

Nihongo

Japanese for Dojo Training

Chudan - middle position

Gedan - low position

Hai - "yes"

Hidari - left, opposite of Meigi.

Ie - "no"

Jodan - high position

Keri, or geri - kick, or kicking.

Koho - Backwards

Kumiuch - Command to assume standard Judo grappling posture with partner.

Migi - right, opposite of Hidari.

Mokuso - meditation

Omote - seen, or obvious. Also outside. Opposite of Ura.

Sempai - elder

Sensei - teacher

Shidoshi - Title for a teacher that has passed the Godan (5th Dan) test.

Tori - "he who performs the technique." Students should learn to be a considerate Tori.

Tski - Feigned weakness or presenting an obvious target.

Tsuki - straight forward, a thrust

Ura - unseen or inside. Opposite of omote.

Uke - "he who receives the technique". Students should learn how to be a good Uke.

Yame - Stop

Yoko - sideways

Zenpo - forwards

Phrases

"Domo" - "Thank you."

"Domo Arigato" - "Thank you very much."

"Ehen!" - Danger! or "Oh \$%@#!" Used often in training.

"Onegai shimas" - "please assist me [in learning]," said at the beginning of class.

"Domo Arigato Goze Maste" -Thank you for training with me, said at the end of class.

"Sensei ni rei" - bow to the teacher

"Shinken Haramitsu Daikomyo" - Said at the beginning and end of every class. One possible translation means "every encounter brings us closer to the enlightenment we seek."

Gambatte Kudasai- Keep going, don't give up!

Counting to Ten

1. ichi
2. ni
3. san
4. shi
5. go
6. roku
7. shichi
8. hachi
9. ku
10. ju