

# Dojo Vocabulary

## Ado Masc/ Ado Fem

Five ages of human:

Infant - making sense of being a human.

Child - figuring out what the rules are.

Adolescent - which rules/definitions can be bent/broken/stay, who/what am I.

Adult - kin group is of higher importance than self.

Elder - focus is larger than this generation.

## Adult self

Not making choices based on Black Holes.

Choices are weighted towards kin focus.

## Bat/Club/Cudgel

Style of interacting.

Smashing, crushing, breaking.

## Black Holes

Foundational belief patterns laid down in childhood, usually from internalizing others' meaning-making. "I am bad" rather than, "Mom thinks that what I did was bad."

Can be a very strong bias for making choices (either for or against said belief).

## Blade

Style of interacting.

Cutting, stabbing, slicing.

Usually very mentally intellectual.

## Blooming

As a flower bud.

Not a light bulb.

More than one chakra coming on-line, firing up, and filling up as a response.

## Blow-up sex doll

Not embodied.

No chakras online.

Very little connection.

As objectified as it gets.

## Bottoming from the top

Having your experience of how the bottom is doing is so strong that it tells you what to do next. You are not at choice. You are doing what you're doing because of what they are doing.

## Chains

Dramatic way of saying, "Beliefs".

Usually used to describe mono-character beliefs.

## Coping skills

A set of behaviors that is used to either decrease a reaction or to steer away from a potential value-negative thing.

### Corgi

Using an animal motif in describing certain aspects of an individual.  
Short, energetic, elicits smiles at its cuteness, runs in circles, happy-faced, for example.

### Current

The way that things are “naturally” moving.  
You’re not changing things.

### Dancing

Relational engagement.

### Dark/Light Feminine

Character defined.  
Value-negative and value-positive attributes/beliefs/actions in a feminine flavor.

### Dark/Light Masculine

Character defined.  
Value-negative and value-positive attributes/beliefs/actions in a masculine flavor.

### Dragon

Using an animal motif in describing certain aspects of an individual.  
Large, very knowledgeable, capable of large actions, not the same value system as humans, magical, has a treasure hoard, for example.

### Exercise

Stylized engagement with the specified objective of doing something new and/or different such that weak relationshiping skills/vocab get stronger.

### Final Say

A Dojo exercise where Power Dynamics and Edgework are the focus. Clearly defined time limits. Clearly defined boundaries/agreements. Clearly defined who is top and who is bottom. Any level of BDSM play can be used.

### 5YS

5 Year Self.  
If you were to keep working, the you that would result in 5 years.

### Fortune cookies

Words of ‘wisdom’ that mean little.

### Glitter bombs

Style of interacting.  
Something shiny and glittery put into the dance in an attempt to distract.

### Gym

A place where you can practice with others who know that it’s a practice, not IRL.

### Hit you in the face with a fish (fish-slap)

Style of interacting.  
Meant to startle or stop in their tracks.  
Related to clubbing, just with a fish.

### Inner kids

Holographic representations of historically-defined belief patterns and associated memories.

### IFS

Internal Family Systems.

Therapeutic model that uses Inner Children (as Managers, Firefighters, and Exiles) and Self.

### KOOD

Know - know what is happening.

Own - have as full chakra'd an experience with what is happening.

Out - tell someone what is. Preferably an educated witness.

Dance - engage externally from what is happening.

### Masculine / Feminine

Two ends of a culturally-bound spectrum that delineates non-functional flavors.

### Meat puppeting

Lowest level of Dominant/Submissive play.

Top is interested in getting the bottom to do things as a way of creating meaning for both the top and the bottom. "If I can get them to do this, it means this about me and that about them.

Bottom is interested in doing things as a way of creating meaning for both the top and the bottom. "If I do this, it means this about me and that about them."

### Muggles

From Harry Potter, those who don't believe in magic.

Those who think that magic is dangerous.

Monoculturalists.

### Nuance

Less broad.

Less general.

Not global.

All of which can be coping skills designed to make things hazy, less focused, less dangerous.

More specific.

### Operational Boundaries

Boundaries that are actually used/enforced.

As opposed to boundaries that are talked about and not used.

### Other People being Gym Equipment

A particular Dojo orientation around relationshiping.

Other people are objects you can use to strengthen parts of you Character.

They are not, however, inanimate.

### Pony Ride

An exercise used to support KOODing Black Holes.

## POV

Point of View.  
Different way of looking at a thing.  
The “different” is defined by using different values.

## Power Dynamics

The perceived strengths/weaknesses and subsequent engagements styles involved in relationshiping.  
Power dynamics are always unequal.

## Primal Character

Your first Character.  
The one that you identify as “I”.

## Primary Character

The Character that is consuming the most energy at the moment.  
You can have other Characters or parts of Characters informing it.

## Private Face

The face of your character that you don’t want shown to anyone.  
This is what you do not want them to know about “you”.

## Public Face

The face of your character that is shown to the public.  
This is what you want them to know about “you”.

## Range

How wide are your nuances/differences about a thing or style?

## Reactions

Usually coping skill-set off by triggers to decrease the impact of a trigger.  
Can be the flaring of the buried trigger-reponse.

## Rhino

Using an animal motif in describing certain aspects of an individual.  
Large, slow to change direction, thick skinned, short sighted, opinionated, for example.

## Riding the Current

Being superior or different from the current.  
You can ride contrary to the current’s direction/power.

## Ride the Orange

Part of the 4-stage color system:  
Green - everything's ok.  
Yellow - not all is ok and I can manage easily.  
Orange - things are flaring, reactions are loud, I am having trouble staying.  
Red - I've been hijacked. I'm in a threat response. Inner child is in control.  
Riding the orange is about moving about in the area where the most growth can happen. Not just standing still and enduring.

## Signifier

The thing you can point to that carries the meaning.

## Signified

The meaning the signifier carries.

## Speaking from Pelvis

Speaking from a deeper, closer to ground/base.  
Not speaking from balls or pussy.

## Speaking from Balls/Pussy

Can be “speaking sexually”.  
Mostly “speaking from grounded/anchored animal.

## Spotter

As in a spotter at a gym.  
Someone who offers encouragement and the smallest of assists in order to get maximum use out of reps in an exercise.

## Super Powers

Different from innate/genetic talents.  
Coping skills, developed as a response to caregivers, that are used as foundational definitions of the “goodness” of the Primal Character.

## Super Weaknesses

Coping skills, developed as a response to caregivers, that are used as foundational definitions of the “badness” of the Primal Character.

## Swing! (connecting to the ball)

You can't get better if you don't try/practice.  
Of course you're not going to get it right the first time.  
You can't wait till you're assured of getting it right the first time.

## Sword

A larger blade.

## Teeth/Claws

To deeply impact someone.  
To impact someone such that they feel rendered asunder.  
To impact someone such that they feel mauled.

## Top/Bottom

Ends of the spectrum in power dynamics.  
You can top from the bottom.  
You can bottom from the top.

## Topping from the bottom

Using how you do the things that the top has you do as a way to guide the top to having them have you do the things you want to do.

## Triggers

Signifiers that are meaning-made to be threats.  
Classically, present-day triggers are threat-constellations made up of linked-to-the-painful-event-in-my-past signifiers.

## Value Negative (-)

That values that a Character believes are or will lead to negative outcomes.

Value Positive (+)

That values that a Character believes are or will lead to positive outcomes.

Vehicle

See Signifier.

White Belt, Yellow Belt, Red Belt, Green Belt, Brown Belt, Black Belt

Hierarchical grades to denote broad skill sets and orientations in decision making.

White Belt - What is.

Yellow Belt - Given what is, what is possible.

Red Belt - Multiculturalism.

Green Belt - Flow.

Brown Belt - Fit.

Black Belt - Glove on the Hand of God.

White Knuckling

Will-beasting.

Just getting through something.

Not dancing.

No flourishes.

No nuances.

Just get through it.

Wide Eyes

Widening the area of your visual field.

If you're usually, "What's in it for me?", the Wide Eyes might be, "What's in it for us?"

A very subtle and powerful "changing of meta-POV" exercise.