

# HOKUTORYU JU-JUTSU



## BASIC JU-JUTSU VOCABULARY

- 1 **Budo** Japanese martial arts common name
- 2 **Ju-jutsu** Soft technique
- 3 **Aikido** Path to harmony
- 4 **Judo** Soft path
- 5 **Karate** Empty hand
- 6 **Ju-jutsuka** Devotee of ju-jutsu
- 7 **Ju-jutsugi** Ju-jutsu uniform/suit
- 8 **Dojo** Training hall or studio
- 9 **Tatami** Mat, rice mat
- 10 **Seiza** Formal way of sitting (kneeling)
- 11 **Rei** Bow, salute
- 12 **Kiritz** Stand up
- 13 **Hajime** Start
- 14 **Yame** Stop
- 15 **Sensei** Master, instructor (black belt)
- 16 **Sempai** Older, senior, instructor (student belt)
- 17 **Dan** Master level, degree (black belt)
- 18 **Kyu** Trainee/student level, degree (colour belt)
- 19 **Uke** Receiver, opponent
- 20 **Tori** Executor of a technique in partnered practice
- 21 **Ukemi-waza** Falling technique
- 22 **Mae** Front
- 23 **Ushiro** Back
- 24 **Yoko** Side
- 25 **Tai sabaki** Body movement
- 26 **Atemi-waza** Attack to the location of nerve and pressure or weak points
- 27 **Tsuki-waza** Striking techniques
- 28 **Hidari** Left
- 29 **Migi** Right
- 30 **Tsuki** Punch
- 31 **Empi** Elbow
- 32 **Uraken** Back fist
- 33 **Shuto** Outer side of the hand, knife hand
- 34 **Haito** Inner side of the hand, ridge hand
- 35 **Geri-waza** Kicking techniques
- 36 **Geri** Kick
- 37 **Hiza** Knee
- 38 **Nage-waza** Throwing techniques
- 39 **Nage** Throw
- 40 **Kote** Wrist
- 41 **Kansetsu-waza** Joint techniques
- 42 **Shime-waza** Choke hold techniques
- 43 **Uke-waza** Blocking techniques
- 44 **Jodan** Upper (at a height of head)
- 45 **Chudan** Middle (at a height of chest)
- 46 **Gedan** Lower (at a height of hip)
- 47 **Randori** Sparring
- 48 **Maitta** Surrender (If unable to tap)
- 49 **Hokuto** North star
- 50 **Ryu** Style
- 51 **Soke** Master/Chief Instructor and Head of Style (normally 8<sup>th</sup>-10<sup>th</sup> degree black belt)
- 52 **Shihan** Teacher of black belts (6<sup>th</sup> degree black belt or higher)
- 53 **Mokuso** Meditation