



Basic Japanese Terms

Katate-tori	Grab to wrist on same side
Kosadori	Cross-hands
Shomen-uchi	Edge of hand, vertical strike to top of head
Yokamen-uchi	Strike to side of neck
Mune-tsuki	Punch to stomach or chest

Throws

Shiho-nage	Four directions throw <i>(wrist twisted over shoulder)</i>
Kote-gaeshi	Wrist turn <i>(wrist turned back into forearm)</i>
Kokyu-nage	“Breath” or timing throw <i>(hand on far shoulder)</i>
Tenchi-nage	Heaven and earth throw <i>(one hand down, the other reaching over shoulder)</i>

Useful words

Ai – harmony

Irimi – entering (*Irimi 1 – start with front foot. Irimi 2 – start with back foot*)

Tenkan – turning (*Tenkan 1 – start with front foot. Tenkan 2 – start with back foot*)

Ki (= Ch'i*) - energy

Tori/Nage - person attacked

Uke - attacker