

# Judo Terms & Techniques

*Compiled by  
Marshall R. Coffman*

# Glossary of Judo Terms & Techniques

## Table of Contents

Pronunciation Guide	Pages 1 & 6
Japanese to English Vocabulary	Pages 1 to 5
English to Japanese Vocabulary	Pages 6 to 10

# Glossary of Judo Terms & Techniques

## Japanese to English Vocabulary

### Pronunciation:

**A = ah, as in father, America**

**E = aa, as aim, able**

**I = ee, as in easy, equal**

**O = oh, as in old, oath**

**U = oo, as in June, July**

**Chi = chee, as in cheese**

**Shi = shee, as in she, sheet**

**Tsu = t soo, as in soon with a slight "t" on the front end**

### Japanese

### English

#### A

Ago	Chin
Ai Yotsu	Same side gripping (right vs. right, left vs. left)
Aka	Red
Anza	Sitting Crossed Legged
Ashi	Foot or Leg
Ashi Garami <sup>1</sup>	Entangled Leg lock
Ashi Gatame	Leg Arm lock
Ashi Guruma	Foot Wheel or Whirl Throw
Ashi Waza	Foot or Leg Techniques
Ashikubi	Ankle
Atama	Head
Ate Waza	Striking Techniques
Atemi Waza	Striking Techniques to vital areas
Ayumi Ashi	Normal Walking

#### B

Barai / Harai	Sweeping action done with the leg
Batsugun	Instantaneous promotion
Bogyo	Defense (to an attack)
Budo	Martial Arts
Bushido	Way of the warrior

#### C

Chiisai	Small
Chikara	Power; Using one's strength
Chui	Caution (referees call for moderate penalty)

#### D

Dai Gokyo	Fifth Set of the Gokyo No Waza
Dai Ikkyo	First Set of the Gokyo No Waza
Dai Nikyo	Second Set of the Gokyo No Waza
Dai Sankyo	Third Set of the Gokyo No Waza
Dai Yonkyo	Fourth Set of the Gokyo No Waza
Daki Age	High Lift Throw
Daki Wakare	High Separation Throw

Dan	Degree in the Black Belt ranks
De	Advance or advancing
De Ashi Barai	Advanced Foot Sweep
Do	Philosophy or way of life.
Do	Body torso or waist
Do Jime	Illegal act of locking the legs around the torso of an opponent
Dojo	Practice Hall for Judo
Domo Arigato	Thank You

#### E

Eri	Judo uniform lapel
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#### F

Fusegi	Escape (as from a pin)
Fusen Gachi	Win by forfeit or default of the opponent before a match (referees call)
Fusensho	Win by default

#### G

Gachi / Kachi	Win of any type
Gaeshi / Kaeshi	Counter
Gake	Dash, hook or break
Garami	Entangle, twist or entwine
Gari	Reaping action done with the leg
Gatame / Katame	Lock or Hold
Go	The number 5
Godan	Fifth degree black belt
Gokyo No Waza	Five stages of (throwing) techniques, the basic syllabus of Kodokan Judo
Gokyu	Fifth class Judo rank
Goshi / Koshi	Hip or waist
Goshinjitsu No Kata	Formal forms of self defense
Guruma	Wheel or Whirl
Gyaku	Reverse
Gyaku Juji Jime	Reverse Cross Choke

#### H

Hachi	The number 8
Hachidan	Eighth degree black belt
Hadaka	Bare or naked
Hadaka Jime	Naked or Bare Choke
Hai	Yes
Hairi Kata	Entry methods into matwork
Haiyaku	Faster; Hurry up
Hajime	Begin (referees call)
Hane	Springing action done with the leg
Hane Goshi	Springing Hip Throw
Hane Goshi Gaeshi	Springing Hip Counter Throw
Hane Maki Komi	Spring Winding Throw
Hansoku Make	Loss by rule violation (referees call)
Hantai	Decision (call by the referee for judges' decision)



# Glossary of Judo Terms & Techniques

Ko Soto Gake	Minor Outer Hooking Throw	Nami	Normal
Ko Soto Gari	Minor Outer Reaping Throw	Nami Juji Jime	Normal Cross Choke
Ko Uchi Gaeshi	Minor Inner Reaping Counter Throw	Nana / Shichi	The number 7
Ko Uchi Gari	Minor Inner Reaping Throw	Ne Waza	Techniques from a supine position
Kodokan	Institute of Judo in Tokyo, Japan	Ni	The number 2
Kohaku Shiai	"Winner stays up" contest	Nidan	Second degree black belt
Koho Ukemi	Falling methods to the rear	Niju	The number 20
Koka	Near Yuko (referee's award)	Nikyu	Second class (brown belt) judo rank
Komi	Pull or pulling		
Koshi /Goshi	Hip or waist	<b><u>O</u></b>	
Koshi Guruma	Hip Wheel or Whirl Throw	O	Major, great, big or large
Koshi Waza	Hip or waist techniques	O Goshi	Major Hip Throw
Koshiki No Kata	Ancient Forms	O Guruma	Major Wheel or Whirl
Ku	The number 9	O Soto Gaeshi	Major Outer Counter Throw
Kubi	Neck	O Soto Gari	Major Outer Reaping Throw
Kuchiki Taoshi	Dead Tree Drop Throw	O Soto Guruma	Major Outer Wheel or Whirl Throw
Kudan	Ninth degree black belt	O Soto Maki Komi	Major Outer Winding Throw
Kumi	Grip or Grasp	O Soto Otoshi	Major Outer Drop Throw
Kumi Kata	Forms of gripping an opponent	O Uchi Gaeshi	Major Inner Counter Throw
Kuzure	Modification or variation of a technique)	O Uchi Gari	Major Inner Reaping Throw
Kuzure Kami Shi	Modified Upper Four Corners Hold	Obi	Belt
Ho Gatame		Obi Otoshi	Belt Drop Throw
Kuzure Kesa Gatame	Modified Scarf Hold	Okii	Big or large
Kuzure Yoko Shi	Modified Side Four Corners Hold	Okiku	To make a very big motion
Ho Gatame		Okuri	Sliding
Kuzushi	Off balancing, part of a throw	Okuri Ashi Harai	Assisting Foot Sweep Throw
Kyu	The class of ranks in Judo below black belt	Okuri Eri Jime	Sliding Lapel Choke
		Onegai Shimasu	Please
<b><u>M</u></b>		Osae Komi	Hold down (referee's call)
Ma	Direct or flat	Osae Komi Waza	Holding or pinning techniques
Ma Sutemi Waza	Back falling sacrifice throws	Osoi	Slow
Mae	Forward or Front	Osu	Push
Mae Ukemi	Forward Falling	Otoshi	Drop
Maitta	I surrender	<b><u>R</u></b>	
Make	Loss of any type	Randori	Free practice (sparring)
Maki Komi	Winding Throw to the mat.	Rei	Bow (command)
Mannaka	Center	Renwaku Waza	Combination techniques
Mata / Momo	Thigh	Ritsu Rei	Standing bow
Matte	Stop (referee's call)	Roku	The number 6
Migi	Right	Rokudan	Sixth degree black belt
Migi Jigo Tai	Right Defensive Posture	Rokyu / Rokkyu	Sixth class judo rank
Migi Shizen Tai	Right Natural Posture	Ryote	Double handed
Mokuso <sup>2</sup>	Meditate	Ryote Jime	Two Handed Choke
Momo / Mata	Thigh	<b><u>S</u></b>	
Morote / Moryote	Both hands or arms	San	The number 3
Morote Gari	Two Hand Reaping Throw	Sandan	Third degree black belt
Mudansha	Holder of any rank below black belt	Sankaku	Triangular
Mune	Chest	Sankaku Jime	Triangular Choke
		Sankyu	Third class (brown belt) in judo
<b><u>N</u></b>		Sasae	Prop, propping or supporting
Nage	Throw	Sasae Tsuru Komi	Propping Lift Pull Foot Throw
Nage No Kata	Formal forms of throwing	Ashi	
Nage Waza	Throwing techniques		

# Glossary of Judo Terms & Techniques

Seiroyku Zenyo	Maximum efficiency with minimum effort (Judo Maxim)	Tai Sabaki	Body pivoting
Seiroyku Zenyo	Maximum Efficiency Physical	Taiso	Exercise in general
Kokuimin Taiiku	Exercise	Tandoku Renshu	Solo practice
Seiza	Sitting on the knees	Tani Otoshi	Valley Drop Throw
Senaka	Back of the body	Tatami	Straw mats
Sensei	Teacher, Instructor	Tate	Straddle or verticle
Seoi Nage	Shoulder Throw	Tate Shi Ho Gatame	Straddling Four Corners Hold
Seoi Otoshi	Shoulder Drop Throw	Tawara Gaeshi	Rice Bag Reversal Throw
Shi / Yon	The number 4	Te	Hand
Shi Ho	Four corners (as in a hold down)	Te Waza	Hand techniques
Shiai	Tournament	Tekubi	Wrist
Shiaijo	Contest area	Tentori Shiai	Man for man elimination tournament
Shichi / Nana	The number 7	Toketa	Hold down broken (referee's call)
Shichidan	Seventh degree black belt	Tokui Waza	Favorite or best technique
Shido	Note (referee's call a slight penalty)	Tomoe	Circle
Shihan	Past Master of Judo (title traditionally applied only to Dr. Jigoro Kano)	Tomoe Nage	Circle Throw
Shime / Jime	Choke or strangle	Tori	Person performing the technique
Shime Waza	Choking techniques	Tsubame Gaeshi	Swallow Counter Throw
Shimpan	Referee	Tsugi Ashi	Following foot walking
Shinmesho No Waza	Newly certified throwing techniques of Kodokan Judo	Tsukuri	Entry, part of a judo throw
Shiro	White	Tsumasaki	Toes and ball of the foot
Shita	Down	Tsuri	Lift or lifting
Shizen Hon Tai	Basic or Fundamental natural posture	Tsuri Goshi	Lifting Hip Throw
Shodan	First degree black belt	Tsuri Komi	Lift pull or lifting pulling action
Shumatsu Undo	Cooling off exercises in judo	Tsuri Komi Goshi	Lift Pull Hip Throw
Sode	Sleeve	Tsuri Komi Jime	Thrust Choke
Sode Guruma Jime	Sleeve Wheel Choke	Tsuri Te	Power or drawing hand, lifting hand (usually the lapel hand)
Sogo Gachi	Combination win by adding a one half point from a violation and one waza ari	Tsuyoi	Stong
Sono Mama	Don't move (referee's call)		
Sore Made	That is all (referee's call)	<b><u>U</u></b>	
Sotai Renshu	Practice in pairs	Uchi	Inner or Inside
Soto	Outside or Outer	Uchi Komi	Repetition attack practice with a partner without throwing
Soto Maki Komi	Outer Winding Throw	Uchi Maki Komi	Inner Winding Throw
Sukashi	Avoiding or evasive action	Uchi Mata	Inner Thigh Throw
Sukoshi	A little (more or less)	Uchi Mata Gaeshi	Inner Thigh Counter Throw
Sukui	Scoop up	Uchi Mata Maki	Inner Thigh Winding Throw
Sukui Nage	Scooping Throw	Komi	
Sumi	Corner	Uchi Mata Sukashi	Inner Thigh Avoidance Throw
Sumi Gaeshi	Corner Reversal Throw	Ude	Arm
Sumi Otoshi	Corner Drop Throw	Ude Garami	Arm entanglement
Sute Geiko	Alternate throwing practice without resistance from the partner	Ude Gatame	Normal Arm lock
Sutemi	Sacrifice	Uke	Person receiving the technique
Sutemi Waza	Sacrifice throwing techniques (by falling on one's back or side)	Ukemi	Falling methods or ways
		Uki	Float or Floating
<b><u>T</u></b>		Uki Gatame	Floating Hold
Tachi Waza	Standing throwing techniques	Uki Goshi	Floating Hip Throw
Tai	Body	Uki Otoshi	Floating Drop
Tai Otoshi	Body Drop Throw	Uki Waza	Floating Technique Throw
		Ura	Reverse side, back
		Ura Nage	Back Throw
		Ushiro	Rear, Back or backward
		Ushiro Goshi	Rear Hip Throw
		Ushiro Kesa Gatame	Reverse Scarf Hold

# Glossary of Judo Terms & Techniques

Ushiro Ukemi	Backward falling
Utsuri	Changing or Transferring
Utsuri Goshi	Transferring or Changing Hip Throw
Uwagi	Jacket
Uye	Up

<sup>2</sup> *Meditation is not and will not be practiced in our Judo Classes. However, knowledge of the term may be required for rank advancement.*

## W

Wake	Armpit
Waki Gatame	Armpit Arm lock
Waza	Technique
Waza Ari	Almost Ippon it literally means "the technique was there" (referee's award of 1/2 point)
Waza Ari Awasete Ippon	A full point by adding two waza ari scores (referee's call)

## Y

Yama Arashi	Mountain Storm Throw
Yawarakai	Soft
Yodan / Yondan	Fourth degree black belt
Yoko	Side
Yoko Gake	Side Dash Throw
Yoko Guruma	Side Wheel or Whirl Throw
Yoko Otoshi	Side Drop Throw
Yoko Shi Ho Gatame	Side Four Corners Hold
Yoko Sutemi Waza	Side sacrifice techniques
Yoko Ukemi	Side falling
Yoko Wakare	Side Separation Throw
Yon / Shi	The number 4
Yonkyu	Fourth class judo rank
Yoshi	Continue (referee's call)
Yubi	Fingers
Yudansha	Holder of any black belt rank
Yudanshakai	Black Belt Association
Yuko	Near Waza ari (referee's award)
Yusei Gachi	Decision win (referee's award)

## Z

Za Rei	Kneeling bow
Zempo Kaiten Ukemi	Forward rolling falling
Zubon	Pants

### Notes:

<sup>1</sup> *This is an Illegal Technique for competition. Some techniques taught in Judo may not be used in competition. This is for the safety of the players. However, knowledge of these techniques may be necessary for rank advancement. Extreme caution must be used when teaching or practicing these types of techniques.*

# Glossary of Judo Terms & Techniques

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**Tsu = t soo, as in soon with a slight "t" on the front end**

### English

### Japanese

#### A

Full point by adding two waza ari scores (referee's call)	Waza Ari Awasete Ippon
A little (more or less)	Sukoshi
Advance or advancing	De
Advanced Foot Sweep	De Ashi Harai
Almost Ippon it literally means "the technique was there" (referee's award of 1/2 point)	Waza Ari
Alternate throwing practice without resistance from the partner	Sute Geiko
Ancient Forms	Koshiki No Kata
Ankle	Ashikubi
Arm	Ude
Arm entanglement	Ude Garami
Armpit	Wake
Armpit Arm lock	Waki Gatame
Assisting Foot Sweep Throw	Okuri Ashi Harai
Attention	Kiyotsuke
Avoiding or evasive action	Sukashi

#### B

Back Fall Reversal Throw	Hiki Komi Gaeshi
Back falling sacrifice throws	Ma Sutemi Waza
Back of the body	Senaka
Back Throw	Ura Nage
Backward falling	Ushiro Ukemi
Bare or naked	Hadaka
Basic or fundamental	Hon
Basic or Fundamental natural posture	Shizen Hon Tai
Begin (referees call)	Hajime
Belt	Obi
Belt Drop Throw	Obi Otoshi
Big or large	Okii
Black Belt Association	Yudanshakai
Body	Tai
Body Drop Throw	Tai Otoshi
Body pivoting	Tai Sabaki
Body torso or waist	Do

Both hands or arms

Bow (command)

#### C

Caution (referees call for moderate penalty)	Chui
Center	Mannaka
Changing or Transferring	Utsuri
Chest	Mune
Chin	Ago
Choke or strangle	Jime / Shime
Choke or strangle	Shime / Jime
Choking techniques	Shime Waza
Circle	Tomoe
Circle Throw	Tomoe Nage
Combination techniques	Renwaku Waza
Combination win by adding a one half point from a violation and one waza ari	Sogo Gachi
Contest area	Shiaijo
Continue (referee's call)	Yoshi
Cooling off exercises in judo	Shumatsu Undo
Corner	Sumi
Corner Drop Throw	Sumi Otoshi
Corner Reversal Throw	Sumi Gaeshi
Counter	Gaeshi / Kaeshi
Counter	Kaeshi / Gaeshi
Countering Techniques	Kaeshi Waza
Crab Claw Throw	Kani Basami <sup>1</sup>
Cross	Juji
Cross arm lock	Juji Gatame
Cross Arm lock	Juji Gatame
Crush	Hishigi

#### D

Dash, hook or break	Gake
Dead Tree Drop Throw	Kuchiki Taoshi
Decision (call by the referee for judges' decision)	Hantai
Decision or decisiveness (as in thinking fast)	Kime
Decision win (referee's award)	Yusei Gachi
Defense (to an attack)	Bogyo
Degree in the Black Belt ranks	Dan
Direct or flat	Ma
Don't move (referee's call)	Sono Mama
Double handed	Ryote
Down	Shita
Draw match (referees call)	Hiki Wake
Drop	Otoshi

#### E

Eighth degree black belt	Hachidan
Elbow	Hiji

Morote / Moryote  
Rei

# Glossary of Judo Terms & Techniques

Entangle, twist or entwine  
Entangled Leg lock  
Entry methods into matwork  
Entry, part of a judo throw  
Escape (as from a pin)  
Execution, part of a judo throw  
Exercise in general

## F

Face  
Falling methods or ways  
Falling methods to the rear  
Fast  
Faster; Hurry up  
Favorite or best technique  
Fifth class Judo rank  
Fifth degree black belt  
Fifth Set of the Gokyo No Waza  
Fingers  
First class (brown belt) in Judo  
First degree black belt  
First Set of the Gokyo No Waza  
Five stages of (throwing) techniques, the basic syllabus of Kodokan Judo  
Float or Floating  
Floating Drop  
Floating Hip Throw  
Floating Hold  
Floating Technique Throw  
Following foot walking  
Foot or Leg  
Foot or Leg Techniques  
Foot Wheel or Whirl Throw  
Formal 8 directions of off balancing  
Formal forms of decision  
Formal forms of grappling  
Formal forms of self defense  
Formal forms of throwing  
Formal pre arranged routine practice  
Forms of Five  
Forms of Gentleness

Forms of gripping an opponent  
Forward Falling  
Forward or Front  
Forward rolling falling  
Four corners (as in a hold down)  
Fourth class judo rank  
Fourth degree black belt  
Fourth Set of the Gokyo No Waza  
Free practice (sparring)  
Fundamental defensive posture

## G

Gentle Arts. A style of martial arts

Garami  
Ashi Garami <sup>1</sup>  
Hairi Kata  
Tsukuri  
Fusegi  
Kake  
Taiso

Kao  
Ukemi  
Koho Ukemi  
Hayai  
Haiyaku  
Tokui Waza  
Gokyu  
Godan  
Dai Gokyo  
Yubi  
Ikkyu  
Shodan  
Dai Ikkyo  
Gokyo No Waza

Uki  
Uki Otoshi  
Uki Goshi  
Uki Gatame  
Uki Waza  
Tsugi Ashi  
Ashi  
Ashi Waza  
Ashi Guruma  
Happo No Kuzushi  
Kime No Kata  
Katame No Kata  
Goshinjitsu No Kata  
Nage No Kata  
Kata  
Itsutsu No Kata  
Ju No Kata

Kumi Kata  
Mae Ukemi  
Mae  
Zempo Kaiten Ukemi  
Shi Ho  
Yonkyu  
Yodan / Yondan  
Dai Yonkyo  
Randori  
Jigo Hon Tai

Grappling Techniques  
Grappling; Locks and Holds  
Grip or Grasp

## H

Hand  
Hand techniques  
Hard; stiff  
Head  
Heel Trip Throw  
Hell Strangle  
High Lift Throw  
High Separation Throw  
Hip or waist  
Hip or waist  
Hip or waist techniques  
Hip Wheel or Whirl Throw  
Hold down (referee's call)  
Hold down broken (referee's call)  
Holder of any black belt rank  
Holder of any rank below black belt  
Holding or pinning techniques

## I

I surrender  
Illegal act of locking the legs around the torso of an opponent  
Inner or Inside  
Inner Thigh Avoidance Throw  
Inner Thigh Counter Throw  
Inner Thigh Throw  
Inner Thigh Winding Throw  
  
Inner Winding Throw  
Instantaneous promotion  
Institute of Judo in Tokyo, Japan  
Internal force or spiritual energy

## J

Jacket  
Joint locking techniques  
Judo practitioner or player  
Judo uniform  
Judo uniform lapel

## K

Knee  
Knee Arm lock  
Knee Wheel or Whirl  
Kneeling bow

## L

Left  
Left Defensive Posture

Katame Waza  
Katame / Gatame  
Kumi

Te  
Te Waza  
Katai  
Atama  
Kibisu Gaeshi  
Jigoku Jime  
Daki Age  
Daki Wakare  
Goshi / Koshi  
Koshi /Goshi  
Koshi Waza  
Koshi Guruma  
Osae Komi  
Toketa  
Yudansha  
Mudansha  
Osae Komi Waza

Maitta  
Do Jime

Uchi  
Uchi Mata Sukashi  
Uchi Mata Gaeshi  
Uchi Mata  
Uchi Mata Maki  
Komi  
Uchi Maki Komi  
Batsugun  
Kodokan  
Ki

Uwagi  
Kansetsu Waza  
Judoka  
Judogi / Gi  
Eri

Hiza  
Hiza Gatame  
Hiza Guruma  
Za Rei

Hidari  
Hidari Jigo Tai

# Glossary of Judo Terms & Techniques

Left Natural Posture  
 Leg Arm lock  
 Lift or lifting  
 Lift Pull Hip Throw  
 Lift pull or lifting pulling action  
 Lifting Hip Throw  
 Light, easy  
 Lock or Hold  
 Loss by rule violation (referees call)  
 Loss of any type

## M

Major Hip Throw  
 Major Inner Counter Throw  
 Major Inner Reaping Throw  
 Major Outer Counter Throw  
 Major Outer Drop Throw  
 Major Outer Reaping Throw  
 Major Outer Wheel or Whirl Throw  
 Major Outer Winding Throw  
 Major Wheel or Whirl  
 Major, great, big or large  
 Man for man elimination tournament  
 Martial Arts  
 Maximum Efficiency Physical  
 Exercise  
 Maximum efficiency with minimum  
 effort (Judo Maxim)  
 Meditate  
 Methods of resuscitation used in Judo  
 Methods of resuscitation used in Judo  
 Minor Inner Reaping Counter Throw  
 Minor Inner Reaping Throw  
 Minor Outer Hooking Throw  
 Minor Outer Reaping Throw  
 Minor, little or small  
 Modification or variation of a  
 technique)  
 Modified Scarf Hold  
 Modified Side Four Corners Hold  
  
 Modified Upper Four Corners Hold  
  
 Mountain Storm Throw  
 Mutual welfare & benefit

## N

Naked or Bare Choke  
 Near Waza ari (referee's award)  
 Near Yuko (referee's award)  
 Neck  
 Newly certified throwing techniques  
 of Kodokan Judo  
 Ninth degree black belt  
 No

Hidari Shizen Tai  
 Ashi Gatame  
 Tsuru  
 Tsuru Komi Goshi  
 Tsuru Komi  
 Tsuru Goshi  
 Karui  
 Gatame / Katame  
 Hansoku Make  
 Make

O Goshi  
 O Uchi Gaeshi  
 O Uchi Gari  
 O Soto Gaeshi  
 O Soto Otoshi  
 O Soto Gari  
 O Soto Guruma  
 O Soto Maki Komi  
 O Guruma  
 O  
 Tentori Shiai  
 Budo  
 Seiryoku Zenyo  
 Kokuimin Taiiku  
 Seiryoku Zenyo  
  
 Mokuso <sup>2</sup>  
 Kappo / Katsu  
 Katsu / Kappo  
 Ko Uchi Gaeshi  
 Ko Uchi Gari  
 Ko Soto Gake  
 Ko Soto Gari  
 Ko  
 Kuzure

Kuzure Kesa Gatame  
 Kuzure Yoko Shi  
 Ho Gatame  
 Kuzure Kami Shi  
 Ho Gatame  
 Yama Arashi  
 Jita Kyoei

Hadaka Jime  
 Yuko  
 Koka  
 Kubi  
 Shinmesho No Waza  
  
 Kudan  
 Ie

Normal  
 Normal Arm lock  
 Normal Cross Choke  
 Normal Walking  
 Note (referee's call a slight penalty)

## O

Off balancing, part of a throw  
 One half or Single  
 One Leg Entanglement Throw  
 One Point (referees call)  
 Opposite side gripping (right vs. left)  
 Outer Winding Throw  
 Outside area  
 Outside or Outer

## P

Pants  
 Past Master of Judo (title traditionally  
 applied only to Dr. Jigoro Kano  
 Person performing the technique  
 Person receiving the technique  
 Philosophy or way of life.  
 Please  
 Power or drawing hand, lifting hand  
 (usually the lapel hand)  
 Power; Using one's strength  
 Practice Hall for Judo  
 Practice in general  
 Practice in pairs  
 Prop, propping or supporting  
 Propping Lift Pull Foot Throw

Pull or pulling  
 Pull or pulling  
 Pulling or locking hand (usually the  
 sleeve hand)  
 Push

## R

Reaping action done with the leg  
 Rear Hip Throw  
 Rear, Back or backward  
 Red  
 Referee  
 Repetition attack practice with a  
 partner without throwing  
 Reverse  
 Reverse Cross Choke  
 Reverse Scarf Hold  
 Reverse side, back  
 Rice Bag Reversal Throw  
 Right  
 Right Defensive Posture

Nami  
 Ude Gatame  
 Nami Juji Jime  
 Ayumi Ashi  
 Shido

Kuzushi  
 Kata Ha  
 Kawazu Gake <sup>1</sup>  
 Ippon  
 Kenka Yotsu  
 Soto Maki Komi  
 Jogai  
 Soto

Zubon  
 Shihan  
  
 Tori  
 Uke  
 Do  
 Onegai Shimasu  
 Tsuru Te  
  
 Chikara  
 Dojo  
 Keiko  
 Sotai Renshu  
 Sasae  
 Sasae Tsuru Komi  
 Ashi  
 Hiki  
 Komi  
 Hiki Te  
  
 Osu

Gari  
 Ushiro Goshi  
 Ushiro  
 Aka  
 Shimpan  
 Uchi Komi  
  
 Gyaku  
 Gyaku Juji Jime  
 Ushiro Kesa Gatame  
 Ura  
 Tawara Gaeshi  
 Migi  
 Migi Jigo Tai

# Glossary of Judo Terms & Techniques

Right Natural Posture

## S

Sacrifice  
Sacrifice throwing techniques (by falling on one's back or side)  
Same side gripping (right vs. right, left vs. left)  
Scarf Hold  
Scoop up  
Scooping Throw  
Seat of Honor  
Second class (brown belt) judo rank  
Second degree black belt  
Second Set of the Gokyo No Waza  
Seventh degree black belt  
Shoulder  
Shoulder Drop Throw  
Shoulder Hold  
Shoulder Throw  
Shoulder Wheel or Whirl Throw  
Shout to gather inner strength  
Side  
Side Dash Throw  
Side Drop Throw  
Side falling  
Side Four Corners Hold  
Side of the dojo or tournament mat reserved for senior judoka or officials  
Side sacrifice techniques  
Side Separation Throw  
Side Wheel or Whirl Throw  
Single handed, one hand  
Single or Half Cross Choke  
Single Shoulder (Wing) Choke  
Sitting Crossed Legged  
Sitting on the knees  
Sixth class judo rank  
Sixth degree black belt  
Sleeve  
Sleeve Wheel Choke  
Sliding  
Sliding Lapel Choke  
Slight superiority (contest call)  
Slow  
Small  
Soft  
Solo practice  
Spring Winding Throw  
Springing action done with the leg  
Springing Hip Counter Throw  
Springing Hip Throw  
Standing bow  
Standing throwing techniques  
Stomach

Migi Shizen Tai

Sutemi  
Sutemi Waza  
Ai Yotsu  
Kesa Gatame  
Sukui  
Sukui Nage  
Kamiza  
Nikyu  
Nidan  
Dai Nikyo  
Shichidan  
Kata  
Seoi Otoshi  
Kata Gatame  
Seoi Nage  
Kata Guruma  
Kiai  
Yoko  
Yoko Gake  
Yoko Otoshi  
Yoko Ukemi  
Yoko Shi Ho Gatame  
Joseki  
Yoko Sutemi Waza  
Yoko Wakare  
Yoko Guruma  
Kata Te  
Kata Juji Jime  
Kata Ha Jime  
Anza  
Seiza  
Rokyu / Rokkyu  
Rokudan  
Sode  
Sode Guruma Jime  
Okuri  
Okuri Eri Jime  
Kinsa  
Osoi  
Chiisai  
Yawarakai  
Tandoku Renshu  
Hane Maki Komi  
Hane  
Hane Goshi Gaeshi  
Hane Goshi  
Ritsu Rei  
Tachi Waza  
Hara

Stomach Arm lock  
Stong  
Stop (referee's call)  
Straddle or verticle  
Straddling Four Corners Hold  
Straw mats  
Striking Techniques  
Striking Techniques to vital areas  
Swallow Counter Throw  
Sweeping action done with the leg  
Sweeping action done with the leg  
Sweeping Hip Counter Throw  
Sweeping Hip Throw  
Sweeping Lift Pull Foot Throw

Sweeping Winding Throw

## T

Teacher, Instructor  
Technique  
Techniques from a supine position  
Tenth degree black belt  
Thank You  
That is all (referee's call)  
The class of ranks in Judo below black belt  
The gentle way  
The number 1  
The number 10  
The number 11  
The number 12  
The number 13  
The number 14  
The number 15  
The number 16  
The number 17  
The number 18  
The number 19  
The number 2  
The number 20  
The number 3  
The number 4  
The number 4  
The number 5  
The number 6  
The number 7  
The number 7  
The number 8  
The number 9  
The principle of gentleness or giving way  
Thigh  
Thigh  
Third class (brown belt) in judo  
Third degree black belt

Hara Gatame  
Tsuyoi  
Matte  
Tate  
Tate Shi Ho Gatame  
Tatami  
Ate Waza  
Atemi Waza  
Tsubame Gaeshi  
Barai / Harai  
Harai / Barai  
Harai Goshi Gaeshi  
Harai Goshi  
Harai Tsuru Komi  
Ashi  
Harai Maki Komi

Sensei  
Waza  
Ne Waza  
Judan  
Domo Arigato  
Sore Made  
Kyu  
Judo  
Ichi  
Ju  
Juichi  
Juni  
Jusan  
Jushi / Juyon  
Jugo  
Juroku  
Junana / Ju shichi  
Juhachi  
Jukyu  
Ni  
Niju  
San  
Shi / Yon  
Yon / Shi  
Go  
Roku  
Nana / Shichi  
Shichi / Nana  
Hachi  
Ku  
Ju  
Mata / Momo  
Momo / Mata  
Sankyu  
Sandan

# Glossary of Judo Terms & Techniques

Third Set of the Gokyo No Waza Throw	Dai Sankyo
Throwing techniques	Nage
Thrust Choke	Nage Waza
Time (referees call)	Tsuri Komi Jime
To make a very big motion	Jikan
Toes and ball of the foot	Okiku
Tournament	Tsumasaki
Transferring or Changing Hip Throw	Shiai
Triangular	Utsuri Goshi
Triangular Choke	Sankaku
Twelfth degree black belt (held only by Dr. Jigoro Kano)	Sankaku Jime
Two Hand Reaping Throw	Junidan
Two Handed Choke	Morote Gari
	Ryote Jime

*must be used when teaching or practicing these types of techniques.*

*<sup>2</sup> Meditation is not and will not be practiced in our Judo Classes. However, knowledge of the term may be required for rank advancement.*

## U

Up	Uye
Upper body	Kami
Upper Four Corners Hold	Kami Shi Ho Gatame

## V

Valley Drop Throw	Tani Otoshi
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## W

Warm up exercises in Judo	Jubi Undo
Warning (referee's call for severe penalty)	Keikoku
Way of the warrior	Bushido
Wheel or Whirl	Guruma
White	Shiro
Win opponent accidentally injured	Itami wake
Win by default	Fusensho
Win by forfeit or default of the opponent before a match (referees call)	Fusen Gachi
Win by withdrawal of the opponent during a match	Kiken Gachi
Win of any type	Gachi / Kachi
Winding Throw to the mat.	Maki Komi
Winner stays up contest	Kohaku Shiai
Wrist	Tekubi

## Y

Yes	Hai
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### Notes:

<sup>1</sup> *This is an Illegal Technique for competition. Some techniques taught in Judo may not be used in competition. This is for the safety of the players. However, knowledge of these techniques may be necessary for rank advancement. Extreme caution*