

Judo Terminology

The following compilation of Judo Terminology is probably the most comprehensive source currently available. The terms provided have been sourced from many various reference materials, some dating back several decades including the turn of the 20th century and from references between the transformation of Judo from Ju Jutsu in the late 19th century.

Therefore depicted are some terms that are rarely used today though they are included for historical reference and comparison. Old names for modern terms are also included, as are names of variants where known. Some terms are prominent in Japan only and do not get used in the West, whilst others may only be used specifically in a given country.

It must be remembered that some terms are common in other styles or systems of Martial Arts, however they may not be the same or of similar technique as used in Judo. Terms may have differing meanings through translation. Some terms are listed twice or more as they may have both Martial meaning and everyday use meanings that are different.

As in all languages, some words or terms cannot be directly translated, as they are unique to the language or culture that they originate from, therefore these terms have been expanded to give an understanding of their meanings.

Also translations of the terms have been added too for the reader to understand whether the term is a throw, hold, lock, strangle, etc.

It should be remembered that terminology used in Martial Arts generally, are not used in the everyday language of its country, therefore if you were to try using some of the terms in speech, you may get a bewildered look from a native Japanese unless of course they have trained in the Martial Art also.

Whilst every attempt has been made to compile in alphabetical order, this may not be fully guaranteed, as usually Japanese terms when westernised become hyphenated between words, this hyphenation has been excluded as it is not accurate, to enable the list to be alphabetically compiled but some omissions may be present. Over time some words have become un-hyphenated and are used in their entirety as standard.

Again, spelling is considered complete and accurate at time of writing, however there may be some mistakes.

Whilst this list is comprehensive, it may not be complete and further research or input from other sources may expand the list further. Please feel free to contact with any suggestions you may have.

A	
Abara	Ribs (Body)
Achi	Arch of foot (Body)
Age	To lift
Ago	Chin, jaw
Ago Oshi	Jaw push (Kata Practice)
Ago Tsuki	Uppercut punch (Kata Practice)
Ai	Meet or facing
Aite No Tsukuri	Action of preparing for a movement on the part of Uke, see Jibun No Tsukuri
Ai Uchi	Simultaneous actions of two opponents making the same movements at the same time
Ai Yotsu	Same sided grip used by both person, either left or right
Aizu	Competition signals, referee's gestures
Aka Obi	Red belt
Akiresuken	Achilles tendon (body)
Anza	Sitting cross legged
Aoiro Obi	Blue Belt (2nd Kyu)
Arashi	Storm
Arigato	Thanks (Informal)
Asa Geiko	Morning training
Ashi	Foot, Leg
Ashi Ate	Leg strikes (Kata practice)
Ashi Barai	Sweep
Ashi Barai Gaeshi	Foot sweep counter (same as Tsubame Gaeshi)
Ashi Dori Garami	Leg take entanglement (Forbidden technique)
Ashi Fumi	Foot stamp (Kata practice)
Ashi Garami	Leg entangle lock (Forbidden technique)
Ashi Gatame	Leg arm lock
Ashi Guruma	Leg wheel
Ashi Harai	Sweep away with leg / foot
Ashi Jime	Strangulation applied with the legs
Ashi Kansetsu Waza	Leg locks (forbidden techniques in modern Judo with the exception of Ashi Garami contained in the Katame No Kata)
Ashi Kannuki	Leg bolt lock (forbidden technique)
Ashi Kubi	Ankle
Ashi Sangaku Gatame	Leg triangle entangled armlock
Ashi Tori Ouchi Gari	Leg grab major inner reap throw
Ashi Ura	Sole of foot (Body)
Ashi Yubi	Toes of foot (Body)
Ashi Waza	Foot, leg techniques
Atama	Head
Atama Hishigi	Head crush (Forbidden technique)

Atatamaru	Warm up stretching and exercises prior to training
Ate	Strike, hit
Ate Waza	Striking techniques to vital points (practiced in Kata)
Atemi Waza	Striking techniques (practiced in Kata)
Ato No Saki	The principle of attack – counter attack, using your opponents technique to your own technique
Awase Waza	A score of no points to either when one is held down by the other but they may in turn be strangling the other opponent effectively. The contest may begin again at the referee's command
Awasete	Unite
Awasete Ippon	Together (one point)
Ayumi Ashi	Ordinary pattern of walking
<u>B</u>	
Barai	Sweep, modified pronunciation of Harai
Basami	Scissors, modified pronunciation of Hasami (scissors)
Batsugun	Instant promotion
Bitei	Coccyx (body)
Bu	Martial
Budo	Martial Ways (Modern Arts)
Budoka	Martial ways practitioner
Budoshi	Warrior
Bugei	Martial or military ways
Bugeisha	Person who practices the Martial Arts
Bujutsu	Martial Arts (Traditional Arts)
Bujutsuka	Martial Arts practitioner
Bushido	Way Of The Warrior
Butokuden	Headquarters of the Dai Nippon Butokukai, founded in 1895 to preserve traditional Martial Arts
Butsukari (1)	Direct contact point of unbalancing the opponent in Uchikomi
Butsukari (2)	An exercise involving the study of a particular movement through repetition
<u>C</u>	
Chadai	Mat fee paid to dojo for training
Chikara	Strength, power, a movement executed with force
Chikara Kurabe	Trial of strength
Chisai	Small
Cho Shin	Flexible mind
Cho Suko	Flexible body
Choku	Direction
Choku Zuki	Straight thrust (Kata practice)

Choshi	Timing, rhythm
Choshi Waza	Timing techniques
Chosoku	Ball of foot (Body)
Chui	5 point caution penalty (no longer used)
Chu Gaeri	Forward rolling breakfall done in mid air
Chusen	By drawing, pulling
<u>D</u>	
Daidaiiro Obi	Orange belt
Daki	To embrace
Daki Age	Hug lift (Forbidden technique)
Daki Sutemi	Hug scarifice
Daki Wakare	Hug separation throw
Dan	Level, Black belt grade
Danchu	Breast bone (Body)
De	Advance, move forward
De Ashi Harai	Forward foot sweep, advancing foot sweep
De Geiko	Advanced training
Debana	Instance of opportunity to break balance as opponent initiates a motion, thwarting the opponent
Dehana	“Just advanced” refers to timing a movement perfectly
Dekishi Katsu (Suishi)	Resuscitation method for treatment of drowning victims
Dembu	Buttocks (Body)
Densho	Transmission scroll of techniques of a particular school
Deshi	Student
Do (1)	Way, path, method
Do (2)	Body
Do Jime	Body squeeze using legs (Forbidden technique)
Dokusen	Side of neck (Body)
Dojo	Training hall (Place of the Way)
Domo	Thanks (Informal)
Domo Arigato	Thank you (Informal)
Domo Arigato Gozaimasu	Thank you very much (Formal)
Dori (Tori)	To take, grasp
<u>E</u>	
Ebi	Lobster although commonly used as shrimp, prawn
Ebi Garami	Lobster entanglement – Strangle (same as Kubi Jime)
Ebi Jime	Shrimp choke
En Geiko	Practice techniques against a circular of opponents
Eri	Collar, lapel

Eri Dori	Lapel / collar grip
Eri Harai Goshi	Lapel grip sweeping hip throw
Eri Jime	Collar strangle (also known as Ryote Jime and Kani Jime)
Eri Katsu	Resuscitation method using lapel
Eri Seoi Nage	Shoulder throw using the lapel or collar
Eri Tai Otoshi	Shoulder body drop throw
<u>F</u>	
Fudoshin	Immovable Spirit – Judo motto
Fukuto	Hollow at back of knee (Body)
Fumi	To step
Furi	Waving motion
Furi Nage	Flip throw (similar to Sumi Otoshi)
Furihanashi	Shaking loose (Kata practice)
Furioroshi	Down swing (Kata practice)
Furiko Tomoe Nage	Pendulum stomach throw
Fusegi	Escapes
Fusegikata	Method, form of defending
Fusegi Waza	Defence technique
Fusegu	To defend
Fusen Gachi	Win by default
Fusen Make	Loss by default
Fusen Sho	Walk over, win by default
<u>G</u>	
Gachi	Win
Gaijin	Outside person, foreigner
Gai Wan	Outside of arm (body)
Gaeshi (Kaeshi)	Counter
Gaeshi Waza	Counter attack techniques
Gake	Hook, hang or block
Gakko Judo	Junior or High School Judo
Gammen Tsuki	Thrust punch to face (Kata practice)
Gan	Eye
Gan Men	Face
Ganseki Otoshi	Rock drop throw (similar to seoi nage, seoi otoshi)
Garami (Garamu)	Entangle, wrap or bend
Gari	Reap, sweep
Gasshuku	Training camp
Gatame (Katame)	To hold, bind
Gatame-waza	Pinning techniques
Geesink (Tenri)	Style of using the bent wrist to apply pressure to the

	face when throwing, a practice that originated from the Tenri University in Japan, but known as Geesink style in Europe after Anton Geesink
Geiko	Practice
Genki	Energetic, lively. active
Geri	To kick
Gi	Uniform
Gokyo	Judo syllabus of throws
Gokyu	5 th Judo grade (Green belt in UK)
Go (1)	5, Five
Go (2)	Hard
Goe	Voice or tone (Body)
Godan	5 th Dan black belt
Goho Ate	Five direction strike (Kata practice)
Goho Geri	Five direction kick (Kata practice)
Gokaku Keiko	Practice against an opponent of similar strength
Gomen Nasai	I'm sorry
Go No Kata	Forms of Strength
Go No Sen	Take over, reactive initiative, attacking in response to an attack
Go No Sen No Kata	Ways of Countering, so that one might win when one appears to be behind.
Go No Sen No Waza	Counter throw techniques
Goshi (Koshi)	Hip
Goshin	Self defence
Goshin Ho	Methods of self defence
Goshin Jutsu	Art of self defence
Goshin Jutsu Waza	Self defence techniques
Guruma	Wheel
Gyaku	Reverse, upside down
Gyaku Gama	Reverse Sickle / Scythe throw (old name for O Soto Gari)
Gyaku Gaeshi Jime	Reverse counter strangle
Gyaku Hishigi	Reverse crush – spine lock (Forbidden technique)
Gyaku Juji	Reverse cross, immobilisation technique in which the attacker crosses the arms
Gyaku Juji Jime	Reverse cross strangle, forearms crossed, palms reversed
Gyaku Kesa	Reverse scarf (another way of saying Ushiro Kesa)
Gyaku Kesa Garami	Reverse scarf entangled armlock
Gyaku Kesa Gatame	Reverse scarf hold
Gyaku Okuri Eri Jime	Reverse sliding collar choke
Gyaku Sangaku Jime	Reverse triangular hold
Gyaku Tekubi	Reverse wrist armlock

Gyaku Waza	Techniques of holding the opponent with Shime or Kansetsu so that they can not move
Gyakute Dori	Reverse two hand hold (Kata practice)
Gokyo No Waza	Five Groups of Techniques form
<u>H</u>	
Ha (1)	Wing
Ha (2)	Teeth
Habukareta Waza	Preserved techiques
Hai	Yes
Hada	Skin
Hadaka	Naked
Hadaka Jime	Naked strangle (also known as Ushiro Jime)
Hachi	8, Eighth
Hachidan	8 th Dan black belt
Hachikyu	8 th Judo grade (Orange belt in UK)
Haguki	Gums (mouth)
Haimen Zuke	Pistol against the back (Kata practice)
Hajime	Begin, start
Hana	Nose
Hando	Reflex or reaction to a given action
Hando No Kuzushi	Unbalancing by reaction
Hane	Spring
Hane Goshi	Spring hip throw
Hane Goshi Gaeshi	Spring hip counter throw
Hane Makikomi	Winding spring hip throw
Hane Otoshi	Spring hip drop throw
Hanpuku Geiko	Training method using a limited number of techniques and drilling over and over again
Hanshi	Teacher of teachers, title usually given to 8 th Dan or above
Hansoku	To break the rules
Hansoku Gachi	Win by disqualification
Hansoku Make	Disqualification, 10 points, most serious penalty
Hantai Ude Kujiki	Reverse arm crush
Hantei	Referee's call for judges decision
Happo No Kuzushi	8 directions of unbalancing
Hara	Stomach
Hara Gatame	Stomach lock
Harai (Harau)	Sweep, brush off
Harai Goshi	Sweeping hip throw
Harai Goshi Gaeshi	Sweeping hip counter throw
Harai Makikomi	Sweeping hip winding throw
Harai Tsurikomi Ashi	Sweeping lift pull ankle throw

Hasami	To grip
Hasami Gaeshi	Scissor turnover throw (also known as Kani Basami) Forbidden technique.
Hasami Jime	Scissor strangle (also known as Kami Shiho Jime)
Henka	Change
Hichu	Adams apple (throat)
Hidari	Left
Hidari Ashi Jime	Left leg strangle (Migi Ashi Jime if right leg used)
Hidari Eri Dori	Left lapel hold
Hiji	Elbow
Hiji Ate	Elbow strike (Kata practice)
Hiji Otoshi	Elbow drop throw
Hiki (Hiku)	Pull
Hiki Dashi	Pulling out - the action of you stepping away and pulling your opponent towards you to close the gap to unbalance, not moving in towards them
Hiki Otoshi	Draw drop throw
Hiji Makikomi	Elbow coiling armlock
Hiki Otoshi	Pull drop throw (similar to Uki Otoshi)
Hiki Wake	Draw, tie, or no decision
Hikitate Keiko	Practice against a weaker opponent
Hikite	Pulling hand, usually the hand gripping the sleeve
Hikkomi Gaeshi	Pulling in counter reversal throw (also known as Obi Tori Gaeshi)
Hikkomi Gaeshi Waza	Locked together rolling throwing techniques
Hikoki Nage	Airplane throw, similar to Kata Guruma but the pick up is face on to the opponent
Hineri	Twisting
Hineri Jime	Twisting strangle (same as Katsugi Jime)
Hishige (Hishigu)	Smash, crush, squash, break
Hitai	Forehead
Hitori Uchikomi	Solo work, shadow repetition practice, practising techniques without a partner present
Hiza	Knee
Hiza Gatame	Knee arm lock
Hiza Gashira Ate	Knee strikes (Kata practice)
Hiza Guruma	Knee Wheel
Hiza Hishigi	Knee crush (Forbidden technique)
Hiza Jime	Knee strangle (Forbidden technique)
Hiza Seoi	Kneeling shoulder throw
Hiza Tori Garami	Entwined legs lock (Forbidden Technique)
Hiza Uke	Parry with a knee
Hize Zume	Sitting 2 fist widths apart (Kata practice)
Hizo	Small of the back (body)

Ho (1)	Way, method
Ho (2)	Cheek
Hon	Basic, standard
Hon Kesa Gatame	Basic Scarf Hold
<u>I</u>	
Ichi	1, One
Ichi Ban	First or number one student, generally the senior student under a Sensei, can be referred to as Uchi Deshi, under study
Ichi Dan (Shodan)	1 st Dan black belt
Ichi Go Ichi E	One Encounter, One Chance – Judo motto, fight perfectly each time as you may not get a second chance
Idori	Kneeling
Idori Waza	Kneeling techniques
Iie	No
Ikkyu	1 st Judo grade (brown belt in UK)
Inno Katsu	Resuscitation method using the scrotum
Ippon	One full point
Ippon Seoi Nage	One arm shoulder throw
Ippon Sogo Gachi	Compound win by Ippon made up of score of Waza Ari added to the benefit of a Keikoku penalty
Ishi Katsu	Resuscitation method using the hands
Itsutsu No Kata	Forms of Five
Iwa Nami	Wave in the rocks throw
<u>J</u>	
Jibun No Tsukuri	The preparation of a movement by Tori, opposite to Uke
Jigotai (Jigo Hontai)	Defensive posture
Jigoku Jime	Hell strangulation also known as the “Crucifix”
Jigoro Kano	Founder of Judo
Jikan	Referee call to stop the clock, time out
Jime (Shime)	Strangle, choke
Jinchu	Philtrum, area under nose (body)
Jita Kyoei	Principle of Mutual Welfare and Benefit
Jo	Place
Jodan	Sword position high above head (Kata practice)
Joseki	Place of Honours, upper seat
Ju (1)	Soft, gentle, give way
Ju (2)	10, Ten
Ju Yoko Go O Seisu	Softness overcomes hardness – principle of Judo
Judan	10 th Dan black belt (Judo holders usually wear a red

	belt)
Judo	Gentle Way
Judo Do	An extended form of Judo developed by Julius Fleck in the 1950's, now largely practiced only in Germany, Austria and Australia, contains many different throws from and variations of Judo throws
Judo Ichidai	A Judo life, spending ones life in the diligent pursuit of Judo
Judogi	Judo practice uniform
Judoka	One who practice and studies Judo
Jugyo	To instruct, teach lessons
Juji	Cross
Juji Gatame	Cross leg arm lock
Juji Tomoe	Cross stomach throw, old Tomoe Nage throw that ended in an armlock
Jukyū	10 th rank student (Beginner, white belt)
Junan Gake	Training involving fighting against ten opponents, one at a time, in unbroken succession
Ju No Kata	Forms of Gentleness
Ju No Ri	Principle of flexibility or yielding
Jujutsu	Gentle Art
Ju Shiki	Forms of gentleness (Lesser version of Ju No Kata)
Jushin	Centre of gravity
Jutsu	Art
<u>K</u>	
Kachi (Gachi)	Win, victory
Kachikake	Chin (Body)
Kachi Kake	Upper cut (Kata practice)
Kagami Biraki	New Years Celebration in the Kodokan
Kagami Migaki	Mirror polishing (technique in Kata practice)
Kaeri Nage	Return throw (old name for O Soto Gari)
Kaeshi (Gaeshi)	Counter
Kaeshi Jime	Overturn strangle
Kaeshi Waza	Counter techniques
Kagato (Kakato)	Heel
Kai	Association, society
Kaikyu Shiai	Competition organized in lines or groups as part of training
Kakae	Bear hug
Kakae Dori	Seize and hold from behind (technique in Kata practice)
Kakari Geiko	Continuous Randori to test the endurance of the Judoka
Kakari Keiko	Practice against a much stronger opponent

Kakato	Heel of foot (Body)
Kakato Ate	Heel strikes (technique in Kata practice)
Kakato Jime (Kagato Jime)	Heel strangle
Kake	Completion or execution of throwing technique
Kakeru	Hook, hang or block
Kami (1)	Upper, top
Kami (2)	Hair
Kami Ate	Upward blow (technique in Kata practice)
Kami Hiza Gatame	Upper knee lock
Kami Sangaku Gatame	Upper triangular hold
Kami Shiho Ashi Gatame	Upper four quarters hold leg strangle
Kami Shiho Basami	Upper four quarters holding scissors – strangle
Kami Shiho Gatame	Upper four quarters hold
Kami Shiho Jime	Upper four quarters holding strangle (same as Hasami Jime)
Kamiza	“Upper Seat”, instructors side of dojo
Kan Geiko	Winter practice
Kani	Crab
Kani Basami	Crab scissor throw (Forbidden technique)
Kani Garami	Crab entanglement leg lock (forbidden technique)
Kani Jime	Crab strangle
Kannuki Gatame	Bolt lock
Kano (1)	Family name of the founder of Judo
Kano (2)	Gradings before Mon system for children aged under 8 and over aged 5 (BJA)
Kansetsu	Joint
Kansetsu Waza	Joint Locking techniques
Kanshusai	Student who takes part in special courses at the Kodokan, these bring together the best student selected after special competitions to give them advanced instruction
Kanuki	Transverse
Kao	Face
Kappo	Resuscitation Techniques
Karada	Body
Karada Gatame	Body armlock (also known as Waki Gatame)
Karai Geiko	Method of practice
Karui	Light
Karui Geiko	Light easy practice
Kashira	Head
Kashira Gatame	Head hold (same as Makura Kesa Gatame)
Kasumi (1)	Temple (head, body)

Kasumi (2)	Feint technique
Katu (Gatu)	Angle
Kata (1)	Form or pattern
Kata (2)	Shoulder
Kata Ashi Dori	Single leg grab throw
Kata Ashi Hishigi	Single leg crush (Forbidden technique)
Kata Ashi Tomoe Nage	Single leg stomach throw
Kata Eri	Cross grip
Kata Eri Jime	Single collar strangle (also known as Ushiro Kata Ha Jime)
Kata Eri Seoi	Single lapel shoulder throw
Kara Eri Uchi Mata	Cross grip inner thigh throw
Kata Gatame	Shoulder hold
Kata Guruma	Shoulder wheel (commonly known as Firemens Lift)
Kata Ha	One sided
Kata Ha Jime	Single wing strangle, choke
Kata Hiza Tsuki Seoi	Drop knee Morote Seoi Nage
Kata Hiza Tsuki Seoi Otoshi	One knee shoulder drop throw (same as Seoi Otoshi)
Kata Jime	Shoulder strangle
Kata Juji Jime	Half cross strangle
Kata Kesa Gatame	Shoulder scarf hold
Kata Mawashi	Shoulder turn
Kata Sode Seoi Nage	Single sleeve shoulder throw (cross between Ippon Seoi Nage and Morote Seoi Nage)
Kata Te Jime	Single hand strangle
Kata Te Kata Ashi Jime	One hand one leg strangle
Kata Osae	Shoulder press, hold
Kata Osae Gatame	Shoulder trap hold
Kata Oshi	Shoulder push
Katai	Harden
Kataki	Opponent
Katame	To hold, grip, tighten or harden
Katame No Kata	Forms of Grappling
Katame Waza	Grappling techniques
Katate	Single handed
Katate Age	One hand lift (technique in Kata practice)
Katate Dori	One hand hold (technique in Kata practice)
Katate Jime	One hand strangle
Kataude Dori	Single hand hold (technique in Kata practice)
Kate	To win
Katsu	Resuscitation
Katsugi Gatame	Shoulder carry lock
Katsugi Jime	Shoulder carry strangle

Katsugi Waza	Carrying techniques
Kawaza Gake	Grapevine hook, same as Kawazu Gake
Kawazu	Frog
Kawazu Gake	Frog hook, entangled hook, hooking in a frog like action (throwing the opponent with one leg entwined around his, an illegal action). Kinshi or forbidden technique
Ke Age (1)	Kick lift throw (same as Tomoe Nage)
Ke Age (2)	Kick (technique in Kata practice)
Ke Gaeshi	Kick turn throw (old name for Tomoe Nage)
Ke Kaeshi	Kick turnover throw (old name for O Soto Gari)
Keichu	Back of neck
Keiko	Practice
Keikoku	7 point warning penalty (no longer used)
Keiken Gachi	Win by withdrawal
Kenka-yotsu	Opposite grips used by each person, eg, left against right
Ken Ken Uchi Mata	Hopping inner thigh throw
Ken Kon Itteki	All Or Nothing – Judo motto
Ken No Sen	Take the initiative during the launching of an attack
Kensui	Get hold off, seize with both hands
Kensui Jime	Hanging strangle
Ke	Kick
Keru (Geri)	To kick
Kesa Gatame	Scarf Hold
Kesa Gatame Kubi Hishigi	Scarf hold neck crush (Forbidden technique)
Kesa Garami	Scarf hold armlock
Kesoku	Continue
Ki	Inner energy said to centre around the navel
Kiai	Spirit Shout, to gather spirit with a shout
Kibisu Gaeshi	Heel trip counter reversal
Kiuro Obi	Yellow belt
Kiken (1)	Danger, dangerous, or hazard
Kiken (2)	The act of tapping the mat to signify giving up
Kiken Gachi	Win by retirement through injury
Kime	To decide
Kime No Kata	Forms of Decision
Kime Shiki	Rituals of decision, similar to Kime no Kata
Kin Tsukami	Testicle grab throw (same as Te Guruma)
Kindai Judo	Leading Japanese Judo magazine
Kinniku	Muscles
Kinsa	Result smaller than Koka
Kinshi Waza	Forbidden techniques, techniques not allowed in

	competition
Kinteki	Testicles (body)
Kio	Group, principle
Kiotsuke	Standing to attention
Kiri (Kiru)	Cut, as with knife
Kiri Gake	Head cut (technique in Kata practice)
Kiri Komi	Downward slashing action (technique in Kata practice)
Kiri Oroshi	Downward cutting action (technique in Kata practice)
Kito Ryu No Kata	School of the Rise and Fall Form (another name for Koshiki No Kata)
Ko	Minor
Ko Daore	Log fall throw
Ko Mata Sukui	Minor thigh scoop throw, while holding the opponent's belt with one hand, using the other hand to grab his thigh while throwing with the belt hand causing him to lose his balance and topple over
Kobushi Ate	Fist strikes (technique in Kata practice)
Ko Soto Gake	Minor outer hooking throw
Ko Soto Gari	Minor outer reaping throw
Ko Tsuru Goshi	Minor fishing hip throw (similar to Tsuru Goshi)
Ko Uchi Gaeshi	Minor inner reap counter
Ko Uchi Gake	Minor inner hooking throw
Ko Uchi Gari	Minor inner reaping throw
Ko Uchi Makikomi	Minor inner winding throw (also known as Ko Uchi Gake)
Ko Uchi Sutemi	Minor inner sacrifice similar to Ko Uchi Makikomi
Ko Uchi Otoshi	Minor inner drop throw (also known as Ko Uchi Gake)
Ko Uchi Uchi Mata	Small or minor Uchimata, Tori; leg attacks the lower parts of Uke's inner thigh
Kogi Judo	The meaning of Judo in a wider sense to reach self perfection
Koho	Backward direction
Koho Ukemi	Falling breakfalls to the rear
Kodansha	High ranking Judoka or 5 th Dan or above
Kodokan	"Place for the study of the way" or Judo institute in Tokyo where Judo was founded
Kodokan Goshin Jutsu	Kodokan self defence forms
Kogan Katsu	Resuscitation using the testicle method
Kogeiki Seyo	Order for Judoka to attack, be more active
Kogo Uchikomi	Alternate repetition practice, Uke attacks and Tori provides resistance, creates space and throws in a continuous motion
Kohai	Junior
Kohaku Obi	Red and white belt (holders of 6 th Dan and above)

Kohaku Shiai	Red and White Tournament held twice yearly in Spring and Autumn
Kohei	Junior apprentice
Koka	Minor score, 3 points
Kokoro	The Spirit, heart or soul,
Kokotsu	Shin bone (Body)
Kokyu	Junior grade
Komi	Inside, against, crowding, piling on action
Koshi	Hip
Koshi Gamae	Pistol held at the side (technique in Kata practice)
Koshi Guruma	Hip wheel throw
Koshi Harai	Hip Sweep (old name for Harai Goshi)
Koshi Jime	Hip strangle
Koshi Waza	Hip techniques
Koshiki No Kata	Forms Of The Old Style, Forms Of Antiquity
Kote Waza	Wrist locks (Forbidden techniques in modern Judo)
Kote Dori	Wrist trap (Forbidden technique)
Kote Gaeshi	Wrist reversal (Forbidden technique)
Ku	9, Nine
Kuatsu	To revive, relive
Kubi	Neck
Kubi Hishigi	Neck crush – spine lock (Forbidden technique)
Kubi Jime	Neck strangle (also known as Ebi Garami)
Kubi Kansetsu Waza	Spine locks (Forbidden techniques in modern Judo)
Kubi Nage (Kube)	Neck throw (Forbidden technique) similar to Koshi Guruma
Kuchi	Mouth
Kuchibiru	Lip
Kuchiki Daoshi	One hand knee / leg pick up throw (also known as Dead Tree Fall) similar to below
Kuchiki Taoshi	One hand drop throw (also known as Pushing The Rotten Tree) similar to above
Kuchiki Tai Otoshi	One hand body drop throw
Kudan	9 th Dan black belt (Judo holders usually wear a red belt)
Kufu	Mastery – Judo motto
Kugi Nuki	Nail puller throw (also known as Kani Basami) Forbidden technique
Kuki Nage	Air throw (also known as Sumi Otoshi)
Kumi	To grip
Kumikata	Gripping methods
Kumi Uchi	Technique of seizing the clothing of an opponent
Kuro Obi	Black belt
Kuruma Daore	Wheel throw

Kuruma Gaeshi	Wheel turn throw
Kusabi Dome (1)	Wedge stop, 2 versions, 1 st stops a throw
Kusabi Dome (2)	Wedge stop, 2 nd version is a forbidden technique if leg placed completely through on throwing and the opponent lands face down.
Kusakari	Cutting grass, refers to the leg action of cutting away the opponents legs when you are on your back and the opponent is standing
Kuzure	Modified, broken or variant, referring to techniques
Kuzure Hiji Makikomi	Broken coiling of elbow hold
Kuzure Kami Shiho Gatame	Broken upper four quarters hold
Kuzure Kami Shiho Garami	Broken upper four quarters lock
Kuzure Kesa Gatame	Broken scarf hold
Kuzure No Jotai	State of unbalance
Kuzure Tate Shiho Gatame	Broken lengthwise four quarters hold
Kuzure Yoko Shiho Gatame	Broken side four quarters hold
Kuzure Kesa Kubi Hishigi	Broken scarf hold neck crush (Forbidden Technique)
Kuzushi	Unbalancing the opponent, to break balance
Kyo	Group, principle
Kyogi Judo	A form of training which aims to prepare the body to be physically apt, due to preliminary studies of technique for actual contest.
Kyoshi (1)	Teaching Master, 6 th or 7 th Dan
Kyoshi (2)	High kneeling posture (Right knee is raised, right hand on knee, left hand hangs naturally) (Kata practice)
Kyu (1)	Student rank, coloured belt grades below Black Belt
Kyu (2)	Ninth, class
Kyukyu	9 th Judo grade (Yellow belt in UK)
<u>L</u>	
	L is not used in the Japanese Language
<u>M</u>	
Ma	Back, straight, direct, pure, exactly, just, absolutely
Maai	Distance between opponents
Mabuta	Eyelid
Machi Dojo	Back street training hall, town dojo
Mae	Front, forward
Mae Ate	Front blow (technique in Kata practice)
Mae Geri	Front kick (technique in Kata practice)

Mae Mawari	Front turn, stepping in turn
Mae Mawari Sabaki	Front turn body control movement
Mae Mawari Ukemi	Front tumble
Mae Sabaki	Front body control movement
Mae Ukemi	Falling forward breakfall
Maitta	I surrender, I give up, submission
Make	Defeat, loss
Maki	To roll
Maki Tomoe	Winding stomach throw
Makikomi	Wind, wrap or roll up, twist
Makimono	Hand written scroll, usually containing the lineage and techniques of a school
Makura	Pillow
Makura Gatame	Pillow hold
Makura Kesa Gatame	Pillow scarf hold
Manaka	Centre
Ma Sutemi Waza	Back sacrifice throws, techniques
Mata	Thigh
Matsuda Uchi Mata	Name for cross grip Uchimata used in Japan
Matsuge	Eye lash
Matte	Stop, wait
Mawari	To turn around
Mawari Komi	Spin around, spinning in
Mawari Uchi Mata	Turning inner thigh throw
Mawashi	Half circle, turning movement
Mayu	Eyebrow
Me	Eye
Meijin	Expert, Master
Men	Head (Body)
Mi	Body (Human)
Mi Kudaki	Body smashing throw
Midori Obi	Green belt
Migi	Right
Migi Ashi Jime	Right leg strangle (Hidari Ashi Jime if left leg used)
Migi Eri Dori	Right lapel hold
Migi Mae Naname Geri	Right front crossing kick (technique in Kata practice)
Mimi	Ear
Mi Tori Keiko	Watching practice, learning through watching others practice
Mizu	Water
Mizu Guruma	Water wheel throw
Mizu Ire	Water holder throw (similar to Yoko Wakare)
Mizu Iri	Water plunge throw
Mizu Nagare	Water flow throw

Mochi	Arm grip
Mochi Age Otoshi	Lift and drop throw, (same as Daki Age)
Mokuso	Meditate
Mokuso Yame	Stop meditating
Momo	Thigh
Mon (1)	Junior coloured belt grades below the age of 16 (BJA)
Mon (2)	Gate
Morote	Both hands, two hands
Morote Gari	Double handed reap throw
Morote Jime	Double handed strangulation
Morote Seoi Nage	Double handed shoulder throw
Morote Seoi Otoshi	Double handed shoulder drop (same as Seoi Otoshi)
Morote Zuki	Two hand thrust (technique in Kata practice)
Mudansha	Students below Black Belt
Mune	Chest
Mune Gatame	Chest hold
Mune Garami	Chest entanglement (same as Ude Garami)
Mune Gyaku	Chest lock
Mune Oshi	Chest push (technique in Kata practice)
<u>N</u>	
Nage	Throw
Nage No Kata	Forms of Throwing
Nage Komi	Repetitive throwing practice
Nage Waza	Throwing techniques
Nai Wan	Inside of the arm (body)
Name	Wave (of water)
Nami	Normal, place in straight line
Nami Juji Jime	Normal cross strangle, choke, palms in normal position
Nana	Seventh
Nanadan	7 th Dan black belt (Judo holder usually wear a red and white belt)
Nanakyu	7 th Judo grade (Orange belt in UK)
Naname	Crooked, diagonal
Naname Ate	Crossing blow (technique in Kata practice)
Naname Geri	Crossing kick (technique in Kata practice)
Naname Shita Uchi	Front side downward cut (technique in Kata practice)
Naname Tsuki	Carotid cut (technique in Kata practice)
Naname Uchi	Slanting strike (technique in Kata practice)
Naname Ue Uchi	Front side upward cut (technique in Kata practice)
Naname Zuki	Slanting stab (technique in Kata practice)
Narabi	Side by side formation
Natsu Geiko	Summer practice

Ne (Neru)	To lie down
Ne Waza	Ground techniques
Ne Waza Uchikomi	Ground work repetition
Nei Wan	Inside of arm (body)
Ni	2, Two
Niju Garami	Double entanglement
Nidan	2 nd Dan black belt
Nidan Biki	Two stage pull – refers to the action of pushing once then again before starting the throw
Nidan Ko Soto Gake	Two step minor outer hook throw
Nidan Ko Soto Gari	Two step minor outer reaping throw
Nige Waza (Nigeru)	Escape techniques in groundwork
Nihon Seoi Nage	Two armed shoulder throw (same as Morote Seoi Nage)
Nikyu	2 nd Judo grade (Brown belt in UK)
Nodo	Throat
Nokori Ai	Origins of randori, practiced in Kata form in which opponents execute a set of techniques and the Uke had to counter or be counter attacked again by Tori
Nuki	Withdraw (something), take out
Nuki Kake (1)	Taking (something) out, an attacking action
Nuki Kake (2)	Sword unsheathing ((technique in Kata practice)
Nyumonsha	Beginner level, ungraded white belt
<u>O</u>	
O	Major
Obi	Belt
Obi Goshi	Belt hip throw
Obi Jime	Belt strangle (Forbidden Technique)
Obi Musubi	Belt knot
Obi Otoshi	Belt drop throw
Obi Seoi	Belt shoulder throw
Obi Tori Ashi Dori	Belt grab leg lift throw
Obi Tori Gaeshi	Belt grab turnover counter throw
Obi Tori O Soto Gari	Belt grab major outer reaping throw
O Goho Ate	Major five direction strike (technique in Kata practice)
O Goshi	Major hip throw
O Guruma	Major wheel throw
Oi Komi	Dashing in, chasing – refers to the action of dashing forwards suddenly to your opponent to unbalance them
Oki	Big
Okii	Wide, long
Okiku	A very big move

O Soto Gari	Major outer reaping throw
O Soto Gari Makikomi	Major outer reaping winding throw
O Soto Gaeshi	Major outer reap counter
O Soto Gake	Major outer hook throw
O Soto Guruma	Major outer wheel throw
O Soto Makikomi	Major outer winding throw
O Soto Otoshi	Major outer drop throw
O Soto Sukashi	Major outer side step / slip
O Tsuru Goshi	Major fishing hip throw
O Uchi Gari	Major inner reaping throw
O Uchi Gaeshi	Major inner reap counter
O Uchi Gake	Major inner hooking throw
O Uchi Mata	Large or Major Uchimata, Tori's legs attacks the middle of Uke's inner thigh
O Ue Ate	Major upward blow (technique in Kata practice)
O Ushiro Ate	Major rear strike (technique in Kata practice)
Okuden	Secret teachings, hidden teachings
Okui	Both
Okuri (Okuru)	To send forward
Okuri Ashi	Sliding step in the opponents direction
Okuri Ashi Barai	Double foot sweep throw
Okuri Ashi Harai	Double foot sweep throw (different spelling of Barai)
Okuri Eri Jime	Sliding lapel strangle
O Mae Ate	Major front blow (technique in Kata practice)
O Migi Ate	Major right side blow (technique in Kata practice)
Omote Waza	Techniques to the front of Uke or which go forward
Omote Sankaku Jime	Front triangular strangle
Onaka	Abdomen (body)
Onegai Shimasu	Please
Onna	Female
Onore O Tsukusu	Do Your Best – Judo motto
Oroshi	Downward movement
Osae	Joint grip, hold down, controlling or pinning action
Osae Hishigi	Hold crush lock (forbidden technique)
Osae Waza	Controlling or pinning techniques
Osaekomi	Hold down, pinning
Osaekomi Toketa	Escape, stop timing of hold
Osaekomi Waza	Hold down, pinning techniques
Oshi (Osu)	To push
Osoi	Slow
Oten	Turn on one side
Oten Jime	Barrel roll strangle
Otoko	Male
Otoshi (Otosu)	To drop

Owari	The end
<u>P</u>	
	No inclusions for Judo terms as yet
<u>Q</u>	
	Q is not used in the Japanese Language
<u>R</u>	
Randori	Free practice
Randori No Kata	Forms of Free Practice Techniques consisting of Nage No Kata and Katame No Kata
Randori Waza	Techniques for free practice
Rei	Bow
Reigi	Etiquette
Reiho	Etiquette, method of bowing
Renraku	Chase in opposite direction, connect, contact
Renraku Henka	Continuous change
Renraku Henka Waza	Connecting variations of techniques
Renraku Waza	Combination techniques where the 2 nd technique uses the reaction of the 1 st tech to throw opponent in the completely opposite direction
Renshi	Instructor, title given to 5 th Dan or above
Renshu	Arranged free practice drill
Renzoku Waza	Combination techniques where the 2 nd technique is the continuation of the 1 st to throw in the same or similar direction
Ritsu	Standing
Ritsurei	Standing bow
Rokkotsu	Rib (body)
Roku	6, Six
Rokudan	6 th level black belt (Judo holders usually wear a red & white belt)
Rokyu	6 th Judo grade (Green belt in UK)
Ryoku Heki	Control of force and energy throw
Ryo	Both
Ryo Ashi Dori	Double leg lift (same as Morote Gari)
Ryo Ashi Hishigi	Double leg crush (commonly known as the Boston Crab) (Forbidden technique)
Ryo Gan Tsuki	Strike to both eyes (technique in Kata practice)
Ryo Hiza Gatame	Double knee armlock
Ryo Kata Oshi	Two shoulder push (technique in Kata practice)
Ryo Shita Tsuki	Two hand downward blow (technique in Kata practice)

Ruo Ue Tsuki	Two hand upward blow (technique in Kata practice)
Ryote	Two hands
Ryote Jime	Two hand choke, double hand strangle
Ryu	School
Ryusetsu	Willow snow throw
S	
Sabaki	Move away, avoid, pivot
Saka Otoshi	Headlong fall throw
Sakotsu	Collar bone (body)
San (1)	3, Three
San (2)	Friend
San Nin Uchikomi	Three person repetition practice, the 3 rd person holds Uke from being thrown, used to develop power in the technique
Sanaka	Back
Sandan	3 rd Dan black belt
Sankaku (Sangaku)	Triangle
Sankaku Garami	Triangular entangle
Sankaku Gatame	Triangular lock
Sankaku Jime	Triangular strangle using legs
Sakura	Cherry blossom, emblem of the Kodokan
Sankyu	3 rd Judo grade (Blue belt in UK)
Sappo	Art of attacking vital points
Sasae	Propping, blocking
Sasae Tsurikomi Ashi	Propping drawing ankle throw
Sasoi Katsu	Resuscitation using inductive method
Sayu Kogo Shita Tsuki	Left right downward blow (technique in Kata practice)
Sayu Uchi	Strike to both eyes (technique in Kata practice)
Se	Back
Sebone	Spine (body)
Sei	Proper, right, correct
Seifuku	Regulation clothing or uniform
Seigen	Sword position, tip level with eyes (technique in Kata practice)
Seikotsu	Resetting of dislocated joint or bone
Seika Tanden	A point 2 – 3 inches below the navel that is centre of the body's gravity
Seiryoku Zen'yo	Principle of Maximum Efficiency, Minimum Effort
Seiryoku Zen'yo Kokumin Taiiku No Kata	Maximum Efficiency – National Physical Education Kata
Seiza	Formal kneeling posture
Seikito Ate	Ball of foot strikes (technique in Kata practice)
Sempai	Assistant instructor

Sen	Attack, initiative
Senken (Sen No Saki)	Anticipating an attack
Sen No Sen	Prepares to meet an attack
Sen Sen No Sen	Highest form of initiative in anticipating an opponents move
Senaka	The back (of body)
Sensei	Teacher, instructor
Senshu	Competitor, champion
Seoi (Seou)	To carry on the back, piggy back
Seoi Age	Shoulder lift (Forbidden technique)
Seoi Goshi	Cross shoulder throw (same as Morote Seoi Nage)
Seoi Makikomi	Winding shoulder throw
Seoi Nage	Shoulder throw
Seoi Otoshi	Shoulder drop throw kneeling
Shi	4, four or “Yon” for fourth
Shiai	Contest
Shiaijo	Competition Area
Shichi	7, Seven or “Nana” for seventh
Shichidan (Nanadan)	7 th Dan black belt (Judo holders usually wear a red and white belt)
Shichitei Judo	Kosen Judo taught at the 7 Imperial Universities of Japan
Shidan (Yondan)	4 th Dan black belt
Shido	3 point note penalty, equal to a Koka score
Shido Geiko	A way a person practices, it is learning by teaching a technique and gaining further insight into that technique as a result
Shihan	Master teacher or teacher who sets the standard
Shiho	Four quarters, four directions
Shiho Gatame	Four quarters hold
Shiji	Receive instruction
Shiken	A special examination of the Kodokan reserved for certain categories of Judoka
Shiki	Ceremony
Shikko	Method of moving on one knee (Kata practice)
Shikoro Dori	Grabbing the neck plates throw
Shikoro Gaeshi	Twisting the neck plates throw
Shime (Shimeru) (Jime)	Strangle or tighten, choke
Shime Garami	Strangle lock
Shim Tomoe	Strangle stomach throw, old Tomoe Nage throw that ended in a strangle
Shime Waza	Choking, strangulation techniques
Shimeai	Face to face
Shimi Obi	Red and white belt

Shimo Tsuki	Down ward blow (technique in Kata practice)
Shimoza	“Lower Seat” ordinary members side of dojo
Shimmeisho No Waza	Newly Accepted Techniques
Shinpan	Referee
Shiro Obi	White belt
Shita (1)	Below, underneath
Shita (2)	Tongue
Shitai	Position
Shitate	Inner grip on belt
Shin	Heart, mind, spirit
Shin Gi Tai	Balance of the mind, spirit, attitude and physical aspects of the person
Shinken Naru Doryoku	Do your utmost – Judo motto
Shinken Shobu No Kata	Combat Forms (another name for Kime No Kata)
Shintai	Moving forward, sideways or backwards
Shinsei (Shisei)	Posture
Shitsu	Bend of knee (body)
Shizen	Natural
Shizentai (Shizen Hontai)	Natural stance
Shobu	Fight, match
Shochu Geiko	Summer practice
Shofu	Side of neck
Shomben Uchi Mata	“Urinating Dog Style” Uchimata – same as Ken Ken Uchimata or known as Hopping Uchimata
Shomen	Front
Shomen Uke	Pistol at the abdomen (technique in Kata practice)
Shoshin	Beginners mind, alert but empty to receive all
Shoshinsa	Beginner new to training
Shugyo	Ascetic, austere or severe training
Shugyosha	Those who follow Shugyo – severe training
Shunen	Total Commitment To One’s Purpose – Judo motto
So Katsu	Resuscitation using composite method
Sobi	Calf (body)
Sode	Sleeve
Sode Dori	Grip by the arm
Sode Guruma Jime	Sleeve wheel strangle
Sode Jime	Sleeve strangle
Sode Tori	Sleeve grab
Sode Tsurikomi Ashi	Lifting pulling leg prop throw
Sode Tsurikomi Goshi	Sleeve lift pull hip throw
Sogo Gachi	Compound win
Sokoshi	A little
Soku	Sideway
Soku Ho	Sideways direction

Soku Ho Ukemi	Sideways direction breakfall
Sono Mama	Stop action, command a freeze position
Sore Made	Finish, time is up
Soto	Outer
Soto Deshi	Outside student, one who regularly trains but does not live at the dojo
Soto Makikomi	Outer winding throw
Soto Morote	Outer double arm grab (same as Morote Gari)
Soto Muso	Outer thigh throw using Seoi Nage
Sotai Renshu	Practice in pairs
Suginami Shiai	A monthly competition grading exam for Kyu / Dan grades at the Budokan
Suigetsu	Solar plexus (body)
Sukashi	Slip, side step
Sukui (Sukuku)	To scoop up
Sukui Nage	Scooping throw
Sumi	Corner
Sumi Gaeshi	Corner throw
Sumi Otoshi	Corner drop throw
Suri	Sliding or rubbing movement
Suri Age	To lift up, to slide up
Suri Ashi	Walking with a gliding action so as not to lift feet
Suso Jime	Jacket bottom strangle (Forbidden technique)
Suso Otoshi	Jacket bottom shoulder throw, throw using lower jacket similar to Obi Otoshi
Sute	Throwing away action
Sute Geiko (1)	Randori throwing practice against a higher level Judoka
Sute Geiko (2)	Alternate throwing practice without resistance done from a partner
Sutemi (Suteru)	To throw away
Sutemi Ko Uchi	Sacrifice minor inner throw (also known as Ko Uchi Gake)
Sutemi Waza	Sacrifice techniques
<u>T</u>	
Tachi (Tatsu)	To stand
Tachi Waza	Standing techniques
Tachiai (1)	Standing position
Tachiai	The initial charge in a Sumo contest
Tai	Body, physical form
Tai No Sen	When a defender takes the initiative at the moment their opponent attacks
Tai Otoshi	Body drop throw

Tai Sabaki	Body movement, avoidance, control
Taka Geri	High front kick (technique in Kata practice)
Taka Uchi Mata	High Uchimata, Tori;s leg attacks high on Uke’s inner thigh
Taki Otoshi	Waterfall drop throw
Tama Guruma	Ball wheel throw
Tandoku Renshu	Solo practice
Tanden	Belly
Tanden Katsu	Resuscitation using the lower abdomen method
Tani	Valley
Tani Otoshi	Valley drop throw
Tasiso	Physical exercise
Tatami	Mat
Tate	Vertical
Tate Hishigi	Standing neck crush (Forbidden technique)
Tate Shiho Gatame	Lengthways four quarters hold
Tate Shiho Hiza Hishigi	Lengthwise four quarters knee crush (Forbidden Technique)
Tate Sangaku Gatame	Lengthwise triangular hold
Tawara Gaeshi	Rice bale counter throw
Tawara Jime	Rice bale strangle
Te	Hand
Te Gatame	Hand lock
Te Gatana Ate	Knife hand strikes (technique in Kata practice)
Te Guruma	Hand wheel throw
Te No Hira	Palm (hand)
Te No Ko	Back of hand
Te Waza	Hand techniques
Tekubi	Wrist
Tekubi No Gyaku (Kote Waza)	Wrist locks (Forbidden techniques in modern Judo)
Tenri	Style of using the bent wrist to apply pressure to the face when throwing, a practice that originated from the Tenri University, known as Geesink style in Europe after Anton Geesink
Tento	Top of head
Teppo Gaeshi	Turnover counter attack using the arms to throw over the opponent
Tobi Komi	Jump in
Tobi Goshi	Jumping hip throw
Toketa	Hold broken
Tokon	Fighting Spirit – Judo motto
Tokui	Favourite
Tokui Waza	Favourite or best technique

Tomoe	Turn, twist or whirl over, circle
Tomoe Hishigi	Rolling neck crush (Forbidden technique)
Tomoe Jime	Strangulation in a circle during groundwork
Tomoe Nage	Stomach throw, circular throw
Tori (Toru)	Person performing the technique, attacker
Toshi	Fighting Will – Judo motto
Tsubame	Swallow (bird)
Tsubame Gaeshi	Swallow counter throw
Tsugi	Next, coming, following
Tsuki Age	Upper cut (technique in Kata practice)
Tsugi Ashi	Walking by sliding one foot up to another
Tsuki	To push, thrust, punch, poke
Tsuki Age	Upper cut (technique in Kata practice)
Tsuki Dashi	Hand thrust (technique in Kata practice)
Tsuki Komi Jime (Tsukkomi Jime)	Thrusting strangle
Tsuki Waza	Pushing, thrusting, punching, poking techniques
Tsukinami Shiai	A monthly competition organised for taking Kyu / Dan grading exams at the Kodokan
Tsukkake	A thrusting attack, confrontation
Tsukkomi	A plunging attack
Tsukkomi Jime	Thrusting strangle (same as Tsuki Komi Jime)
Tsukuri	Entry into a technique, positioning
Tsumasaki	Toe
Tsume	Nail (finger)
Tsuri	To fish up, lift and pull forward
Tsuri Gane	Testicles (Body)
Tsuri Goshi	Fishing hip throw
Tsurite	Lifting hand, usually the hand on the collar, lapel
Tsurikomi	Lifting upwards and pulling forwards
Tsuri Komi Ashi	Propping drawing ankle throw
Tsurikomi Goshi	Drawing hip throw
Tsurikomi Jime	Thrusting choke
Tsuyoi	Strong
<u>U</u>	
Uchi	Inner, inside
Uchi Deshi	Inside student, under study, generally someone who lives at the place they train, also someone who assists the Sensei full time
Uchi Kudaki	Smashing
Uchi Makikomi	Inner winding throw
Uchikomi (Utsu)	Repeated practice of entry without completing technique

Uchi Majiri	Melee, a contest between several opponents indiscriminately
Uchi Mata	Inner thigh throw
Uchi Mata Gaeshi	Inner thigh reap counter
Uchi Mata Makikomi	Inner thigh winding throw
Uchi Mata Obi Tori	Belt grab inner thigh throw
Uchi Mata Sukashi	Uchi Mata side step counter
Uchi Oroshi	Down ward strike (technique in Kata practice)
Ude	Arm
Ude Ate	Arm strikes (practiced in Kata)
Ude Gaeshi	Arm roll throw
Ude Garami	Entangled armlock (same as Mune Garami)
Ude Gatame	Straight arm lock
Ude Garami	Bent arm lock, entangled
Ude Garami Henka Waza	Entangled arm lock variation techniques which could produce dislocation
Ude Guruma	Arm wheel throw
Ude Hiji Ashi Kansetsu	Elbow lock
Ude Hishigi	Arm crush, break, dislocate
Ude Hishigi Ashi Gatame	Leg arm lock
Ude Hishigi Hara Gatame	Stomach arm lock
Ude Hishigi Hiza Gatame	Knee arm lock
Ude Hishigi Juji Gatame	Cross arm lock
Ude Hishigi Sankaku Gatame	Triangular arm lock
Ude Hishigi Te Gatame	Crushing hand arm lock
Ude Hishigi Ude Gatame	Arm arm lock
Ude Hishigi Waki Gatame	Armpit arm lock
Ude Kansetsu Waza	Arm bar techniques, arm locks
Ude Kujiki	Arm break hold
Ude Waza	Arm strikes (technique in Kata practice)
Ue	Above, on top
Uke (Ukeru)	Person receiving the technique
Uke Waza	Defence techniques
Ukemi	Breakfall, roll
Ukemi Waza	Breakfalling techniques
Uki (Uku)	To float
Uki Gatame	Floating hold
Uki Goshi	Floating hip throw
Uki Otoshi	Floating drop throw (similar to Hiki Otoshi)
Uki Waza	Floating throw
Ura	Back, rear, reverse
Ura Gatame	Rear holding
Ura Juji Jime	Rear cross strangle

Ura Kesa Gatame	Rear scarf hold (same as Makura Kesa Gatame)
Ura Kote	Reverse wrist
Ura Nage	Rear throw
Ura Sankaku Jime	Rear triangular strangle
Ura Shiho Gatame	Rear four quarters hold
Ushiro	Backward, rear, behind
Ushiro Ate	Rear strike (technique in Kata practice)
Ushiro Dori	Rear hold (technique in Kata practice)
Ushiro Eri Dori	Collar hold from behind (technique in Kata practice)
Ushiro Geri	Rear kick (technique in Kata practice)
Ushiro Goshi	Rear hip throw
Ushiro Guruma	Rear wheel throw
Ushiro Jime	Rear strangle (same as Hadaka Jime)
Ushiro Kata Ha Jime	Rear single collar strangle (same as Kara Eri Jime)
Ushiro Kesa	Reverse scarf (another way of saying Gyaku Kesa)
Ushiro Kesa Garami	Reverse scarf hold lock
Ushiro Kesa Gatame	Reverse scarf hold
Ushiro Mawari	Rear turn
Ushiro Sabaki	Backward movement control
Ushiro Sumi Tsuki	Rear corner blow (technique in Kata practice)
Ushiro Tsuki	Back blow (technique in Kata practice)
Ushiro Tsuki Mae Shita Tsuke	Rear down ward blows (technique in Kata practice)
Ushiro Uchi	Rear blow (technique in Kata practice)
Ushiro Ukemi	Backward breakfall, roll
Utsui	Transfer
Utsuri (Utsuru)	To change or shift
Utsuri Goshi	Changing hip throw
Uwagi	Gi jacket
Uwate	Outer grip on belt
Uze Gaeshi	The winner of a contest by superior technical skill, worth 3 to 5 points by referee's decision
<u>V</u>	
	V not used in the Japanese Language
<u>W</u>	
Wa	Circle
Wakare (Wakaru)	To divide, separate
Waki	Armpit
Waki Gatame	Armpit arm lock
Waki Osae	Modified Ushiro Kesa Gatame
Waki Otoshi	Armpit drop throw

Wan	Arm (body)
Waza	Technique
Waza Ari	Half point, 7 points
Waza Ari Awasete Ippon	2 Waza Ari make an ippon or two 7 points scores make a full point
<u>X</u>	
	X is not used in the Japanese language
<u>Y</u>	
Yakusoku	Promise
Yakusoku Geiko	Pre arranged free practice, drill
Yakusoku Renshu	Controlled practice, an agreed set of drills, usually the Uke avoids the 1 st and 2 nd throw and is thrown on the 3 rd in a continuous sequence
Yama	Mountain
Yama Arashi	Mountain storm throw
Yawarakai	Gentle
Yawara Waza	Grab release techniques
Yoko	Side
Yoko Ate	Side body drop throw
Yoko Gake	Side hooking sacrifice throw
Yoko Geri	Side kick (technique in Kata practice)
Yoko Guruma	Side wheel sacrifice throw
Yoko Hiza Gatame	Side knee lock
Yoko Kaiten Ukemi	Sideways rolling breakfall
Yoko Otoshi	Side body drop throw
Yoko Sankaku Jime	Side triangular strangle
Yoko Shiho Gatame	Side four quarters hold
Yoko Sutemi Waza	Side sacrifice throws, techniques
Yoko Tomoe Nage	Side stomach throw
Yoko Tsuki	Thrust to side (technique in Kata practice)
Yoko Uchi	Side blow (technique in Kata practice)
Yoko Ukemi	Sideways breakfall
Yoko Ushiro	Side rear throw
Yoko Wakare	Side separation throw
Yon	Fourth
Yondan	4 th Dan black belt
Yonkyu	4 th Judo grade (Blue belt in UK)
Yori	Lean or force with ones weight
Yoshi	Resume action, continue (follows a call of Sono Mama, "freeze")
Yoten	Key point in the execution of a movement or technique

Yowai	Weak
Yubi	Finger
Yubisaki Ate	Finger tip strikes (technique in Kata practice)
Yu Dachi	Shower throw, evening rain throw
Yudansha	Students who have earned the Black Belt
Yudanshakai	Black Belt Association
Yukiore	Snowbreak throw
Yuko	5 points
Yume No Uchi	Dreaming throw
Yusei	Superior
Yusei Gachi	Win by judges decision
<u>Z</u>	
Za	Place
Zanshin	Awareness
Zarei	Kneeling bow
Zazen	Sitting meditation
Zempo Kaiten Ukemi	Forward rolling breakfall
Zen	Meditation
Zen Nihon Senshiken	All Japan Championships
Zen Shin	The whole body
Zengo Tsuki	Front rear strikes (technique in Kata practice)
Zori	Straw sandals
Zubon	Gi trousers
Zuki (Tsuki)	To punch (technique in Kata practice)