

Dojo Japanese 101

Basic Terminology:

dojo 道場 (どうじょう) martial arts training hall	gi / dogi 着 / 道着 (ぎ) / (どうぎ) uniform	sensei 先生 (せんせい) teacher	sempai 先輩 (せんぱい) senior student	shihan 師範 (しはん) master instructor
obi 帯 (おび) belt	seiza 正座 (せいざ) ¹ sitting correctly	mokuso 黙想 (もくそう) meditation	hajime 始め (はじめ) begin	yame 止め (やめ) stop
shomen 正面に礼 (しょうめん) front-facing	rei 礼 (れい) ² bow	tatte 立って (たって) stand up	uke 受け (うけ) person who receives the action	tori 取り (とり) person who performs the action

Directions:

mae 前 (まえ) forward	ushiro 後ろ (うしろ) back	hidari 左 (ひだり) left	migi 右 (みぎ) right
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Numbers:

ichi 一 (いち) one	ni 二 (に) two	san 三 (さん) three	shi 四 (し) four	go 五 (ご) five
roku 六 (ろく) six	shichi 七 (しち) seven	hachi 八 (はち) eight	kyu 九 (きゅう) nine	ju 十 (じゅう) ten

Basic Techniques:

uchi 打ち (うち) strike	tsuki 突き (つき) punch	geri (or ker)ri 蹴り (げり or けり) kick	uke 受け (うけ) block	nage 投げ (なげ) throw
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¹ Japanese-style, i.e. on your knees.

² Literally means “show of gratitude.” “Ni rei” means “bow to...”

Expressions:

Konnichiwa. 今日は (こんにちは) Hello.	Arigato gozaimashita. 有り難う御座いました (ありがとうございました) Thank you. (polite version)	Onegaishimasu. 御願います (おねがいます) ³ I humbly request.
Daijobu. 大丈夫 (だいじょうぶ) ⁴ I'm alright.	go-kurosama deshita 御苦労様でした (ごくろうさまでした) ⁵ It was a great hardship (I appreciate your efforts).	o-tsukaresama deshita 御疲れ様でした (おつかれさまでした) ⁶ Thank you for your tiredness from the effort.
ki o tsuke 気を付け (きをつけ) Stand at attention.	usu / hai / ee うす / はい / ええ ⁷ Yes.	chigau 違う (ちがう) ⁸ It's different (or "No.")
mo ichido も一度 (もいちど) One more time.	ki o tsukete 気を付けて (きをつけて) Be careful.	sayonara 左様なら (さよなら) Good-bye.

Training Concepts:

kiai 気合 (きあい) ⁹ shout	kime 決め (きめ) ¹⁰ focus	tanden 丹田 (たんでん) ¹¹ abdomen	zanshin 残心 (ざんしん) ¹² remain alert
kisoku 氣息 (きそく) abdominal breathing	bunkai 分解 (ぶんかい) application (or analysis)	mushin 無心 (むしん) no mind	seishin 精神 (せいしん) spirit

³ There is no exact translation for this expression. In a dojo, it is said before starting class and at some places when you start training with a partner. It is said as a politeness.

⁴ If you say this like a question, you can ask someone if they are alright.)

⁵ This is another expression that doesn't have an exact translation. In a dojo, it is said at the end of a training session as people are leaving.

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⁷ In more traditional dojos, students respond to requests or questions from the sensei with an enthusiastic "usu," which is pronounced "oos." Outside the dojo, however, people use "ee" or "hai" in everyday conversation.

⁸ People don't usually use the word no to say that something is not correct. This is what they say instead.

⁹ While this translates to "shout" it has inner meaning alluding to the gathering of your *ki* (inner energy).

¹⁰ The character in this word is also used in the word for "decide."

¹¹ This is considered to be your spiritual centre from which all your power emanates. Also called 'hara.'

¹² Literally "remaining mind."

Stances (*tachikata*):

hachiji-dachi 八字立ち(はちじだち) ¹³ natural stance	zenkutsu-dachi 前屈立ち (ぜんくつだち) ¹⁴ forward stance	kiba-dachi 騎馬立ち (きばだち) ¹⁵ horse stance	kokutsu-dachi 後屈立ち (こうくつだち) ¹⁶ back stance
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Hand Attacks (*tsuki-te*):

seiken 正拳 (せいけん) regular fist	shotei 掌底 (しよてい) palm heel	haisho 背掌 (はいしよ) back hand	empi えんぴ elbow
kote 小手 (こて) forearm	nakadakaken 節中拳 (なかだかけん) middle knuckle fist	haito 背刃 (はいと) inside blade hand (aka- ridge hand)	tetsui 槌手 (てつui) hammer fist

¹³ Literally means “number eight stance,” referring to the way the feet look like the kanji for eight.

¹⁴ Literally “forward bending stance.”

¹⁵ Literally “horse riding stance.”

¹⁶ Literally “backward bending stance.”