

## Chicago Tenri Judo Dojo Senior Class Terminology Requirements

### All Levels

Principles of Judo	Seiryoku Zenyo (精力善用) - Best use of mental and physical energy
	Jita Kyoei (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, kyū, ju
Sensei	Teacher
Dojo	Practice hall
Judo	Gentle way
Rei	Bow
Judogi	Judo uniform
Randori	Free practice
Ki o tsuke	Pay attention/fix your posture
Hajime	Begin
Matte	Stop
Sore made	That's all
Arigato Gozaimasu	Thank you
Hai	Yes
Zenpo kaiten	Forward fall
Ukemi	Breakfalls

### Orange Belt

Shiai	Competition/tournament
Tachi waza	Standing technique
Ne waza	Ground technique
Tokui waza	A judoka's favorite technique
Uchikomi	Repetition training
Migi	Right
Hidari	Left
Yoko	Side
Ushiro	Back
Mae	Front
Tori	Person applying a technique
Uke	Person receiving a technique

### Green 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-	Minor
Soto	Outer
Uchi	Inner
Osaekomi	The pin is on
Toketa	The pin is broken
Ippon	One point score
Waza ari	Half point score
Three parts of a throw	Kuzushi (off-balancing), tsukuri (fitting in), kake (throwing)

### 3rd Degree Brown Belt (Sankyu)

--All previous terminology  
 --Senpai/kohai relationship: The senpai has been doing judo longer and is helping the kohai learn. The kohai is learning judo and giving the senpai the opportunity to teach and improve their skills. They are respectful of each other.

### 2nd Degree Brown Belt (Nikyu)

--All moral codes of Judo and principles of Judo

### 1st Degree Brown Belt (Ikkyu)

--All moral codes of Judo and principles of Judo