

Midori Yama Budokai: *Hanshi's Corner*
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Ichigo, ichi e: One life, one meeting

Kiai or Energy Meeting

The *kiai* is a type of shout common to many martial arts. It can have an incredible emotional impact, and is intended to symbolize and encourage the unification of intent, technique and spirit. This unification is channeled into a potentially devastating attack. It is not meant as a merely symbolic expression of unification, but is a palpable expression of it. In fact, many Zen masters contend that the shout of a master can actually bring about *satori* (enlightenment). When a shout demonstrates this unity of spirit and focus of the intended target area, it is referred to as *kake goe*. The *ki* of *kiai* is perceived as the vital energy of the universe and man. It is believed to nurture the body and vital organs, promote health and serve as a source of power.

From: *An Encyclopedia of Judo* by Ron Rogers – Part One

- 1.1 ***Kumi kata*** or gripping or holding methods. Although usually considered methods of gripping the *gi*, this also includes encircling the neck, locking the armpit, and seizing the wrist or ankle. However, the sporting aspect deals primarily with the *gi* and its components, and these are the methods given here, with minor exceptions. An important principle of *judo* is that when one part of the body is held do not try to force it through. Use another part of the body that is free.
- 1.1.1 ***Kumi kata doko*** or where to hold (on the opponent's *gi*). These refer to the jacket (*uwagi*) and the belt or sash (*obi*). The proper terms are given in outline form.
- 1.1.1.1 ***Uwagi*** or jacket.
- 1.1.1.1.1 ***Eri*** or lapel.
- 1.1.1.1.1.1 ***Mae eri*** or front lapel.
- 1.1.1.1.1.1.1 ***Migi mae eri*** or right front lapel.
- 1.1.1.1.1.1.2 ***Hidari mae eri*** or left front lapel.
- 1.1.1.1.1.2 ***Yoko eri*** or side lapel.
- 1.1.1.1.1.2.1 ***Migi yoko eri*** or right side lapel.
- 1.1.1.1.1.2.2 ***Hidari yoko eri*** or left side lapel.
- 1.1.1.1.1.3 ***Suso***, or the skirt, or hem of the jacket.
- 1.1.1.1.1.3.1 ***Soto suso*** or outside hem of the jacket.
- 1.1.1.1.1.3.1.1 ***Migi soto suso*** or right outside hem of the jacket.
- 1.1.1.1.1.3.1.2 ***Hidari soto suso*** or left outside hem of the jacket.
- 1.1.1.1.1.3.2 ***Uchi suso*** or inside hem of the jacket.
- 1.1.1.1.1.3.2.1 ***Migi uchi suso*** or right inside hem of the jacket.
- 1.1.1.1.1.3.2.2 ***Hidari uchi suso*** or left inside hem of the jacket.
- 1.1.1.1.1.4 ***Ushiro eri*** or rear lapel.
- 1.1.1.1.2 ***Sode*** or sleeve.
- 1.1.1.1.2.1 ***Migi sode*** or right sleeve.
- 1.1.1.1.2.1.1 ***Migi soto sode*** or right outer sleeve.
- 1.1.1.1.2.1.1.1 ***Migi soto ue sode*** or right outer upper sleeve.
- 1.1.1.1.2.1.1.2 ***Migi soto naka sode*** or right outer middle sleeve.

- 1.1.1.1.2.1.1.3 *Migi soto shita sode* or right outer lower sleeve.
- 1.1.1.1.2.1.2 *Migi uchi sode* or right inner sleeve.
- 1.1.1.1.2.1.2.1 *Migi uchi ue sode* or right inner upper sleeve.
- 1.1.1.1.2.1.2.2 *Migi uchi naka sode* or right inner middle sleeve.
- 1.1.1.1.2.1.2.3 *Migi uchi shita sode* or right inner lower sleeve.
- 1.1.1.1.2.1.3 *Migi sode guchi* or right cuff.
- 1.1.1.1.2.2 *Hidari sode* or left sleeve.
- 1.1.1.1.2.2.1 ***Hidari soto sode*** or left outer sleeve.
- 1.1.1.1.2.2.1.1 *Hidari soto ue sode* or left outer upper sleeve.
- 1.1.1.1.2.2.1.2 *Hidari soto naka sode* or left outer middle sleeve.
- 1.1.1.1.2.2.1.3 *Hidari soto shita sode* or left outer lower sleeve.
- 2.2.1.1.2.2.1 *Hidari uchi sode* or left inner sleeve.
- 2.2.1.1.2.2.1.1 *Hidari uchi ue sode* or left inner upper sleeve.
- 2.2.1.1.2.2.1.2 *Hidari uchi naka sode* or left inner middle sleeve.
- 2.2.1.1.2.2.1.3 *Hidari uchi shita sode* or left inner lower sleeve.
- 2.2.1.1.2.2.2 *Hidari sodeguchi* or left cuff.
- 2.2.1.1.3 *Wakikage* or *waki no shita*; i.e. the armpit.
- 2.2.1.1.3.1 *Migi wakikage* or right armpit.
- 2.2.1.1.3.2 *Hidari wakikage* or left armpit.
- 2.2.1.2 ***Obi*** or the belt or sash.
- 2.2.1.2.1 ***Mae obi*** or front (of the) belt.
- 2.2.1.2.1.1 [Ma] *Mae obi* or [direct] front (of the) belt.
- 2.2.1.2.1.2 *Migi mae obi* or right front (of the) belt).
- 2.2.1.2.1.3 *Hidari mae obi* or left front (of the) belt.
- 2.2.1.2.2 ***Yoko obi*** or side (of the) belt).
- 2.2.1.2.2.1 *Migi yoko obi* or right side (of the) belt.
- 2.2.1.2.2.2 *Hidari yoko obi* or left side (of the) belt.
- 2.2.1.2.3 ***Ushiro obi*** or rear (of the) belt.
- 2.2.1.2.3.1 [Ma] *Ushiro obi* or [direct] rear of the belt.
- 2.2.1.2.3.2 *Migi Ushiro obi* or right rear (of the) belt.
- 2.2.1.2.3.3 *Hidari Ushiro obi* or left rear (of the) belt.
- 2.2.1.3 ***Zubon*** or trousers.
- 2.2.1.3.1 *Mae zubon* or front of the trousers.
- 2.2.1.3.1.1. [Ma] *Mae zubon* or direct front (of the) trousers.
- 2.2.1.3.1.2. *Migi mae zubon* or right front (of the) trousers.
- 2.2.1.3.1.3. *Hidari mae zubon* or left front (of the) trousers.
- 2.2.1.3.2 *Soto yoko zubon* or outer side (of the) trousers.
- 2.2.1.3.2.1 *Migi soto yoko zubon* or right outer side (of the) trousers.
- 2.2.1.3.2.2 *Hidari soto yoko zubon* or left outer side (of the) trousers.
- 2.2.1.3.3 *Ushiro zubon* or rear of the trousers.
- 2.2.1.3.3.1 [Ma] *Ushiro zubon* or [direct] rear (of the) trousers.
- 2.2.1.3.3.2 *Migi ushiro zubon* or right rear (of the) trousers.
- 2.2.1.3.3.3 *Hidari ushiro zubon* or left rear (of the) trousers.
- 2.2.1.3.4 *Zubon suso* or the hem or cuff of the trousers. Trousers cuff or hem.
- 2.2.1.3.4.1 *Soto suso* or outer cuff.
- 2.2.1.3.4.1.1 *Migi soto suso* or right outer cuff.

2.2.1.3.4.1.2 *Hidari soto suso* or left outer cuff.

2.2.1.3.4.2 *Uchi suso* or inner cuff.

2.2.1.3.4.2.1 *Migi uchi suso* or right inner cuff.

2.2.1.3.4.2.2 *Hidari uchi suso* or left inner cuff.

2.2.1.3.4.3 *Mae suso* or front cuff.

2.2.1.3.4.4 *Ushiro suso* or rear cuff.

2.2.2 *Kumi kata do* or methods of gripping, holding or grasping. That is, the ways in which the hands take hold or their physical placement on *uke*'s body or *judogi*. Also referred to as *judo no kumi kata* or gripping methods of *judo*.

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