Senior Terminology



White Belt

Mat Etiquette

Tying the belt

Rei (bow) when entering and leaving the Dojo

Rei when stepping on or off the mat

Full kneeling rei at the start and end of the session – **left** knee first

Highest grade student (sempai) says ‘Kiotsuke. Sensei ni. Rei’ (Attention, face sensei, bow)

Terminology

Dojo	Training area	*Newaza*	Ground techniques
Rei	Bow	*Tachi waza*	Standing techniques
Sensei	Teacher	*Kansetsu waza*	Armlock techniques
Tori	Thrower	*Hajime*	Start
Uke	Attacker	*Yame*	Stop
Tatami	Mat	*Matte*	Wait

Yellow Belt

Terminology

Hidari	Left	*Budo*	Martial art
Migi	Right	*Ashi*	Ankle
Mae	Front	*Te*	Hand
Ura	Rear	*Eri*	Collar
Yoko	Side	*Hiza*	Knee
Atemi	Strike		

Orange Belt

Terminology

Goshi	Hip	*Shimewaza*	Strangling techniques
Obi	Belt	*Nage waza*	Throwing techniques
Ude	Straight	*Ne waza*	Ground techniques