

Judo Terms & Techniques

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Glossary of Judo Terms & Techniques

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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 Counting 1 to 10

1.	Ichi	ee-chee
2.	Ni	knee
3.	San	sah-n
4.	Shi	she
5.	Go	go
6.	Rokkyu	roh-koo
7.	Shichi	she-chee
8.	Hachi	ha-chee
9.	Ku	koo
10.	Ju	joo

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 ¹	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

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
Gokyo	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
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Glossary of Judo Terms & Techniques

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

Glossary of Judo Terms & Techniques

S

San	The number 3
Sandan	Third degree black belt
Sankaku	Triangular
Sankaku Jime	Triangular Choke
Sankyu	Third class (brown belt) in judo
Sasae	Prop, propping or supporting
Sasae Tsuru Komi	Propping Lift Pull Foot Throw
Ashi	
Seiroyku Zenyo	Maximum efficiency with minimum effort (Judo Maxim)
Seiroyku Zenyo	Maximum Efficiency Physical
Kokuimin Taiiku	Exercise
Seiza	Sitting on the knees
Senaka	Back of the body
Sensei	Teacher, Instructor
Seoi Nage	Shoulder Throw
Seoi Otoshi	Shoulder Drop Throw
Shi / Yon	The number 4
Shi Ho	Four corners (as in a hold down)
Shiai	Tournament
Shiaijo	Contest area
Shichi / Nana	The number 7
Shichidan	Seventh degree black belt
Shido	Note (referee's call a slight penalty)
Shihan	Past Master of Judo (title traditionally applied only to Dr. Jigoro Kano)
Shime / Jime	Choke or strangle
Shime Waza	Choking techniques
Shimpan	Referee
Shinmesho No Waza	Newly certified throwing techniques of Kodokan Judo
Shiro	White
Shita	Down
Shizen Hon Tai	Basic or Fundamental natural posture
Shodan	First degree black belt
Shumatsu Undo	Cooling off exercises in judo
Sode	Sleeve
Sode Guruma Jime	Sleeve Wheel Choke
Sode Tsuru Komi	Sleeve Lifting Pulling Hip Throw
Goshi	
Sogo Gachi	Combination win by adding a one half point from a violation and one waza ari
Sono Mama	Don't move (referee's call)
Sore Made	That is all (referee's call)
Sotai Renshu	Practice in pairs
Soto	Outside or Outer
Soto Maki Komi	Outer Winding Throw
Sukashi	Avoiding or evasive action
Sukoshi	A little (more or less)
Sukui	Scoop up
Sukui Nage	Scooping Throw
Sumi	Corner

Sumi Gaeshi
Sumi Otoshi
Sute Geiko

Sutemi
Sutemi Waza

T

Tachi Waza
Tai
Tai Otoshi
Tai Sabaki
Taiso
Tandoku Renshu
Tani Otoshi
Tatami
Tate
Tate Shi Ho Gatame
Tawara Gaeshi
Te
Te Waza
Tekubi
Tentori Shiai
Toketa
Tokui Waza
Tomoe
Tomoe Nage
Tori
Tsubame Gaeshi
Tsugi Ashi
Tsukuri
Tsumasaki
Tsuru
Tsuru Goshi
Tsuru Komi
Tsuru Komi Goshi
Tsuru Komi Jime
Tsuru Te

Tsuyoi

U

Uchi
Uchi Komi

Uchi Maki Komi
Uchi Mata
Uchi Mata Gaeshi
Uchi Mata Maki
 Komi
Uchi Mata Sukashi
Ude
Ude Garami
Ude Gatame

Corner Reversal Throw
Corner Drop Throw
Alternate throwing practice without resistance from the partner
Sacrifice
Sacrifice throwing techniques (by falling on one's back or side)

Standing throwing techniques
Body
Body Drop Throw
Body pivoting
Exercise in general
Solo practice
Valley Drop Throw
Straw mats
Straddle or vertical
Straddling Four Corners Hold
Rice Bag Reversal Throw
Hand
Hand techniques
Wrist
Man for man elimination tournament
Hold down broken (referee's call)
Favorite or best technique
Circle
Circle Throw
Person performing the technique
Swallow Counter Throw
Following foot walking
Entry, part of a judo throw
Toes and ball of the foot
Lift or lifting
Lifting Hip Throw
Lift pull or lifting pulling action
Lift Pull Hip Throw
Thrust Choke
Power or drawing hand, lifting hand (usually the lapel hand)
Stong

Inner or Inside
Repetition attack practice with a partner without throwing
Inner Winding Throw
Inner Thigh Throw
Inner Thigh Counter Throw
Inner Thigh Winding Throw

Inner Thigh Avoidance Throw
Arm
Arm entanglement
Normal Arm lock

Glossary of Judo Terms & Techniques

Uke	Person receiving the technique
Ukemi	Falling methods or ways
Uki	Float or Floating
Uki Gatame	Floating Hold
Uki Goshi	Floating Hip Throw
Uki Otoshi	Floating Drop
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
Ushiro Ukemi	Backward falling
Utsuri	Changing or Transferring
Utsuri Goshi	Transferring or Changing Hip Throw
Uwagi	Jacket
Uye	Up

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:

1. *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.*
2. *Meditation is not and will not be practiced in our Judo Classes. However, knowledge of the term may be required for rank advancement.*
3. *Highlights terms are the most commonly and most frequently used.*

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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

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 posture	Shizen Hon Tai
Basic defensive 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

Both hands or arms

Bow (command)

C

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	Shiai-jo
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 ¹
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
Entangle, twist or entwine	Garami

Do
Morote / Moryote
Rei

Mannaka
Utsuri
Mune
Ago
Jime / Shime
Shime / Jime
Shime Waza
Tomoe
Tomoe Nage
Renwaku Waza
Sogo Gachi

Shiai-jo
Yoshi
Shumatsu Undo
Sumi
Sumi Otoshi
Sumi Gaeshi
Gaeshi / Kaeshi
Kaeshi / Gaeshi
Kaeshi Waza
Kani Basami¹
Juji
Juji Gatame
Juji Gatame
Hishigi

Gake
Kuchiki Taoshi
Hantai

Kime
Yusei Gachi
Bogyo
Dan
Ma
Sono Mama
Ryote
Shita
Hiki Wake
Otoshi

Hachidan
Hiji
Garami

Glossary of Judo Terms & Techniques

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
Normal

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
Seiroyku Zenyo
Kokuimin Taiiku
Seiroyku Zenyo

Mokuso ²
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
Iie
Nami

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
Right Natural Posture

Ude Gatame
Nami Juji Jime
Ayumi Ashi
Shido

Kuzushi
Kata Ha
Kawazu Gake ¹
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
Migi Shizen Tai

Glossary of Judo Terms & Techniques

S

Sacrifice	Sutemi
Sacrifice throwing techniques (by falling on one's back or side)	Sutemi Waza
Same side gripping (right vs. right, left vs. left)	Ai Yotsu
Scarf Hold	Kesa Gatame
Scoop up	Sukui
Scooping Throw	Sukui Nage
Seat of Honor	Kamiza
Second class (brown belt) judo rank	Nikyu
Second degree black belt	Nidan
Second Set of the Gokyo No Waza	Dai Nikyo
Seventh degree black belt	Shichidan
Shoulder	Kata
Shoulder Drop Throw	Seoi Otoshi
Shoulder Hold	Kata Gatame
Shoulder Throw	Seoi Nage
Shoulder Wheel or Whirl Throw	Kata Guruma
Shout to gather inner strength	Kiai
Side	Yoko
Side Dash Throw	Yoko Gake
Side Drop Throw	Yoko Otoshi
Side falling	Yoko Ukemi
Side Four Corners Hold	Yoko Shi Ho Gatame
Side of the dojo or tournament mat reserved for senior judoka or officials	Joseki
Side sacrifice techniques	Yoko Sutemi Waza
Side Separation Throw	Yoko Wakare
Side Wheel or Whirl Throw	Yoko Guruma
Single handed, one hand	Kata Te
Single or Half Cross Choke	Kata Juji Jime
Single Shoulder (Wing) Choke	Kata Ha Jime
Sitting Crossed Legged	Anza
Sitting on the knees	Seiza
Sixth class judo rank	Rokyu / Rokkyu
Sixth degree black belt	Rokudan
Sleeve	Sode
Sleeve Wheel Choke	Sode Guruma Jime
Sliding	Okuri
Sliding Lapel Choke	Okuri Eri Jime
Slight superiority (contest call)	Kinsa
Slow	Osoi
Small	Chiisai
Soft	Yawarakai
Solo practice	Tandoku Renshu
Spring Winding Throw	Hane Maki Komi
Springing action done with the leg	Hane
Springing Hip Counter Throw	Hane Goshi Gaeshi
Springing Hip Throw	Hane Goshi
Standing bow	Ritsu Rei
Standing throwing techniques	Tachi Waza
Stomach	Hara
Stomach Arm lock	Hara Gatame

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
Third Set of the Gokyo No Waza

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
Dai Sankyo

Glossary of Judo Terms & Techniques

Throw	Nage
Throwing techniques	Nage Waza
Thrust Choke	Tsuri Komi Jime
Time (referees call)	Jikan
To make a very big motion	Okiku
Toes and ball of the foot	Tsumasaki
Tournament	Shiai
Transferring or Changing Hip Throw	Utsuri Goshi
Triangular	Sankaku
Triangular Choke	Sankaku Jime
Twelfth degree black belt (held only by Dr. Jigoro Kano)	Junidan
Two Hand Reaping Throw	Morote Gari
Two Handed Choke	Ryote Jime

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:

1. *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.*

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