

Age	Rising
Ago	Chin, Jaw
Ai	Harmony
Aikido	Way Of Harmony
Akushi / Akushu	Handshake
Antei	Balance (Posture)
Arashi	Rough / Storm
Arigato	Thank You (Informal)
Amis	Hand Harness (Philippino)
Ashi	Leg / Foot
Ashi Garami	Leg Entanglement
Ashi Gatame	Leg Lock
Ashi Guruma	Leg Wheel
Ashi Harai	Foot Sweeping
Ashi Kubi	Ankle
Ashi Waza	Leg Or Foot Techniques
Atama / Men	Head
Ate	To Strike
Atemi	Strike / Blow
Atemi Waza	Striking Techniques
Bajutsu	Horsemanship Art
Bo	Wooden Staff Approximately 6 Feet Long
Bojutsu	Staff Art
Bokken	Wooden Katana
Bu	Military
Budo	Military Way
Bujutsu	Military/Martial Art
Bushi	Warrior, Samurai
Bushido	Unwritten Martial Art Code / Way Of The Warrior
Ch'i	Art Of Seizing (Chinese)
Chikara	Strength, Power
Chudan	Middle
Chugaeri	Forward Somersault Fall
Chui	Warning (Judo Penalty)
Dachi	Stance / Stand / Standing
Daito	Sword Over 24" Long
Daki	Embrace, Hug
Dan	Grade
De	Forward / Drawing / Advance
Deashi	Drawing Ankle
Deashi Harai	Advancing Foot Sweep
Deshi	Student, Disciple
Dit Daw Jaw	Ointment For Bruises
Do	Way, Path (As In Judo)
Do / Dho	Trunk Of The Body / Torso
Do Itashimashite	"You Are Welcome"
Dojo	Training Hall
Domo	Thanks (Informal)
Domo Arigato	Thank You (Formal)
Domo Arigato Gozaimas'ta	Thank You Very Much (Very Formal - Once The Event Has Ended)
Domo Arigato Gozaimasu	Thank You Very Much (Very Formal - While An Event Is Currently Happening)
Dori	Grab
Dosoku	Opposite Side (Cross Grip When Used With Dori)
Dozo	Please Continue
E, I	Garment
Ebi	Lobster
Empi	Elbow
Eri	Lapel/Collar
Fumi	Step On , Tread On
Fumikomi	Stomping
Gaeshi	Returning
Gai	Pinion (E.G. Wing)
Gake / Kake	Hooking
Ganmen	Face
Garami -Garame	Entanglement / Bent
Gari	Reap/Sweep
Gatame	Straight Lock/Hold
Gedan	Lower Level
Genkotsu	Forearm
Geru	Kick
Gi	Uninform
Gomennasai	"I Am Sorry", "Pardon Me"
Goshi / Koshi	Hip
Guruma	Wheel
Gyaku	Reverse, Opposite
Ha	Wing
Hadaka	Naked, Bare
Hai	Kiai (Shout)
Hai	Yes

1st Degree Black Belt	Sho Dan
2nd Degree Black Belt	Ni Dan
3rd Degree Black Belt	San Dan
4-Foot Staff	Jo
4th Degree Black Belt	Yan Dan
Advancing Foot Sweep	Deashi Harai
Ankle	Ashi Kubi
Arm	Ude
Armlock Techniques	Kansetsu Waza
Armpit	Waki
Around, Turn Around, From Outside	Mawashi
Attacker, Receiver Of Technique	Uke
Attention	Kiotsuke
Avoiding	Nagashi
Back, Behind, Rear	Ushiro
Balance	Kuzushi
Balance (Posture)	Antei
Bale/Tackle	Tawara
Begin	Hajime
Belly Sitting	Hara-Kiri
Belongs To	No
Belt	Obi
Bind, Tie Up	Shigarami
Blade	Nada
Body	Tai
Body Movement, Walking	Zabaki
Body Work, Movement	Tai Sabaki
Both	Ryo
Both Hands	Ryote
Both Lapels	Ryoeri
Bow	Rei
Bow To Sempai	Sempai Ni Rei
Bow To Sensei	Sensei Ni Rei
Bow To Shihan	Shihan Ni Rei
Bow To Shrine	Shinzen Ni Rei
Breakfalling Techniques	Ukemi Waza
Broken	Kuzure
Broken Hold	Toketa
Center Of Ki	Tanden
Chain And Sickle Art	Kusarigama
Chest	Mune
Chin, Jaw	Ago
Choke, Constriction	Shime
Choking, Constriction Arts	Shime Waza
Coil	Karami / Garami
Contact Point - The Fingertips Or Spearhand	Nukite
Control	Osaе
Corner	Kaku
Corner	Sumi
Counter	Kaeshi / Gaeshi
Counter Techniques	Kaeshi Waza
Crab, Scissor	Kani
Crest	Mon
Cross	Juji
Cross Lock	Juji Gatame
Crush / Lock	Hishigi
Dagger, Knife	Tanto
Defender, One Who Does The Technique	Tori
Defensive Stance	Jigotai
Direction	Ho
Direction	Hoko
Disconnect, Escape	Hazushi
Distancing	Ma Ai
Divided Skirt (Traditional)	Hakama
Dodging	Kawashi
don't understand "I Don't Understand"	Wakarimasen
Dragon	Tatsu
Dragon, Winding	Tatsumaki
Drawing Ankle	Deashi
Drop, Dropping	Otoshi
Elbow	Empi
Elbow	Hiji
Embrace, Hug	Daki
Entanglement / Bent	Garami -Garame
Enter Rotation	Irimi Senkai
Entering	Irimi
Excuse Me	Sumimasen
Face	Ganmen
Face (/ Front)	Shomen

Haito	Ridge-Hand
Hajime	Begin
Hakama	Divided Skirt (Traditional)
Han	Half
Hana	Nose
Hanbo	Short Stick
Hane	Spring Jump Leap
Hane Goshi	Springing Hip
Hansoku	Rules, Regulations
Hantai	Reverse; Opposite
Hara	Spirit Focus, Abdomen, Site Of Ki
Harai / Barai	Sweep
Hara-Kiri	Belly Sitting
Haya Nada	Quick Blade
Hazushi	Disconnect, Escape
Hidari	Left
Hiji	Elbow
Hiki	Pull Or Draw
Hineri	Twist
Hishigi	Crush / Lock
Hiza	Knee
Ho	Direction
Hojo Jutsu	Tying Art
Hojutsu	Firearms Art
Hoko	Direction
Hon	Main (Principal)
Iaijutsu	Sword Drawing Art
Iaito	Practice Katana
Ichi	One, First
Ippon	One Point
Ippon Kumite	One-Step Sparring
Ippon Seoi Nage	One Arm Shoulder Throw
Irimi	Entering
Irimi Senkai	Enter Rotation
Jigoku	"Hell"
Jigoku	Heel
Jigotai	Defensive Stance
Jime (Shime)	To Tighten Or Squeeze, Strangle
Jiyu	Freedom; Liberty
Jiyu Kumite	Free Sparring
Jo	4-Foot Staff
Jodan	High /Upper Level
Joseke	Upper Seat
Ju	Gentleness
Judo	Gentle Way
Juji	Cross
Juji Gatame	Cross Lock
Juji Uke	X-Block; Literally, "Cross Block"
Jujitsu (Jujutsu)	Gentle Art
Jun	Same Side
Kaeshi / Gaeshi	Counter
Kaeshi Waza	Counter Techniques
Kaiten	Turning
Kake / Gake	Hook
Kaku	Corner
Kama / Gama	Sickle
Kami	Top / Hair
Kani	Crab, Scissor
Kansetsu	Joint Locking
Kansetsu Waza	Armlock Techniques
Kappo	Recusitation
Karami / Garami	Coil
Karitsu	Standing Up
Kasumi	To Feint (Fog)
Kata	Form
Kata	Form - Display Set Techniques
Kata	Half Cross
Kata	Shoulder/Wing
Kata	Single
Kataha Jime	Single Wing Lock
Katame	Tighten
Katana	Sword
Katate	Single Hand
Kawashi	Dodging
Kaza	Wind
Kesa	Scarf
Ki	Spirit
Kiai	Spirit Shout, Scream, Yell, Fighting Spirit
Kiba-Dachi	Horse Riding Stance
Kime	Focus

Fall	Ukemi
Fighting Distance	Maai
Fighting Stance	Zenkutsu Dachi
Finger	Yubi
Finger Or Toe Nail	Tsune
Firearms Art	Hojutsu
Fist	Kobushi
Fitting "Make" Fit, Action Setting Up A Throw	Tsukuri
Fitting In (For Throw)	Uchi Domi /Komi
Fixed	Tsuke
Floating	Uki
Focus	Kime
Foot Sweeping	Ashi Harai
Forearm	Genkotsu
Form	Kata
Form - Display Set Techniques	Kata
Forms Of Throwing	Nage No Kata
Forward / Drawing / Advance	De
Forward Somersault Fall	Chugaeri
Four	Shi
Fourquarters / Four Direction (Also 4 Limbs &/Or 4 Sides)	Shiho
Free Practice Techniques	Randori Waza
Free Practice, Play (Wrestling)	Randori
Free Sparring	Jiyu Kumite
Freedom; Liberty	Jiyu
Front	Mae
Garment	E, I
Gentle Art	Jujitsu (Jujutsu)
Gentle Way	Judo
Gentle, Soft, Self Defense Art	Yawara
Gentleness	Ju
Get Into, Entering	Komi Iri
Gold, Testicles	Kin
Goodness, Right, Virtue, Buddhist Theory Of Enlightenment	Zen
Grab	Dori
Grade	Dan
Grade Holder, Black Belt	Yudansha
Groundwork Techniques	Ne Waza / Katame Waza
Half	Han
Half Cross	Kata
Hand	Te
Hand Blade (Lunar Edge)	Tegatana
Hand Harness (Philippino)	Amis
Handshake	Akushi / Akushu
Hanging Branch	Shidare Fuji
Harmony	Ai
Head	Atama / Men
Head	Men
Heel	Jigoku
Hell	Jigoku
High /Upper Level	Jodan
Hip	Goshi / Koshi
Hip	Koshi (Goshi)
Hold	Tori
Hold Down Techniques	Osaekomi Waza
Holding	Osaekomi
Hook	Kake / Gake
Hooking	Gake / Kake
Horse Riding Stance	Kiba-Dachi
Horsemanship Art	Bajutsu
Inner Student	Uchi Deshi
Inside-Inner	Uchi
Instructor	Kyoshi
Instructor / Teacher (Black Belt)	Sensei
Into /Against / Pull / Within / Drawing Near	Komi
Iron Fan Art	Tesse Utsu
Joint Locking	Kansetsu
Kiai (Shout)	Hai
Kick	Geri
Knee	Hiza
Kneeling On Both Insteps	Seiza
Lapel/Collar	Eri
Left	Hidari
Leg / Foot	Ashi
Leg Entanglement	Ashi Garami
Leg Lock	Ashi Gatame
Leg Or Foot Techniques	Ashi Waza
Leg Wheel	Ashi Guruma
Lift-Pull, Raise	Tsurikomi
Line	Monji

Kin	Gold, Testicles
Kine	Wooden Pestle
Kiotsuke	Attention
Kisa	Seiza, Up On Toes
Ko	Minor, Small, Lesser
Kobushi	Fist
Kodokan	Style Of Judo, Training Hall
Komi	Into /Against / Pull / Within / Drawing Near
Komi Iri	Get Into, Entering
Koshi (Goshi)	Hip
Kote	Wrist, Forearm
Kubi	Neck
Kuchi	Mouth
Kumite	Sparring
Kuruma / Guruma	Wheel
Kusarigama	Chain And Sickle Art
Kusushi	Unbalanced (Posture)
Kutsu	Stubborn
Kuzure	Broken
Kuzushi	Balance
Kyoshi	Instructor
Kyu	Rank, Without Grade
Ma Ai	Distancing
Maai	Fighting Distance
Mae	Front
Maki	Winding Wrapping
Makikomi	To Wind In
Mata	Thigh
Mate Or Yame	Wait - Stop
Mawashi	Around, Turn Around, From Outside
Men	Head
Migi	Right
Mizukuguri	Pass Through Water
Momo	Thigh
Mon	Crest
Monji	Line
Moro	Many
Morote	Two-Handed
Mudansha	Without Grade
Mune	Chest
Nada	Blade
Nagashi	Avoiding
Nage	Throw
Nage No Kata	Forms Of Throwing
Nage-Waza	Throwing Techniques
Nami	Natural, Common
Ne Waza / Katame Waza	Groundwork Techniques
Ni	Two, Second
Ni Dan	2nd Degree Black Belt
Nin	Man
No	Belongs To
Norimi	Riding Body
Nuki	Remove
Nukite	Contact Point - The Fingertips Or Spearhand
Nunchaku	To Short Battons Attached With A Short Chain Or Rope
O	Major
O Irimi Senkai	Major Enter Rotation
Obi	Belt
Okuri	Sliding, Sending
Osae	Control
Osaekomi	Holding
Osaekomi Waza	Hold Down Techniques
Otoshi	Drop, Dropping
Randori	Free Practice, Play (Wrestling)
Randori Waza	Free Practice Techniques
Rei	Bow
Ryo	Both
Ryoeri	Both Lapels
Ryote	Both Hands
Ryu	School, Method, River
Sabaki	Movement / Offline
Saka Nuki	Reverse, Pull Out
San Dan	3rd Degree Black Belt
Sankaku	Triangle, Three Corner
Sasae	Propping
Seiza	Kneeling On Both Insteps
Sempai	Senior Student Instructor
Sempai Ni Rei	Bow To Sempai
Senkai	Revolution, Rotation, Turning
Sensei	Instructor / Teacher (Black Belt)
Sensei Ni Rei	Bow To Sensei
Seoi	Shoulder, Back, Upper Back
Shi	Four
Shiai	Match, Contest
Shidare Fuji	Hanging Branch

Lobster	Ebi
Lower Level	Gedan
Main (Principal)	Hon
Major	O
Major Enter Rotation	O Irimi Senkai
Man	Nin
Many	Moro
Master Instructor (Title)	Shihan
Mat(S)	Tatami
Match, Contest	Shiai
Middle	Chudan
Military	Bu
Military Way	Budo
Military/Martial Art	Bujutsu
Minor, Small, Lesser	Ko
Mouth	Kuchi
Move, Shift	Utsuri
Movement / Offline	Sabaki
Naked, Bare	Hadaka
Natural Posture	Shizentai
Natural, Common	Nami
Neck	Kubi
Nose	Hana
Ointment For Bruises	Dit Daw Jaw
One Arm Shoulder Throw	Ippon Seoi Nage
One Point	Ippon
One, First	Ichi
One-Step Sparring	Ippon Kumite
Open Hand Strike	Shuto
Opposite Side (Cross Grip When Used With Dori)	Dosoku
Outside	Soto
Pass Through Water	Mizukuguri
Pinion (E.G. Wing)	Gai
Please Continue	Dozo
Poking	Tsuki
Practice Katana	Iaito
Propping	Sasae
Pull Or Draw	Hiki
Quick Blade	Haya Nada
Raise, Lift, Drawing / Pulling - To Fish Or Draw,A Pulling Movement Similar To The Flicking Action	Tsuri
Rank, Without Grade	Kyu
Reap/Sweep	Gari
Rear, Reverse, Back	Ura
Recovery (After Throw)	Zanshin
Recusitation	Kappo
Remove	Nuki
Returning	Gaeshi
Reverse, Opposite	Gyaku
Reverse, Pull Out	Saka Nuki
Reverse; Opposite	Hantai
Revolution, Rotation, Turning	Senkai
Ridge-Hand	Haito
Riding Body	Norimi
Right	Migi
Rising	Age
Rough / Storm	Arashi
Rules, Regulations	Hansoku
Sacrifice	Sutemi
Same Side	Jun
Scarf	Kesa
School, Method, River	Ryu
Seiza, Up On Toes	Kisa
Senior Student Instructor	Sempai
Sharp Stick	Shinken
Short Stick	Hanbo
Shoulder, Back, Upper Back	Seoi
Shoulder/Wing	Kata
Sickle	Kama / Gama
Side	Yoko
siezing - Art Of Seizing (Chinese)	Ch'i
Single	Kata
Single Hand	Katate
Single Wing Lock	Kataha Jime
Sitting Meditation	Zazen
Sleeve	Sode
Sliding, Sending	Okuri
Solar Plexus	Suigetsu
Sorry "I Am Sorry", "Pardon Me"	Gomennasai
Sparring	Kumite
Spirit	Ki
Spirit Focus, Abdomen, Site Of Ki	Hara
Spirit Shout, Scream, Yell, Fighting Spirit	Kiai
Spring Jump Leap	Hane
Springing Hip	Hane Goshi
Staff Art	Bojutsu

Shigarami	Bind, Tie Up
Shihan	Master Instructor (Title)
Shihan Ni Rei	Bow To Shihan
Shiho	Fourquarters / Four Direction (Also 4 Limbs &/Or 4 Sides)
Shime	Choke, Constriction
Shime Waza	Choking, Constriction Arts
Shinken	Sharp Stick
Shinzen Ni Rei	Bow To Shrine
Shizentai	Natural Posture
Sho Dan	1st Degree Black Belt
Shomen	Face (/ Front)
Shuto	Open Hand Strike
Side	Yoko
Sode	Sleeve
Soto	Outside
Suigetsu	Solar Plexus
Sukui	To Scoop Up
Sumi	Corner
Sumimasen	Excuse Me
Sutemi	Sacrifice
Tachi Waza	Standing Techniques
Tai	Body
Tai Sabaki	Body Work, Movement
Tanden	Center Of Ki
Tani	Valley
Tanto	Dagger, Knife
Tatami	Mat(S)
Tate	Straight Locking (Vertical)
Tatsu	Dragon
Tatsumaki	Dragon, Winding
Tawara	Bale/Tackle
Te	Hand
Tegatana	Hand Blade (Lunar Edge)
Tekubi	Wrist
Tenkai	Turning
Tesse Utsu	Iron Fan Art
Toketa	Broken Hold
Tomoe	Stomach, Circle, Comma
Tora	Tiger
Tori	Defender, One Who Does The Technique
Tori	Hold
Tsuke	Fixed
Tsuki	Poking
Tsuku	Thrust
Tsukuri	"Make" Fit, Action Setting Up A Throw
Tsune	Finger Or Toe Nail
Tsuri	Raise, Lift, Drawing / Pulling - To Fish Or Draw,A Pulling Movement Similar To The Flicking Action
Tsurigane	Testicles
Tsurikomi	Lift-Pull, Raise
Uchi	Inside-Inner
Uchi Deshi	Inner Student
Uchi Domi /Komi	Fitting In (For Throw)
Ude	Arm
Uke	Attacker, Receiver Of Technique
Ukemi	Fall
Ukemi Waza	Breakfalling Techniques
Uki	Floating
Ura	Rear, Reverse, Back
Ushiro	Back, Behind, Rear
Utsuri	Move, Shift
Wakarimasen	"I Don't Understand"
Waki	Armpit
Waza	Technique
Yan Dan	4th Degree Black Belt
Yawara	Gentle, Soft, Self Defense Art
Yoko	Side
Yubi	Finger
Yudansha	Grade Holder, Black Belt
Zabaki	Body Movement, Walking
Zanshin	Recovery (After Throw)
Zazen	Sitting Meditation
Zen	Goodness, Right, Virtue, Buddhist Theory Of Enlightenment
Zenkutsu Dachi	Fighting Stance

Stance / Stand / Standing	Dachi
Standing Techniques	Tachi Waza
Standing Up	Karitsu
Step On , Tread On	Fumi
Stomach, Circle, Comma	Tomoe
Stomping	Fumikomi
Straight Lock/Hold	Gateme
Straight Locking (Vertical)	Tate
Strength, Power	Chikara
Strike / Blow	Atemi
Striking Techniques	Atemi Waza
Stubborn	Kutsu
Student, Disciple	Deshi
Style Of Judo, Training Hall	Kodokan
Sweep	Harai / Barai
Sword	Katana
Sword Drawing Art	Iaijutsu
Sword Over 24" Long	Daito
Technique	Waza
Testicles	Tsurigane
Thank You (Formal)	Domo Arigato
Thank You (Informal)	Arigato
Thank You Very Much (Very Formal - Once The Event Has Ended)	Domo Arigato Gozaimas'ta
Thank You Very Much (Very Formal - While An Event Is Currently Happening)	Domo Arigato Gozaimasu
Thanks (Informal)	Domo
Thigh	Mata
Thigh	Momo
Throw	Nage
Throwing Techniques	Nage-Waza
Thrust	Tsuku
Tiger	Tora
Tighten	Katame
To Feint (Fog)	Kasumi
To Scoop Up	Sukui
To Short Battons Attached With A Short Chain Or Rope	Nunchaku
To Strike	Ate
To Tighten Or Squeeze, Strangle	Jime (Shime)
To Wind In	Makikomi
Top / Hair	Kami
Training Hall	Dojo
Triangle, Three Corner	Sankaku
Trunk Of The Body / Torso	Do / Dho
Turning	Kaiten
Turning	Tenkai
Twist	Hineri
Two, Second	Ni
Two-Handed	Morote
Tying Art	Hojo Jutsu
Unbalanced (Posture)	Kusushi
Uninform	Gi
Unwritten Martial Art Code / Way Of The Warrior	Bushido
Upper Seat	Joseke
Valley	Tani
Wait - Stop	Mate Or Yame
Warning (Judo Penalty)	Chui
Warrior, Samurai	Bushi
Way Of Harmony	Aikido
Way, Path (As In Judo)	Do
welcolme "You Are Welcome"	Do Itashimashite
Wheel	Guruma
Wheel	Kuruma / Guruma
Wind	Kaza
Winding Wrapping	Maki
Wing	Ha
Without Grade	Mudansha
Wooden Katana	Bokken
Wooden Pestle	Kine
Wooden Staff Approximately 6 Feet Long	Bo
Wrist	Tekubi
Wrist, Forearm	Kote
X-Block; Literally, "Cross Block"	Juji Uke
Yes	Hai
Yoko	Side