

Phrases and Words

Here are some phrases and words that everyone should get familiar with. Sometimes English words are used, but everyone should know these. For one, if you go to Japan, inter-organizational seminars, or a taikai (seminar type meeting with Tanemura-sensei – means big convention or big meeting) you will meet some people who are not from an English speaking country, so using Japanese terms helps when communicating. Secondly, this is a Japanese art.

Arigatō gozaimashita (有難う御座いました) – Thank you [past tense]. This is used more frequently in class

Chihayafuru kami no oshie wa tokoshie ni tadashiki kokoro mi wo mamoruran (千早振る神の教えは永久に正しき心身を守るらん) – 1000 quick shakes (refers to purifying the area)... The teachings of God never changes throughout eternity and will protect you if you have a correct mind/heart/spirit.

Chūdan (中段) – Middle level

Dewa keiko wo hajimaru (でわ稽古を始まる) – Begin training

Dōmo arigatō (どうも有難う) – Thanks a lot. Not formal. Do not use this in class.

Dōmo arigatō gozaimashita (どうも有難う御座いました) – Thank you very much [past tense] Very formal.

Ei! (えい) – Attacking kiai. It is pronounced ay, as in eight

Gedan (下段) – Lower level

Hai (はい) – Yes

Hajime (始め) – Start

Henka (変化) – Variation

Hidari (左) – Left

Hidari mae (左前) – Left front

Hidari ushiro (左後) – Left rear

Jōdan (上段) – Upper level

Kamaete (構えて) – Take your posture.

Katate (片手) – Single Hand

Keiko (稽古) – Training; practice; study

Keiko gi (稽古着) – Training uniform. Sometimes 'dōgi' (道着) is used.

Keiko owari (稽古終り) – Training has finished

Ki (気) – Spirit, mind or air. Sometimes it refers to energy. The Chinese character means that “the steam rises from the rice”.

Kiai (気合) – United spirit. Sometimes referred as a “spirit shout” [See Ei!, Tō! and Ya!]

Kihon (基本) – Basic

Konbanwa (今晚は) – Good evening.

Konnichiwa (今日は) – Hello; good day; good afternoon (daytime greeting).

Mae (前) – Front

Mate (まで) – Wait

Migi (右) – Right

Migi mae (右前) – Right front

Migi ushiro (右後) – Right rear

Mokusō (黙想) – Is a Japanese term for meditation to "clear one's mind."

Mokusō yame (黙想止め) – Stop meditation

Morote (双手) – Both hands

Ohayō gozaimasu (お早うございます) – Good Morning.

Onegaishimasu (御願いします) – Please [assist me].

Ote yawarakani, Yoshi (お手柔らかに、よし) – “Use gentle hands... Good!” It is said while bowing during challenges for certain ryuha (schools).

Ryōhō (両方) – Both ways

Ryōte (両手) – Both hands

Sayu (左右) – Left and right

Seiretsu (整列) – Line up in a row

Shikin haramitsu daikōmyō (詞韻波羅蜜大光明) – The sounds of words (also refers to 'every encounter') in our reach for perfection ('haramitsu' is a Japanese pronunciation of [paramita](#)) will lead us to the powerful light (enlightenment - a pure light of god that goes on forever).

Shisei wo tadashite sensei ni rei (姿勢を正して、先生に礼) – “Make sure your posture is correct, bow to the teacher.”

Shitsurei shimasu (失礼します) – Pardon me for being rude. For example, used when you leave the dojo. Also, you step on someone's toes, notes, training tools, ect.

Sōgo ni rei (相互に礼) – Bow to each other.

Sumimasen (済みません) – Excuse me. For example, used when you ask a question.

Tō! (とう) – Defending / receiving kiai. It is pronounced toh, as in toe

Ushiro (後) – Behind

Ya! (や) – Countering kiai. It is pronounced ya, as in yacht

Yame (止め) – Stop

Yoko (横) – Side

Zengo (前後) – Front and back

Zengo sayu (前後左右) – Front, back, left, and right