



## SEATTLE / OLYMPIA BUDOKAN LIST OF TERMS



### LIST OF TERMS

bujin shoku to seikatsu – warrior diet and lifestyle  
seishinteki kyoyo – spiritual refinement  
mokuso – close eyes and meditate

Bujinkan opening & closing ceremony:

“chi haya furu, kami-no oshie-wa tokoshie-ni tadashii ki, kokoro o miomamoru ran / shikin haramitsu daikomyo”

= “With many quick shakes, I invoke the divine teaching that everlasting pure spirit will protect one’s heart in troubling times / by these sounds and words find peace and become enlightened.”

Two claps and a bow call the spirits and show humble respect. A final single clap and a bow signal that the spirits are present and shows gratitude.

Onegaishimasu – please assist me  
domo arigato gozaimashita – very much thank you for that

“In tune with the providence of heaven and the impartial justice of nature, and following a clear and pure heart full of trust in the inevitable, the ninja captures the insight that will guide him successfully into battle when he must conquer, and conceal himself protectively from hostility when he must acquiesce.” ~ Takamatsu Toshitsugu

taiso – body conditioning  
kokyuho – breathing methods  
meiso – meditation  
ryutai undo – flowing body movement  
juunantaiso – flexible body conditioning (stretching)  
godai kokyuho – five element breathing method  
zazen – seated meditation  
shinkokyu sanaun – spirit breath meditation (three “ohm’s”)

taihenjutsu – body movement (lit. ‘art of body changing’)  
taisabki – body control  
tai no kurai dori – positional body management  
ashi no kamae gata to ashi sabaki – footwork forms and control  
oki age – fall recovery  
naname kouhou aruki – diagonally retreating  
jodan / gedan uke nagashi – upper / lower receiving flow

shihou aruki – four direction stepping  
happou aruki – eight direction stepping  
sanpo – natural walking  
kamae no kata – posture transitions  
yoko aruki – cross-stepping  
moguri gata – crouching / kneeling forms  
shizen gyo un ryusui – naturally moving like clouds and flowing water

ukemi – break-falls (lit. ‘receiving with the body’)  
kaiten – rolling  
tobi – leaping  
karuwaza – acrobatics

ukemi gata to ryusui – receiving body forms and flowing water  
zagata zenpou ukemi – seated forward break-fall  
zagata kouhou ukemi – seated backward break-fall  
yoko nagare – sideways flow  
shizen tatte zenpou ukemi – natural standing forward break-fall  
kouhou ukemi – backward break-fall  
tare nagare – hanging flow  
yokonagashi zenpou ukemi – sideways flowing forward fall

zenpou kaiten, ryoute – forward roll, two-handed  
kouhou kaiten, ryoute – backward roll, two-handed  
naname zenpou kaiten – diagonal forward roll  
zenpou kaiten, katate – forward roll, one-handed  
outen, ryoute – “cartwheel” (barrel roll), two-handed  
kouhou kaiten, katate – backward roll, one-handed  
sokuhou kaiten – sideways roll  
yoko nagare kaiten – sideways flowing roll  
zenpou kaiten, mute – forward roll, no-hands  
kouhou kaiten, mute – backward roll, no-hands  
outen, katate – “cartwheel” (barrel roll), one-handed  
naname, happou kaiten – diagonal, eight-direction roll  
hicho tobi kaiten – flying / diving roll  
zenpou / kouhou kiten – forward / backward “spirit flip” handsprings  
zenpou / kouhou kuten – forward / backward “air flip” somersaults

shinkengata taihenjutsu – realistic fighting forms

taijutsu no kamae to sono kata – Taijutsu’s postures and their uses (lit. ‘viewing the form’)  
shizentai – natural body  
hira – flat  
seiza – proper seat  
rei – courtesy bow

gassho – hands together in greeting  
hibi / shoshin – normal (“everyday”) / first intention  
fudoza – firm seat  
hira-ichimonji – flat straight line  
zagamae – kneeling  
ichimonji – straight line (lit. ‘numeral one’)  
doko – angry tiger  
jumonji – cross (lit. ‘numeral ten’)  
katate hicho – one hand flying bird  
hoko – circling the tiger  
ichimonji seigan – straight at the eyes  
kosei – offensive  
hicho – flying bird  
ihen – emergency

shiho tenchi tobi – leaping in all directions  
shotobi – short leap up  
zenpou tobi – forward leap  
kouhou tobi – backward leap  
sokuhou tobi, sayu – sideways leap, left and right  
tenchi tobi, fudoza – vertical leap, legs tucked under  
kuhi tobi – sacrificial “flying” leap

shinobijutsu – stealth and evasion (lit. ‘art of perseverance’)  
shoten no jutsu to nobori gata – vertical running and climbing methods  
shoten – “going to the sky” (running up vertical / near-vertical surfaces)  
shizen nobori – natural climbing  
shuko to ashiko – using hand and foot spikes  
kagi nawa – using hook and rope

hoko no jutsu to ankoku toshijutsu – walking and seeing through darkness  
ankoku toshijutsu – seeing in the dark  
shinobi aruki – stealth movement  
soshin sosoku ho – quick sideways walking  
hyojo hoko – slippery surface walking  
mu on no ho – silent methods  
ashinami jukajo – ten ways of silent stepping  
nukiashi – stealthy feet  
suri ashi – shuffling / sliding feet  
shime ashi – squeezing feet  
tobi ashi – leaping feet  
kata ashi – single foot  
ou ashi – big feet / long stride  
ko ashi – small feet / short stride  
kizami ashi – mincing feet / very short stride  
wari ashi – split bamboo feet / using special shoes

tsune no ashi – pinching feet

onshinjutsu / intonjutsu – “disappearing arts” (concealment and disguise)

gotonpo – five ways of natural concealment

doton – using earth and stone

mokuton – using plants and wood

suiton – using water

katon – using fire

kinton – using metal

kuton – using all or combination of some elements

hensojutsu shichiho – seven disguises

sukke – begger

akindo – merchant

komuso – priest

ronin – leaderless soldier

sarugakushi – performer (actor / singer)

hokashi – street peddler

tsunebito – peasant

shinobi iri – stealth entering methods

dakkentaijutsu – striking methods (lit. ‘art of striking with the fists and body’)

houken juroppo – sixteen treasured striking methods

fudoken – firm (clenched) fist

sanshitanken – three fingertip fist

sokuyakuken – dancing foot fist (heel / sole of foot)

kitenken – upward turning fist (sword hand)

\*\*\*\*ouken – finger sword fist (thumb)

sokugyakuken – reversed foot fist (toes / ball of foot)

shikanken – finger ring fist (extended knuckles)

shakoken – claw fist

koppoken – bone method fist (thumb knuckle)

kikakuken – demon horns fist (forehead)

shukiken – hand raise fist (elbow)

sokkiken – foot raise fist (knee)

happaken – eight leaves fist (palms of hands)

shishinken – finger needle fist (little finger)

taiken / shizenken – body fist / natural weapons

kiken – spirit fist

atemi – strikes

tsuki – thrust

zenpou geri – forward kick

omote shuto – outer sword hand

ura shuto – inner sword hand

jodan / gedan uke utte – upper / lower receiving strike  
sokuhou geri – sideways kick  
kouhou geri – backwards kick  
shihou geri – four direction kick  
juji geri – cross kick  
kakushi geri – hidden kick  
sampo geri – walking kick  
shuken uchi – palm strike (shakoken; happaken)  
tobi geri – leaping kick  
zu tsuki – head thrust  
hichou geri – flying bird kick  
shuki uchi – elbow strike  
sokki geri – knee kick  
hito tobi – flying man attack

koppojutsu – bone method (attacking the skeleton)  
tsuki ken kudaki – breaking the punching hand  
jujigeri takeori – “bamboo breaking” cross kick  
koshi kudaki – breaking the hips

kosshijutsu – bone-finger method (attacking the muscles)  
boshiken – stick finger fist  
tsuno yubi – fingernails

ki-ken-tai ichijou – spirit-weapon-body unification  
kyusho to kiai – targeting and focus (spirit)  
kinketsu teisoku kasho mesho – “a treasure of established poetic names”  
~ Takamatsu, re: Koto ryuha kyusho:  
urakimon – inner spirit gate (ribs under chest)  
ryufu – willow wind (larynx; adam’s apple)  
kasumi – fog; mist (temple)  
hiryuran – flying dragon confused (eyes)  
shishiran – lion confused (stomach)  
kosei – tiger’s power “life-to-come” (groin)  
yugasumi – evening mist (below the ear; behind the jaw)  
tsuyugasumi – drop of mist (under the jaw)  
ryumon – dragon’s gate (under collarbone)  
jujiro – intersection (between chest and shoulder)  
jakkin – weak muscle (inner upper arm)  
daimon – big gate (shoulder joint)  
asagiri – morning mist; also asagasumi (bottom of chin)  
sei – star, sphere of influence; also hoshi (armpit)  
kinketsu – treasure trove (sternum)  
koshitsubo – hip pot (inner ridge of hipbone); also koe (voice)  
hichibatsu – touch hit (side of hip)  
tenmon – sky gate (ridge of eye socket)

amado – rain shutters; also uko (side of neck)  
jinchu – man’s center (under the nose)  
happa – eight leaves; explosive blast (palms to both ears)  
menbu – face (bridge of nose)  
tokotsu – single bone; skull (hyoid bone – above adam’s apple)  
gorin – five rings (muscles around navel)  
sai – leg (inside and outside of upper thigh)  
matsukaze – pine tree wind (above collarbones)  
murasame – village rain (notch between collarbones)  
hoshisawa – valley of stars (elbow joint)  
in – shadow (under cheekbone); also kage  
tento – top of head (soft spot between skull bones)  
shinchu – heart’s center (middle of chest)  
wakitsubo – side pot (ribs under armpit)  
yubitsubo – finger pot (base of thumb)  
butsumetsu – unlucky day (lower ribs)  
kyokei – strong tendons (top of foot, above toes)

kiaijutsu – spirit focus (lit. ‘art of harmonizing energy’)

(the four shouts):

seme no kiai - attacking shout

hannou no kiai – reacting shout

kachidoki / kachi no kiai – victorious shout

kage no kiai – shadow shout

kimejutsu – focusing

zanshin – remaining mind

ishiki – energy of intention

mushin – no mind

atemi no tanren - hitting discipline (weapon)

ten (the sky) – striking air, to improve accuracy

chi (the earth) – striking objects, to condition the weapons

jin (the man) – striking bodies, to affect the target

inashi gata – polishing the form (body)

kengata to seido – fist form and accuracy

maai to ashi sabaki – distance and footwork

kensabaki – fist control

taijutsu kenpou – unified body fist method

juutaijutsu – grappling methods (lit. ‘supple body art’)

torite – grappling (lit. ‘taking hands’)

katate tori – one hand take

ryoute tori – two hand take

katamune dori – one lapel take

ryoumune dori – two lapel take  
kata dori – shoulder take  
sode dori – sleeve take  
katamune katasode dori – one lapel and one sleeve take, a.k.a. kumiuchi (joining together)

kuzushi – breaking balance  
oshi – press  
hiki – pull  
nejiri – torque  
age – lift  
taoshi – bring down

hajutsu kuho – nine releasing methods  
tehodoki – untying the hands  
taihodoki – untying the body  
happou geri – eight ways of kicking  
ashi barai – leg sweep  
oya goroshi – “killing the parent” (thumb crush)  
ko goroshi – “killing the child” (little finger crush)  
koshi kudaki – breaking the hips  
ken kudaki – fist crush  
toki kudaki – toe crush

gyakugi – reversal techniques  
omote kote gyaku dori – outer wrist twist hold  
ura kote gyaku dori – inner wrist twist hold  
hon gyaku – base (centerline) reverse  
omote oni kudaki – outer demon crusher  
ura oni kudaki – inner demon crusher  
uchi maki dori – inner wrapping take, a.k.a. musha dori (warrior take)  
muso dori – unbeatable take  
ura / omote take ori – inner / outer bamboo break  
ougyaku – large reversal

shime waza – squeezing techniques  
kihon shime gohou – basic squeezing five ways  
hon jime – base squeeze  
gyaku jime – reverse squeeze  
itami jime – pain squeeze  
sankaku jime – triangle squeeze  
do jime – torso squeeze

mimi jime – ear squeeze  
kata- / ryou- ude jime – single- / double- arm squeeze  
omote / ura kubi jime – front / rear neck squeeze

katatedori kubi jime – single-hand neck squeeze  
seion jime – sound of life squeeze (squeezing the windpipe)  
ougyaku jime – great reverse squeeze  
koroshi jime – killer squeeze

nage waza – throwing techniques  
ganseki nage – boulder throw  
ganseki otoshi – boulder drop  
ganseki oshi – boulder press  
ganseki ori – boulder break  
gyaku nage – reverse throw  
harai goshi – sweeping hips  
taki otoshi – waterfall drop  
seoi nage – on the back throw  
koshi nage – on the hip throw  
ousoto nage – large outside throw  
uchi mata uchi gake nage – inner thigh reaping throw  
hane goshi – snapping up hips  
itami nage – pain throw  
ryusui iki – flowing like water  
tomoe nage – whirl throw  
tachi nagare – standing flow  
yoko nagare – sideways flow  
temakura – hand pillow  
kuruma nage – wheel throw  
kuki nage – air spirit throw

newaza; osae komi – ground fighting; pinning and immobilization

keri kaeshi; ashi ori – kick countering and leg breaking  
ashi dori – leg catch (“in a manner of walking”), also possibly ashi dome (leg touch)  
keri kudaki – kick destroyer  
sukui dori – scooping catch  
tsure yuki – carry along  
kakushi geri henka – hidden kick variations

anataoshi – trapping (lit. ‘throwing down in a hole’)  
jigoku otoshi – hell drop  
gokuraku otoshi – paradise drop  
yume no makura – pillow of dreams

nage kaeshi – throw countering

waza bunkai; kata to henka – technical analysis; forms and variations



sanshin go kyo no kata – three hearts (uniting body, mind, and spirit) five principle forms

chi no kata – earth form

sui no kata – water form

ka no kata – fire form

fuu no kata – wind form

kuu no kata – void form

kihon happe – fundamental eight ways

kihon kosshi sanpo – three basic striking forms

ichimonji no kata – straight line form

jumonji no kata – cross form

hichou no kata – flying bird form

kihon torite goho – five basic grappling forms

ura gyaku – inner reverse

omote gyaku ken sabaki – outer reverse with fist control

oni kudaki – demon crusher

musha dori – warrior capture, also possibly ude jime ashi ori (arm squeeze and leg break)

ganseki nage – boulder throw

taihenjutsu mutodori gata – sword evasion forms

hira no kamae kata – flat posture form

ichimonji no kamae kata – straight line posture form

jumonji no kamae kata – cross posture form

suwari gata sanpo – three kneeling forms

ichi geki – one shot (single rage)

osaekomi – immobilization

ude ori (shindenfudo ryu) – arm break

suwari gata shichiho – kneeling forms seven methods

kasumi dori (takagi) vs grab, ura gyaku – grabbing fog

ate komi (kasumi dori ura gata) vs grab, omote gyaku – strike and hold down

do gaeshi vs punch or knife thrust – body turnover

karame dori vs kick – entwining? arrest? taking the rear entrance?

keri kaiten? – kick then back roll away

koho kaiten nage (tomoe nage) – kick then roll over throw backwards

musha dori – warrior take

tenchijin ryaku no maki, jin no maki kata:

katate dori (5 kata) – single hand grabs

ate nage (takagi) – hit throw

settou (koto? kukishin? most likely koto) – break drop?

hiki otoshi – pull down

fudo (shindenfudo) – immovable

hoteki (koto) – release and throw?

ryoute dori (7 kata) – double hand grabs

kanashibari – tightly bound

tengu dori – goblin take

ryote gake – two hand trap

koki (koto) – strike the demon

shizen (shindenfudo) – naturally

soto – hold and fall

ransetsu (koto) – blizzard

haibu yori (5 kata) – grabbed from behind

yubi kudaki / shi sai (gyokko) – finger break

sakketsu (gyokko) – killer squeeze

kin kudaki (gyokko?) – gold crush

ketsu miyaku (gyokko) – squeeze pulse

tei ken (gyokko) – squeeze fist

tsuki uchi (9 kata) – punch counters

koyoku (koto) – rival scoop

hisaku (koto) – fly and squeeze

setsu yaku (shindenfudo) – dancing snow?

musan (shindenfudo) – disperse (vanishing like mist)

gekkan (shindenfudo) – moon liver?

katamaki (koto) – shoulder wrap

hibari (shindenfudo) – skylark (=ujaku? unjaku? – cloud sparrow?)

shihou dori – four direction take

moguri dori – diving capture?

keri ni taisuru uke (5 kata) – kick counters

jigoku otoshi – hell plunge

keri ni taishite koto – body against kick

huko – felling the tiger

keta oshi – soul press

yume no makura – pillow of dreams

tsuki to keri ni taisuku (4 kata) – punch and kick counters

kokuu (gyokko) – empty space

renyo (gyokko) – emperor's palanquin

saka nagare (gyokko) – reverse flow

kasasagi (shindenfudo) – magpie

nage kaeshi (8 kata) – throw counters

okyo – false push

atami dori – head take (a.k.a. zudori)

fukan (shindenfudo) – wind turn? no turn?

seion (kukishin) – life sound  
gokuraku otoshi – paradise drop  
ugari – quail reap?  
hito – flying topple  
tai jime – body squeeze

tanto dori (1 kata) – knife takeaway  
ken kobushi – weapon flow

zanto tonko no kata (togakure ryu) – escaping forms (fleeing / seeking refuge)  
kata ude tonso – single arm escape  
sayu tonso – left and right escape  
kubi sugi tonso – rear collar grab escape  
atekomi tonso – push hit escape  
kote uchi tonso – forearm strike escape  
sayu kumogakure – left and right cloud hiding  
kosei kirigakure – attacking mist hiding  
happou kirigakure – scattering mist hiding

buki – warrior tools  
taiken – body weapon  
shizenken – natural weapons  
kikai no shigen – resources of opportunity  
hanbo – half stick  
tanto – knife  
kusari fundo – weighted chain  
shuriken – small blades  
rokushakubo – six foot staff  
katana – sword (bokken / bokuto = wooden sword, shinken = ‘live’ sword)  
shuko – hand claws  
kyoketsu shoge – ring, cord, and dagger  
metsubishi – sight removers  
kayaku – fire and explosives  
yari – spear  
kodachi – short sword  
naginata – halberd  
bisento – battle axe  
tessen – iron fan

cho ho – information gathering

goshinjutsu – practical personal self-protection methods  
kikai no shigen taihodoki – escaping body grab with improvised weapon  
kikai no shigen hanbo – improvised hanbo (umbrella, cane, etc.)  
etc. . . .

kumite / randori – sparring / free play  
sokki hentenken – impromptu transitions?