ; literally, "art of the sword"; predecessor of <i><u>kendo</u></i>
<b>kenpo</b>	alternative spelling of <i><u>kempo</u></i>
<b>keri</b> ( <i><u>geri</u></i> )	kick
<b>keri waza</b>	kicking techniques
<b>kesa</b>	scarf; in particular, the scarf of a Buddhist monk
<b>kesa gatame</b>	scarf hold
<b>ki</b>	inner energy; spirit
<b>kiai</b>	loud shout or yell which focuses one's <i><u>ki</u></i> when striking hard <sup>1</sup> ; literally, "harmonized inner energy"
<b>kiba</b>	horse-riding
<b>kiba dachi</b>	horse stance; literally, "horse-riding stance"
<b>kime</b>	focus
<b>kiotsuke</b>	to command someone to pay attention
<b>ko</b>	1. minor; compare to <i><u>o</u></i> ; e.g., <i><u>kosoto gari</u></i> 2. old; ancient; e.g., <i><u>koryu</u></i> 3. behind; back; backwards; e.g., <i><u>kokutsu</u></i>
<b>Kodokan</b>	headquarters of <i><u>judo</u></i> in Japan; literally, "school for studying the way"; also used when referring to <i><u>judo</u></i> , as in Kodokan Judo.
<b>koko uchi</b>	tiger mouth strike
<b>kokutsu</b>	backward leaning
<b>kokutsu dachi</b>	back stance; literally, "backward leaning stance"
<b>komi</b>	to be inserted, crowded, or mixed

<b>koryu</b>	traditional schools of Japanese martial arts; literally, "ancient or old stream"
<b>koshi</b> ( <i><u>goshi</u></i> )	1. hip; waist; loin 2. ball of the foot
<b>koshi guruma</b>	hip wheel; throw in <i><u>judo</u></i>
<b>koshi jime</b>	hip choke
<b>koshi waza</b>	hip techniques
<b>kosoto gake</b>	minor outer clip; throw in <i><u>judo</u></i>
<b>kosoto gari</b>	minor outer reap; throw in <i><u>judo</u></i>
<b>kouchi gari</b>	minor inner reap; throw in <i><u>judo</u></i>
<b>ku</b>	nine (see <i><u>numerals</u></i> )
<b>kubi</b>	neck
<b>kudan</b>	ninth degree; ninth degree black belt (see <i><u>belt ranks</u></i> )
<b>kumikata</b>	methods of holding
<b>kumite</b>	sparring
<b>kuruma</b> ( <i><u>guruma</u></i> )	wheel
<b>kusarigama</b>	sickle with a rope or chain attached
<b>kutsu</b>	lean; stoop; bend
<b>kuzure</b>	broken; collapsed
<b>kuzure kesa gatame</b>	broken scarf hold
<b>kuzushi</b>	unbalancing (in <i><u>judo</u></i> , there are eight directions of unbalancing, corresponding to the eight directions of the compass)
<b>kyu</b>	class; grade; rank; in Japanese martial arts, used for ranks under black belt (see <i><u>belt ranks</u></i> )
<b>kyusho</b>	vital or pressure points
<b>kyusho jitsu</b>	the art of striking the vital points of the body

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## **-M-**

<b>ma-ai</b>	distance
<b>mae</b>	front
<b>mae geri</b>	front kick
<b>mae geri keage</b>	front snap kick; technically, this is redundant and should be simply <i><u>mae keage</u></i>
<b>mae geri kekomi</b>	front thrust kick; technically, this is redundant and should be simply <i><u>mae kekomi</u></i>
<b>mae keage</b>	front snap kick; also referred to as <i><u>mae geri keage</u></i>

<b>mae kekomi</b>	front thrust kick; also referred to as <a href="#"><i>mae geri kekomi</i></a>
<b>mae tobi geri</b>	front jump kick
<b>maki</b>	volume; scroll; reel; roll
<b>maki gaeshi</b>	wrapping reversal
<b>makikomi</b>	to wrap around, enfold, wind up, or roll up in a whirlpool- or windmill-like movement
<b>makikomi harai</b>	wrap-around sweep
<b>makiwara</b>	punching board
<b>matae</b>	stop
<b>mawashi</b>	turning; rotating
<b>mawashi geri</b>	roundhouse kick
<b>mawashi zuki</b>	roundhouse punch
<b>mi</b>	1. the body; one's self; e.g., <a href="#"><i>sutemi</i></a> 2. eyebrow
<b>migi</b>	right (side)
<b>mikazuki</b>	crescent moon; new moon; literally, "three day moon"
<b>mikazuki geri</b>	crescent kick
<b>mikazuki geri uke</b>	crescent kick block
<b>moro</b>	augmented
<b>morote</b>	two hands; both hands
<b>morote seoi nage</b>	two-handed shoulder throw; throw in <a href="#"><i>judo</i></a>
<b>morote zuki</b>	two-handed punch
<b>morote uke</b>	two-handed block
<b>moro yubi tori</b>	augmented finger pull
<b>mudansha</b>	non-black belt holder
<b>mune</b>	chest
<b>mune gatame</b>	chest hold
<b>mushin</b>	mind of no mind; state of being without thought

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## -N-

<b>nagashi uke</b>	flowing block; parry
<b>nage</b>	throw
<b>nage waza</b>	throwing techniques in <a href="#"><i>judo</i></a>
<b>nage no kata</b>	formalized throws
<b>nagimaki</b>	halberd-like weapon similar to the <a href="#"><i>naginata</i></a> but designed for mounted use

<b>naginata</b>	halberd-like weapon used by the <i>samurai</i> in medieval Japan
<b>naginata jutsu</b>	art of the naginata
<b>nami juji jime</b>	normal cross choke
<b>nana</b>	seven (see <i>numerals</i> )
<b>nanadan</b>	seventh degree; seventh degree black belt; also called <i>shichidan</i> (see <i>belt ranks</i> )
<b>ne</b>	ground; root; base
<b>ne waza</b>	ground techniques or mat work in <i>judo</i> ; often used interchangeably with <i>katame waza</i> <sup>4</sup>
<b>neko</b>	cat
<b>neko ashi dachi</b>	cat stance; literally, "cat-leg stance"
<b>ni</b>	two (see <i>numerals</i> )
<b>nidan</b>	second degree; second degree black belt (see <i>belt ranks</i> )
<b>nidan geri</b>	two step or double jump kick
<b>nihon nukite zuki</b>	two finger spear-hand thrust
<b>nikyu</b>	second class (see <i>belt ranks</i> )
<b>no</b>	archaic possessive particle; e.g., <i>nage no kata</i>
<b>nuki</b>	draw; pull out
<b>nukite</b>	spear-hand; literally, "(sword) drawing hand"
<b>nukite zuki</b>	spear-hand thrust
<b>nunchaku</b>	flail-like weapon of two rods joined by rope or chain

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## -O-

<b>o</b>	major; compare to <i>ko</i> ; e.g., <i>ogoshi</i>
<b>obi</b>	belt
<b>ogoshi</b>	major hip; throw in <i>judo</i>
<b>oguruma</b>	major wheel; throw in <i>judo</i>
<b>ohten</b>	barrel roll
<b>ohten gatame</b>	barrel roll hold
<b>oi</b>	lunge; chase; pursue
<b>oi zuki</b>	lunging punch (same-side hand and leg)
<b>okuri</b>	chasing; sliding
<b>okuri ashi barai</b>	sliding foot sweep; throw in <i>judo</i>
<b>okuri eri jime</b>	sliding collar choke
<b>osae</b>	pressure

<b>osae komi</b>	pressing; holding-down; pinning; immobilizing
<b>osae komi waza</b>	pinning techniques of <a href="#">judo</a>
<b>osoto gari</b>	major outer reap; throw in <a href="#">judo</a>
<b>osoto guruma</b>	major outer wheel; throw in <a href="#">judo</a>
<b>otoshi</b>	drop
<b>ouchi gari</b>	major inner reap; throw in <a href="#">judo</a>

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## **-R-**

<b>randori</b>	free practice or sparring in <a href="#">judo</a>
<b>rei</b>	bow
<b>rokkyu</b>	sixth class (see <a href="#">belt ranks</a> ); also spelled rokyu or rokukyu
<b>roku</b>	six (see <a href="#">numerals</a> )
<b>rokudan</b>	sixth degree; sixth degree black belt (see <a href="#">belt ranks</a> )
<b>rokukyu</b>	alternative spelling of <a href="#">rokkyu</a>
<b>rokyu</b>	alternative spelling of <a href="#">rokkyu</a>
<b>romaji</b>	romanization of Japanese <a href="#">kanji</a>
<b>ryu</b>	a style of school in Japanese martial arts; literally, "stream"
<b>Ryukyu</b>	the Ryukyu islands, the southernmost island group of Japan; includes Okinawa

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## **-S-**

<b>sai</b>	three-pronged metal weapon
<b>saka</b>	alternative pronunciation of the <a href="#">kanji</a> which is also read <a href="#">gyaku</a> (first definition)
<b>saka nuki</b>	reverse pull-out
<b>sakotsu</b>	collarbone
<b>sakotsu shuto</b>	collarbone knife-hand
<b>sakotsu shuto uchi</b>	collarbone knife-hand strike
<b>samurai</b>	warrior class of medieval Japan; literally, "one who serves"; synonymous with <a href="#">bushi</a> <sup>2</sup>
<b>san</b>	three (see <a href="#">numerals</a> )
<b>sanchin dachi</b>	hourglass stance (derived from Sanchin kata)

<b>sandan</b>	third degree; third degree black belt (see <a href="#">belt ranks</a> )
<b>sankyu</b>	third class (see <a href="#">belt ranks</a> )
<b>sasae</b>	propping; supporting
<b>sasae tsurikomi ashi</b>	propping lifting pulling foot; throw in <a href="#">judo</a>
<b>seiza</b>	traditional Japanese sitting position (on knees)
<b>sempai</b>	senior
<b>sensei</b>	teacher
<b>seoi</b>	shoulder
<b>seoi goshi</b>	shoulder hip
<b>shi<sup>2</sup></b>	1. four (see <a href="#">numerals</a> ) 2. death 3. teacher; master; expert; mentor; e.g., <a href="#">shihan</a>
<b>shiai</b>	contest
<b>shichi<sup>2</sup></b>	seven (see <a href="#">numerals</a> )
<b>shichidan</b>	seventh degree; seventh degree black belt; also called <a href="#">nanadan</a> (see <a href="#">belt ranks</a> )
<b>shihan</b>	master or senior instructor
<b>shiho</b>	every direction; literally, "four directions"
<b>shiho nage</b>	four-direction throw; throw in <a href="#">aikido</a>
<b>shime (jime)</b>	choke; strangle
<b>shime waza</b>	choking or strangling techniques of <a href="#">judo</a>
<b>shittsui</b>	knee-hammer
<b>shittsui geri</b>	knee-hammer kick
<b>shizen-tai</b>	natural posture
<b>shodan</b>	beginning degree or step; in Japanese martial arts, used as the rank of 1st degree black belt (see <a href="#">belt ranks</a> )
<b>shotei</b>	palm-heel; literally, "bottom of hand"; same as <a href="#">teisho</a>
<b>shotei uchi</b>	palm-heel strike; same as <a href="#">teisho uchi</a>
<b>shotei uke</b>	palm-heel block; same as <a href="#">teisho uke</a>
<b>shu</b>	hand; e.g., <a href="#">shuto uchi</a>
<b>shuto</b>	knife-hand (little-finger side of palm); literally, "hand knife"
<b>shuto uchi</b>	knife-hand strike; karate chop
<b>shuto uke</b>	knife-hand block
<b>sode</b>	sleeve
<b>sode tsurikomi goshi</b>	sleeve lifting pulling hip; throw in <a href="#">judo</a>
<b>soke</b>	head of family; in Japanese martial arts, the headmaster of a martial arts system
<b>soku</b>	alternative pronunciation of the <a href="#">kanji</a> which is also read <a href="#">ashi</a> ; e.g., <a href="#">haisoku</a>
<b>soto</b>	outside; outer

<b>soto age uke</b>	outer upper block
<b>soto makikomi</b>	outer wrap-around; throw in <a href="#"><i>judo</i></a>
<b>soto mikazuki geri</b>	outer crescent kick
<b>soto shuto uke</b>	outside knife-hand block
<b>soto ude uke</b>	outside forearm block
<b>sukui</b>	to scoop up
<b>sukui nage</b>	scooping throw; throw in <a href="#"><i>judo</i></a>
<b>sumi</b>	corner
<b>sumi gaeshi</b>	corner reversal; throw in <a href="#"><i>judo</i></a>
<b>sumi otoshi</b>	corner drop; throw in <a href="#"><i>judo</i></a>
<b>sute</b>	sacrifice
<b>sutemi</b>	sacrificing one's self
<b>sutemi waza</b>	self-sacrificing techniques

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## **-T-**

<b>tachi (<a href="#"><i>dachi</i></a>)</b>	1. stance; standing 2. curved sword worn hung from the belt with the blade down; predecessor of the <a href="#"><i>katana</i></a>
<b>tachi waza</b>	standing techniques (techniques done from the standing position)
<b>tai</b>	the body
<b>tai otoshi</b>	body drop; throw in <a href="#"><i>judo</i></a>
<b>tama</b>	ball; sphere
<b>tameshiwari</b>	breaking demonstration
<b>tanden</b>	point just below the navel
<b>tani</b>	valley
<b>tani otoshi</b>	valley drop; throw in <a href="#"><i>judo</i></a>
<b>tanto</b>	knife
<b>tatami</b>	a rice straw mat commonly used in traditional Japanese homes to soften the hard wooden floors; also used in some Japanese martial arts to provide a relatively soft surface to take hard falls
<b>tate</b>	vertical
<b>tate zuki</b>	boxer's jab; literally, "vertical punch"
<b>tatsu</b>	1. dragon 2. standing; rising up
<b>tatsumaki</b>	tornado; whirlwind; literally, "dragon roll"

<b>tatsumaki jime</b>	dragon choke; literally, "dragon roll choke"
<b>tawara</b>	straw rice bag; bale
<b>tawara gaeshi</b>	rice bag reversal; throw in <i><u>judo</u></i>
<b>te</b>	hand
<b>te waza</b>	hand techniques
<b>tei</b>	1. street; ward; town 2. bottom; e.g., <i><u>shotei</u></i>
<b>teiji</b>	the letter "T"; literally, "the <i><u>kanji tei</u></i> " (whose shape is that of the roman letter "T")
<b>teiji dachi</b>	T-stance
<b>teisho</b>	same as <i><u>shotei</u></i>
<b>teisho uchi</b>	same as <i><u>shotei uchi</u></i>
<b>teisho uke</b>	same as <i><u>shotei uke</u></i>
<b>tekubi</b>	wrist; literally, "neck of the hand"
<b>tekubi tori</b>	wrist pull
<b>tensho</b>	rolling hand; fluid hand
<b>tettsui</b>	iron hammer
<b>tettsui uchi</b>	hammer-fist strike; literally, "iron hammer strike"
<b>to</b>	alternative pronunciation of the <i><u>kanji</u></i> which is also read <i><u>katana</u></i> ; e.g., <i><u>haito</u></i>
<b>tomoe</b>	comma-like design or shape
<b>tomoe nage</b>	circular throw; literally, "comma-like throw"; throw in <i><u>judo</u></i>
<b>tonfa</b>	wooden rod with handle at right angle, used in pairs
<b>tora</b>	tiger
<b>tora nage</b>	tiger throw
<b>tori (<u>dori</u>)</b>	pull; grab; grasp; take; take away; in Japanese martial arts, the one who performs or demonstrates ("takes") a technique; compare to <i><u>uke</u></i>
<b>tsuki (<u>zuki</u>)</b>	1. thrust; punch; e.g., <i><u>kagi zuki</u></i> 2. moon; month; e.g., <i><u>mikazuki</u></i>
<b>tsuki waza</b>	thrusting techniques
<b>tsukuri</b>	stepping into the throw
<b>tsuri</b>	fishing; to lift up (as when hooking a fish)
<b>tsuri goshi</b>	lifting hip; throw in <i><u>judo</u></i>
<b>tsurikomi</b>	lifting and pulling up in a circular motion (as when hooking a fish); taking in
<b>tsurikomi goshi</b>	lifting pulling hip; throw in <i><u>judo</u></i>

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<b>uchi</b>	1. inner; inside; e.g., <u><i>ouchi gari</i></u> 2. strike; e.g., <u><i>shotei uchi</i></u>
<b>uchi makikomi</b>	inner wrap-around; throw in <u><i>judo</i></u>
<b>uchi mata</b>	inner thigh; throw in <u><i>judo</i></u>
<b>uchi waza</b>	striking techniques
<b>uchi deshi</b>	special disciple; literally, "inner student"
<b>uchi komi</b>	repeated practice of throwing techniques
<b>ude</b>	arm or forearm
<b>ude garami</b>	forearm entanglement
<b>ude gatame</b>	forearm lock
<b>ude tori</b>	forearm pull
<b>ude uke</b>	forearm block
<b>Ueshiba, Morihei</b>	founder of <u><i>aikido</i></u>
<b>uke</b>	receiving; in Japanese martial arts, the one who "receives" a technique; also in Japanese martial arts, a block (to "receive" a strike); compare to <u><i>tori</i></u>
<b>ukemi</b>	break falling; literally, "receiving with the body"
<b>ukemi waza</b>	break falling techniques
<b>uki</b>	floating
<b>uki goshi</b>	floating hip; throw in <u><i>judo</i></u>
<b>uki otoshi</b>	floating drop; throw in <u><i>judo</i></u>
<b>uki waza</b>	floating throw; throw in <u><i>judo</i></u>
<b>Upa</b>	a bucking motion while on your back to throw uke off
<b>ura</b>	reverse side; back; rear
<b>ura nage</b>	back throw; suplex; throw in <u><i>judo</i></u>
<b>ura zuki</b>	reverse side punch
<b>uraken</b>	back of the fist
<b>uraken uchi</b>	back fist strike
<b>ushiro</b>	back; behind; rear
<b>ushiro geri</b>	back kick
<b>ushiro goshi</b>	back hip; throw in <u><i>judo</i></u>
<b>utsuri</b>	shift; switch; transition; change
<b>utsuri goshi</b>	switching hip; throw in <u><i>judo</i></u>

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**-W-**

wakare	separation
wakizashi	shorter sword of the <i>daisho</i>
waza	technique

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## **-Y-**

yama	mountain
yama bushi	mountain warriors
yama zuki	U-punch; literally, "mountain punch"
yari	spear
yawara	soft; gentle; pliant; synonymous with second definition of <i>ju</i>
yoi	ready
yoko	side
yoko gake	side clip; throw in <i>judo</i>
yoko geri	side kick
yoko geri keage	side snap kick; technically, this is redundant and should be simply <i>yoko keage</i>
yoko geri kekomi	side thrust kick; technically, this is redundant and should be simply <i>yoko kekomi</i>
yoko guruma	side wheel; throw in <i>judo</i>
yoko haitto	side ridge-hand
yoko haitto uchi	side ridge-hand strike
yoko keage	side snap kick; also referred to as <i>yoko geri keage</i>
yoko kekomi	side thrust kick; also referred to as <i>yoko geri kekomi</i>
yoko otoshi	side drop; throw in <i>judo</i>
yoko shiho gatame	side four-direction hold
yoko shuto	side knife-hand
yoko shuto uchi	side knife-hand strike
yoko tobi geri	side jump kick
yoko wakare	side separation; throw in <i>judo</i>
yon	four (see <i>numerals</i> )
yondan	fourth degree; fourth degree black belt (see <i>belt ranks</i> )
yonkyu	fourth class (see <i>belt ranks</i> )
yubi	finger
yubi tori	finger pull
yudansha	one who is a black belt

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## **-Z-**

<b>zen</b>	1. Japanese sect of Buddhism which places heavy emphasis on meditation and which significantly influenced the Japanese martial arts 2. in front; before; forwards; e.g., <a href="#">zenkutsu</a>
<b>zenkutsu</b>	forward leaning
<b>zenkutsu dachi</b>	front stance; literally, "forward leaning stance"
<b>zuki</b>	spelling of <a href="#">tsuki</a> when following another word

## **Numerals**

<b>1</b>	ichi
<b>2</b>	ni
<b>3</b>	san
<b>4</b>	yon, shi <sup>5</sup>
<b>5</b>	go
<b>6</b>	roku
<b>7</b>	nana, shichi <sup>5</sup>
<b>8</b>	hachi
<b>9</b>	ku
<b>10</b>	ju
<b>11</b>	ju-ichi
<b>12</b>	ju-ni
<b>13</b>	ju-san
<b>14</b>	ju-yon, ju-shi <sup>5</sup>
<b>15</b>	ju-go
<b>16</b>	ju-roku
<b>17</b>	ju-nana, ju-shichi <sup>5</sup>
<b>18</b>	ju-hachi
<b>19</b>	ju-ku
<b>20</b>	ni-ju
<b>21</b>	ni-ju-ichi
<b>30</b>	san-ju

40	yon-ju, shi-ju <sup>5</sup>
50	go-ju
100	hyaku

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## Belt ranks (lowest to highest)

	<b><u>kyu</u></b> <sup>6</sup>	
<b>rokkyu</b>		6th kyu
<b>gokyu</b>		5th kyu
<b>yonkyu</b>		4th kyu
<b>sankyu</b>		3rd kyu
<b>nikyu</b>		2nd kyu
<b>ikkyu</b>		1st kyu

	<b><u>dan</u></b>	
<b>shodan</b>		1st dan
<b>nidan</b>		2nd dan
<b>sandan</b>		3rd dan
<b>yondan</b>		4th dan
<b>godan</b>		5th dan
<b>rokudan</b>		6th dan
<b>shichidan, nanadan</b>		7th dan
<b>hachidan</b>		8th dan
<b>kudan</b>		9th dan
<b>judan</b>		10th dan

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## Notes

<sup>1</sup> *Aiki* and *kiai* are reverse arrangements of the same two kanji, *ki* and *ai*. Therefore, it is not unexpected that they should have similar meanings. In fact, both *aiki* and *kiai* can be considered different manifestations of the same concept--the former a mental or static manifestation and the latter a vocal or dynamic manifestation. Needless to say, these definitions are intended only to be guidelines as they are very open to interpretation.

<sup>2</sup> Some experts in Japanese medieval history differentiate between *bushi* and *samurai*, considering the latter to be a subset of the former. However, this is not clear and involves a detailed understanding of Japanese history and culture. Thus, most consider the two words to be synonymous.

<sup>3</sup> Technically, *jitsu* should be spelled *jutsu* according to the most recent (post-World War II) standards for converting kanji into romaji. The reasons for the variations in its spelling are due to the fact that when the word was first used in the West by Japanese immigrants in the late 19th and early 20th centuries, there was no standard for romaji. Further, even if there was, those who heard Japanese usually had no understanding of the Japanese language and were not aware of any standard and simply tried to transliterate what they heard the best they could. Thus, many modern Japanese jujitsu clubs, which were established in the West in the 20th century, like the Stanford Jujitsu Club, have inherited a name for their art that is technically incorrect. However, since the usage of *jitsu* is so widespread, it is usually accepted as legitimate and actually serves to identify modern styles of jujitsu from more traditional styles. Hence, the Stanford Jujitsu Club has chosen to retain the spelling *jitsu* while recognizing it is technically incorrect.

<sup>4</sup> In the traditional judo curriculum, katame waza consists of three sub-categories: joint-locking techniques (kansetsu waza), strangling/choking techniques (shime waza), and pinning techniques (osae komi waza). Except for the pinning techniques (which are by definition done on the ground), the other two waza can be done either on the ground or standing. Ne waza (ground techniques), however, refers solely to techniques performed on the ground. Hence, some katame waza (e.g., an arm bar from the standing position) are not ne waza and katame waza and ne waza should technically be considered distinct. However, since most katame waza are in fact done from the ground, it has become acceptable to use katame waza and ne waza interchangeably.

<sup>5</sup> The Japanese word *shi* also translates as "death". Hence both *shi* and *shichi* (a combination of *shi* and *chi*) and all numbers, which use them, are sometimes avoided for superstitious reasons. However, there is no steadfast rule and both spellings can usually be used. Check out [Wikipedia's entry on Japanese numerals](#) to see this more clearly (and obtain more info on Japanese numerals).

<sup>6</sup> The original kyu/dan belt ranking system created by Jigoro Kano, founder of judo, in the early 20th century only had 6 kyu ranks. Some systems use more.

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