

## Beginning Ju-Jutsu Vocabulary

<u>Japanese</u>	<u>English</u>
Antonio Pereira	Founder of the Miyama Ryu
Ate Waza	Striking techniques
Atemi waza	Striking techniques to vital areas of the body
Dojo	Training area
Empi	Elbow
Gi	Uniform
Hadaka jimi	Naked strangulation
Ippon seoinage	Throw-One armed shoulder throw
Ju Jutsu	Flexible or gentle art
Ka sokutei	Foot strike using the heel
Kansetu waza	Joint locking technique
Kiai	Shout to distract attacker and focus energy
Koshi guruma	Throw-Hip or loin wheel
Kote gaeshi	Wrist turning
Miyama Ryu	School of Three Mountains
O	Major
Obi	Belt
Rei	Bow
Ryoashi kata gatame	Two leg shoulder lock
Seiken	Hand strike using fore fist
Sensei	Teacher
Shihan	Great teacher
Shimi waza	Strangulation technique
Shinan	Founder
Sokuto	Knife edge of foot
Tai sabaki	Body positioning
Tori	Defender
Ude hishigi juji-gatame	Arm crushing cross lock
Ukemi	Falling
Ude	Attacker
Udehisigi waki gatami	Arm crushing sitting lock
Uki otoshi	Throw- Floating drop
Waza	Techniques