

Dojo Japanese 101

Basic Terminology:

<i>dojo</i> 道場 (どうじょう) martial arts training hall	<i>gi / dogi</i> 着 / 道着 (ぎ) / (どうぎ) uniform	<i>sensei</i> 先生 (せんせい) teacher	<i>sempai</i> 先輩 (せんぱい) senior student	<i>shihan</i> 師範 (しはん) master instructor
<i>O-tagai/tagai</i> お互い(おたがい) mutual, reciprocal	<i>seiza</i> 正座(せいざ) ¹ sitting correctly	<i>mokuso</i> 黙想 (もくそう) meditation	<i>hajime</i> 始め(はじめ) begin	<i>yame</i> 止め(やめ) stop
<i>shomen</i> 正面に礼 (しょうめん) front wall of the dojo ²	<i>rei</i> 礼(れい) ³ bow	<i>tatte</i> 立って (たって) stand up	<i>uke</i> 受け(うけ) person who receives the action	<i>tori</i> 取り(とり) person who performs the action

Bowing Commands:

<i>Shomen ni rei.</i> Bow to front wall of dojo out of respect for the style.	<i>Sensei ni rei.</i> Bow out of respect for the instructor.	<i>Otagai ni rei.</i> Bow out of mutual respect for each other.
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Directions:

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

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

¹ Japanese-style, i.e. on your knees.

² Literally translated *sho* means 'true' while *men* means 'face'. It is considered a place of honour in the dojo.

³ Literally means "show of gratitude." "Ni rei" means "bow to..."

Basic Techniques:

<i>uchi</i> 打ち (うち) strike	<i>tsuki</i> 突き (つき) punch	<i>geri (or keri)</i> 蹴り (げり or けり) kick	<i>ukemi</i> 受け身(うけみ) breakfall	<i>nage</i> 投げ (なげ) throw
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Expressions:

<i>Konnichiwa.</i> 今日は (こんにちは) Hello.	<i>Arigato gozaimashita.</i> 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)	<i>O-negaishimasu.</i> 御願います (おねがいます) ⁴ I humbly request.
<i>Daijobu.</i> 大丈夫 (だいじょうぶ) ⁵ I'm alright.	<i>Go-kurosama deshita.</i> 御苦労様でした (ごくろうさまでした) ⁶ It was a great hardship (I appreciate your efforts).	<i>O-tsukaresama deshita.</i> 御疲れ様でした (おつかれさまでした) ⁷ Thank you for your tiredness from the effort.
<i>Ki o tsuke.</i> 気を付け (きをつけ) Stand at attention.	<i>Osu / hai / ee.</i> うす / はい / ええ ⁸ Yes.	<i>Chigaimasu. (OR Chigau).</i> 違う (ちがう) ⁹ It's different (or "No.")
<i>Mo ichido. (OR Mo ikkai).</i> も一度 (もいちど) One more time.	<i>Ki o tsukete.</i> 気を付けて (きをつけて) Be careful.	<i>Sayonara.</i> 左様なら (さよなら) Good-bye.

⁴ 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.

⁵ If you say this like a question, you can ask someone if they are alright.

⁶ 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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⁸ In some dojos, students respond to requests or questions from the sensei with an enthusiastic "osu," which is pronounced more like "oss" with very little emphasis on the 'o' sound. Outside the dojo, however, people use "ee" or "hai" in every day conversation. Literally it means "to push."

⁹ People don't usually use the word 'no' to say that something is not correct. This is what they say instead.

Training Concepts:

<i>kiai</i> 気合 (きあい) ¹⁰ shout	<i>kime</i> 決め (きめ) ¹¹ focus	<i>tanden</i> 丹田 (たんでん) ¹² abdomen	<i>zanshin</i> 残心 (ざんしん) ¹³ remain alert
<i>kisoku</i> 氣息 (きそく) abdominal breathing	<i>bunkai</i> 分解 (ぶんかい) (application/analysis)	<i>mushin</i> 無心 (むしん) no mind	<i>seishin</i> 精神 (せいしん) spirit

Stances (*tachikata*):**Hand Attacks (*tsuki-te*):**

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

¹⁰ While this is often translated to “shout” it has inner meaning alluding to the gathering of your *ki* (inner energy).

¹¹ The character in this word is also used in the word for “decide.”

¹² This is considered to be your spiritual centre from which all your power emanates. Also called ‘hara.’

¹³ Literally “remaining mind.”