

United Kingdom



Taiho-Jutsu Association

# JAPANESE TERMINOLOGY HANDBOOK



## INDEX

DESCRIPTION	PAGE No.
<b>COUNTING</b>	<b>4</b>
<b>IN THE DOJO</b>	<b>4</b>
<b>COLOURS OF BELTS</b>	<b>5</b>
<b>LEVELS</b>	<b>5</b>
<b>BODY</b>	<b>5</b>
<b>AIKIDO WEAPONS</b>	<b>5</b>
<b>GRASPS</b>	<b>6</b>
<b>STANCE / POSTURES</b>	<b>6</b>
<b>ATTACKS</b>	<b>6</b>
<b>EXERCISES</b>	<b>6</b>
<b>TECHNIQUES</b>	<b>7</b>
<b>ELEMENTS OF A TECHNIQUE</b>	<b>7</b>



## Japanese Terminology

In a training session, Japanese terms are used to describe the warm-up exercises, Ukemi practice and Aikido techniques.

### COUNTING

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Rokku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Jyu	Ten
Jyu-Ichi	Eleven
Jyu-Ni	Twelve and so on
Ni-Jyu	Twenty
Ni-Jyu-Ichi	Twenty one
Ni-Jyu-Ni	Twenty two and so on
Hyaku	One Hundred

### IN THE DOJO

Dojo	Training Hall or Place of the Way
Aikidoka	Person who practises Aikido
Tori	Person doing the technique
Uke	Person being thrown
Ukemi	Break falls
Gi	Training uniform
Obi	Belt worn over the Gi
Dan	Degree ranking for Black Belt

## COLOURS OF BELTS

Shiroi	White
Kiuro	Yellow
Orenji	Orange
Midori	Green
Aoi	Blue
Chairo	Brown
Kuro	Black
Aka	Red

## LEVELS

Jodan	High
Chudan	Middle
Gedan	Low

## BODY

Migi	Right
Hidari	Left
Hiji	Elbow
Kote	Wrist
Tekubi	Wrist
Kansetsu	Joints
Koshi	Hips or lower back
Hara	A point in the lower abdomen

## AIKIDO WEAPONS

Yari	Spear
Bokken	Wooden Sword
Tanto	Knife (Short Sword)
Bo	Long Staff about (6 feet long) (1.8 meters) long
Jo	Short staff about (4.2 Feet) (1.27 Meters) long
Hanbo	Half Staff (35 inches) (0.90 Meters) long
Keibo	Police Stick (Truncheon)



## GRASPS

Dori	Hold or Grasp
Katate-Dori	One hand held
Morote Dori	One hand held by two hands
Ryote-Dori	Both hands held
Eri Dori	Collar held

## STANCE / POSTURES

Ai-gamae	Matching stances
Gyaku-gamae	Opposite stances
Hidari-gamae	Left stance with left foot forward.
Migi-gamae	Right stance with right foot forward

## ATTACKS

Atemi	Strike
Shomen	Front
Shomen-ate	Front strike (usually to the head)
Shomen-Tsuki	Front punch
Uchi	Hand strike
Shomen-Uchi	Strike to top of the head
Yokomen-uchi	Side strike to the Uke's temple
Otoshi	Drop

## EXERCISES

Unsoku	Foot movements / avoidance
Tandoku-undo	Foot and hand movements
Shichihon-no-kuzushi	7 Balance breaking techniques
Kokyu-Dosa	Breathing Exercise



## TECHNIQUES

Atemi-waza	Striking techniques
Tekubi waza	Wrist techniques
Uki-waza	Floating or timing techniques
Kansetsu-waza	Joint techniques
Hiji waza	Elbow techniques
Suwari-waza	Techniques where both Tori and Uke are in seiza.
Hanza Handachi Waza	Techniques with Tori in seiza and Uke is standing
Tachi-waza	Techniques where both Tori and Uke are standing

## ELEMENTS OF A TECHNIQUE

Tai-sabaki	Avoidance
Ma-ai	Correct distance
Kuzushi	Break balance
Waza	Technique
Irimi	Entering principle
Tenkan	Absorption principle

