



JAPANESE VOCABULARY

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General Terms

ashi waza- foot/leg techniques
kansetsu waza- joint locking techniques
koshi waza- hip techniques
kumi kata- grip fighting
kuzushi- off-balancing
nagekomi- stand-up throw practice; based only on completed throws
ne waza- ground techniques
osae komi waza- pinning techniques
randori- practice fighting
shiai- competition
shime waza- strangling techniques
sutemi waza- sacrifice techniques
te waza- hand techniques
tokui waza- favorite techniques
tori- the person doing the throwing during uchikomi or nagekomi
uchikomi- standup throw practice; based on repetitions that help build muscle memory and control
uke- the person being thrown during uchikomi or nagekomi

Honorifics

kōhai- used when referring to a junior member of your class or organization
senpai- used when referring to a senior member of your class or organization
sensei- used when referring to a teacher; in Judo, it is usually reserved for those who have achieved *shodan* or above

Usage: Typically, only lower ranking members use honorifics to high ranking ones. Therefore, a person's kōhai will rarely be addressed directly as "kōhai," though he or she may be referred to as such in conversation with others (though even this may be considered pretentious). Unlike in the West where titles precede last names (i.e. Sensei Smith), senpai and sensei should come after the person's last name (Smith Sensei). They can also be used alone to refer to someone when the context is clear. Note that "tori" and "uke" are not honorifics.

Also keep in mind, if you should ever venture out of CUCJ to learn Judo, some teachers do not care at all. However, for first impressions it is always better to be overly formal than rude.



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Belt Ranks

The order/color correlation is largely dependent on which national Judo organization is being considered and how much a particular sensei cares about the rules.

<u>Japanese Name</u>	<u>USJA Color</u>	<u>USJF Color</u>
Nanakyū	White	None
Rokkyū	Yellow	White
Gokkyū	Orange	Green
Yonkyū	Green	Blue
Sankyū	Brown	Brown
Nikyū	Brown	Brown
Ikkyū	Brown	Brown
Shodan	Black	Black
Nidan	Black	Black

Numbers go down from white belt to brown belt, then up after black. There is technically no upper limit to the level of black belt (dan level) one can attain, so the list stops at nidan.

Numbers

- 1) Ichi
- 2) Ni
- 3) San
- 4) Shi
- 5) Go
- 6) Roku
- 7) Shichi
- 8) Hachi
- 9) Kyuu
- 10) Juu