

Terminology

General Vocabulary

Jigoro Kano	the founder of Kodokan Judo
1882	the year when the Kodokan was started
Kodokan	home of Judo
Dojo	a school for Judo
Judo	a gentle way
Judoka	a person who studies Judo
Judo gi	a judo costume
Tatami	a Judo mat measuring 1m x 2m x 4 cm
Ukemi	the art of falling
Zempo-kai-ten	the forward roll
Uke	a person who is thrown
Tori	a person who is throwing
Kata	pre-arranged exercise showing form
Sensei	teacher (Black Belt holder)
Randori	free practice
Kiai	power shout
Rei	bow
Migi	right
Hidari	left
Ritsu-rei	standing bow
Zarei	kneeling bow
Kiyotsukete	attention
Seiryoku Zenyo	maximum efficiency (through minimum effort)
Jita Kyozei	mutual benefit and welfare
Seiza	kneeling position

Gripping, Posture and Throwing Principles

Shizen Hontai	natural standing posture
Jigo hontai	basic defensive posture
Tai sabaki	body movement
Kumi-kata	methods of gripping an opponent
Kuzushi	breaking a persons balance
Tsukuri	entry into the throw
Take	execution of the throw

Vocabulary Related to Names of Judo Techniques

Ashi	foot or leg (as in Okuri-Ashi-Harai)
Barai	sweeping action with the leg or foot (as in Deashi-Barai)
Dori	grab (as in Kata-Ashi-Dori)
Dojime	body scissors/squeeze (illegal in competition)
Eri	lapel of the Judo gi (as in Okuri-Eri-Jime)
Gaeshi (Kaeshi)	counter or reversal (as in Sumi-Gaeshi)
Gake	hook (as in Ko-Soto-Gake)
Garami	entangle or twist (as in Ude-Garami)
Gari	reap or sweep (as in Osoto-Gari)
Gatame	pin or (joint) lock (as in Kata-Gatame or Ude-Gatame)
Goshi (Koshi)	hip (as in O-Goshi)
Guruma	wheel (as in Kata-Guruma)
Gyaku	reverse (as in Gyaku-Juji-Jime)
Ha	wing (as in Kata-Ha-Jime)
Hane	springing action (as in Hane-Goshi)
Hara	stomach (as in Hara-Gatame)
Harai (Barai)	sweeping action with the leg or foot (as in Harai-Goshi)
Hadaka	naked (as in Hadaka-Jime)
Hidari	left (as in Hidari-Eri-Dori in Goshin-Jitsu-No-Kata)
Hiji	elbow (as in Hiji-Makikomi, kansetsu-waza)
Hineri	twisting (as in Kote-Hineri in Goshin-Jitsu-No-Kata)
Hishigi	crush (as in Ude-Hishigi-Wake-Gatame)
Hiza	knee (as in Hiza-Guruma)
Hon	basic or fundamental (as in Hon-Kesa-Gatame)
Jigoku	hell (as in Jigoku-Jime)
Juji	cross (as in Juji-Gatame)
Jime (Shime)	choke or strangle (as in Hadaka-Jime)
Kaeshi (Gaeshi)	counter or reversal (as in Kaeshi-Waza)
Kami	upper (as in Kami-Shiho-Gatame)
Kata	single or shoulder (as in Kata-Juji-Jime or Kata-Gatame)
Kesa	scarf (as in Kesa-Gatame)
Kibisu	heel (as in Kibisu-Gaeshi)
Ko	minor (as in Ko-Soto-Gari)
Komi	pull (as in Tsuru-Komi-Goshi)
Koshi (Goshi)	hip (as in Koshi-Guruma)
Kote	wrist (as in Kote-Gaeshi in Goshin-Jitsu-No-Kata)
Kuzure	variation (as in Kuzure-Kesa Gatame)
Makikomi	winding (as in Uchi-Makikomi)
Makura	pillow (as in Makura-Kesa-Gatame)

Mata	thigh (as in Uchi-Mata)
Migi	right (as in Migi-Eri-Dori in Goshin-Jitsu-No-Kata)
Morote	two-handed (as in Morote-Gari)
Mune	chest (as in Mune-Gatame)
Nami	normal (as in Nami-Juji-Jime)
O	major (as in O-Goshi)
Obi	Judo belt (as in Obi-Goshi)
Okuri	sliding (as in Okuri-Eri-Jime)
Otoshi	to drop (as in Tani-Otoshi)
Ryote	two handed (as in Ryote-Jime)
Sankaku (Sangaku)	triangle (as in Sankaku-Gatame)
Sasae	blocking (as in Sasae-Tsuri-Komi-Ashi)
Seoi	shoulder (as in Ippon-Seoi-Nage)
Shiho	four corners (as in Kami-Shiho-Gatame)
Shime (Jime)	choke or strangle (as in Shime Waza)
Sode	sleeve (as in Sode-Tsuri-Komi-Goshi)
Soto	outer or outside (as in Soto-Makikomi)
Sukashi	counter or evasion (as in Uchi-Mata-Sukashi)
Sukui	scoop (as in Sukui-Nage)
Sumi	corner (as in Sumi-Otoshi)
Tai	body (as in Tai-Otoshi)
Tate	straddle (as in Tate-Shiho-Gatame)
Te	hand (as in Te-Guruma)
Tomoe	circle (as in Tomoe-Nage)
Tsuki	thrusting (as in Tsuki-komi-Jime)
Tsuri	lift (as in Harai-Tsuri-Komi-Ashi)
Uchi	inner (as in Uchi-Gari)
Ude	arm (as in Ude-Gatami)
Uki	floating (as in Uki-Goshi)
Ura	back (as in Ura-Nage)
Ushiro	reverse or rear (as in Ushiro-Kesa-Gatame)
Utsuri	change or transfer (as in Utsuri-Goshi)
Wake	armpit (as in Wake-Gatame)
Yoko	side (as in Yoko-Shiho-Gatame)

Tournament Vocabulary (-- Refers to referee verbal calls)

Shiai	tournament-style competition
Hajime!	start! or begin! competition (shiai or randori)
Matte!	stop! (whatever you are doing)
Sore Made!	end of match! (announced after ippon or end of match time)
Sono Mama!	freeze! (hold your position in Ne-Waza)
Yoshi!	resume! (resume grappling)
Ippon!	full point score (wins match) from single throw, two Waza-Aris, pin for 25 sec, submission from choke or armlock, or opponent's hansokumake (direct penalty or 4th shido)
Waza Ari!	half point score (numerical score) from single throw, pin >20 sec, or opponent's 3rd shido
Waza Ari Awasete Ippon!	Waza Ari+Waza Ari = Ippon (full point score wins match)
Yuko!	from 2 throws or 3 opponent shidos+Waza-Ari score (less than Waza-Ari) from single throw, pin > 15 sec, or opponent's 2nd shido. Yukos accumulate (no points)
Koka!	score (less than Yuko) from single throw, pin > 10 sec, or opponent's 1st shido. Kokas accumulate (no points)
Shido!	minor penalty (1st shido scores Koka for opponent, 2nd shido scores Yuko for opponent, 3rd shido scores Waza-Ari for opponent, 4th shido is hansokumake and scores ippon for opponent. Opponent's scores for penalties are not cumulative: only one Koka/Yuko/Waza-Ari is scored)
Hansokumake!	major penalty (match forfeit, ejection from shiai if direct)
Hantei!	decision (referee and judges vote with flags, majority wins)
Hiki Wake!	draw (no winner)
Kohaku	"winner stays up" form of shiai
Tentori	elimination form of shiai

Japanese Ordinal Numbers

Ichi (Sho)	1	Ju Ichi	11
Ni	2	Ju Ni	12
San	3	Ju San	13
Shi (Yo/Yon)	4	Ju Shi (Ju Yon)	14
Go	5	Ju Go	15
Roku	6	Ju Roku	16
Shichi	7	Ju Shichi (Ju Nana)	17
Hachi	8	Ju Hachi	18
Ku	9	Ju Ku	19
Ju	10	Niju	20