

### Chicago Tenri Judo Dojo Junior Class Terminology Requirements

Principles of Judo	Seiryoku Zenyo (精力善用) - Best use of mental and physical energy
	Jita Kyohei (自他共栄) - Mutual welfare and benefit
Moral Codes of Judo	Courtesy, Courage, Honesty, Honor, Modesty, Respect, Self-Control, Friendship

#### Yellow Belt

Sensei Jigoro Kano	The founder of Judo
Name of the club	Chicago Tenri Judo Dojo
1 - 10 in Japanese	ichi, ni, san, shi, go, roku, shichi, hachi, kyu, ju
Sensei	Teacher
Dojo	Practice hall
Judo	Gentle way
Rei	Bow
Judogi	Judo uniform
Ki o tsuke	Pay attention/fix your posture
Ukemi	Falling techniques
Hajime	Start
Matte	Stop

#### Orange Belt

Sore made	That's all
Arigato Gozaimasu	Thank you
Randori	Free practice
Hai	Yes
Tori	Person performing a technique
Uke	Person receiving a technique
Zenpo kaiten	Forward fall
Tachiwaza	Standing techniques
Newaza	Ground techniques
Seiza	Formal kneeling posture

#### Green Belt

Shiai	Competition/tournament
Tokui waza	A judoka's favorite technique
Migi	Right
Hidari	Left
Ippon	One point score
Waza ari	Half point score
Osaekomi	The pin is on
Toketa	The pin is broken
Yoko	Side
Ushiro	Back
Mae	Front
Uchikomi	Repetition training

#### Blue Belt

Hikite	Pulling hand/sleeve hand
Tsurite	Lifting hand/lapel hand
Ashi	Leg/foot
Koshi/goshi	Hip
Harai/barai	Sweep
Kari/gari	Reap
O-	Major
Ko-	Major
Soto	Outer
Uchi	Inner

#### Purple Belt

Required to know all above terminology as well as the principles of Judo and the moral codes of Judo