

Judo Terminology

Ai-yotsu	Same grip used by both persons, either right or left
Ashi	Foot, leg
Ashi Waza	Foot techniques
Atemi Waza	Striking techniques
Ayumi Ashi	Ordinary pattern of walking
Batsugun	Instant promotion
Budo	Martial ways
Bujutsu	Martial arts
Bushido	Way of the warrior
Chui	Penalty (no longer used)
Dan	Black belt rank
Debana	Instant of opportunity to break balance as opponent initiates a motion
Dojo	School or training hall for studying the way
Eri	Collar, lapel
Fudoshin	Immovable spirit
Fusegi	Escapes
Fusen Gachi	Win by default
Goshin Jutsu	Art of self defense
Hajime	Begin
Hando no Kuzushi	Unbalancing by reaction
Hansoku-make	Most serious penalty, disqualification
Hantei	Referee call for judge's decision
Happo no Kuzushi	Kuzushi in 8 directions
Hara	Stomach
Hidari	Left
Hiji	Elbow
Hiki-wake	No decision—tie or draw
Hikite	Pulling hand — usually the hand gripping a sleeve
Hiza	Knee
Ippon	Victory in one move, one point
Jigotai	Defensive posture
Jikan	Referee call to stop the clock
Jita Kyoei	Principle of mutual prosperity
Joseki	Place of honor, upper seat
Judo	Gentle or flexible way
Judo Ichidai	A Judo life—Spending one's life in the diligent pursuit of Judo

Judogi	Judo practice uniform
Judoka	One who studies Judo
Ju no Kata	Forms of gentleness
Ju no Ri	Principle of flexibility or yielding
Jujutsu	Gentle art
Kaeshi Waza	Counter techniques
Kake	Completion or execution of technique
Kansetsu Waza	Joint locking techniques
Kappo	Resuscitation techniques
Kata	Forms
Kata	Shoulder
Katame no kata	Forms of grappling
Katsu	Resuscitation
Keikoku	Penalty (no longer used)
Kenka Yotsu	Opposite grips used by each person, one right/one left
Kiai	To gather spirit with a shout
Kime no Kata	Forms of decision
Kinshi Waza	Techniques prohibited in competition
Ki o tsuke	Attention
Kodansha	High ranking judoka — 5th dan and above
Kodokan	Judo institute in Tokyo where Judo was founded
Kogeki Seyo	Order for judoka to attack
Koka	Score less than a yuko
Koshi	Hip
Koshi Waza	Hip techniques
Kubi	Neck
Kumikata	Gripping methods
Kuzure	Modified hold
Kuzushi	Unbalancing the opponent
Kyoshi	Instructor
Kyu	Student rank
Maai	Space or engagement distance
Mae	Forward, front
Mae Sabaki	Frontal escape
Mae Ukemi	Falling forward
Masutemi Waza	Back sacrifice throws
Mate	Stop (wait)
Migi	Right
Mudansha	Students below black belt rank
Mune	Chest
Nage	Throw
Nage no Kata	Forms of throwing
Nagekomi	Repetitive throwing practice
Nage Waza	Throwing techniques
Ne Waza	Techniques on the ground

Obi	Judo belt
Okuden	Secret teachings
Osaekomi	Pin, referee call to begin timing
Osaekomi Waza	Pinning techniques
Osaekomi Toketa	Escape, stop timing of hold
Randori	Free practice
Randori no Kata	Forms of free practice techniques
Randori Waza	Techniques for free practice
Rei	Bow
Reiho	Forms of respect, manners, etiquette
Renraku Waza	Combination techniques
Ritsurei	Standing bow
Seika Tanden	A point in the abdomen that is the center of gravity
Seiryoku Zenyo	Principle of maximum efficiency
Seiza	Formal kneeling posture
Sen	Attack initiative
Sensei	Teacher, instructor
Shiai	Contest
Shiaijo	Competition area
Shido	Penalty, equal to koka score
Shihan	Title for a model teacher or “teacher who sets the standard” (i.e. Kano-shihan)
Shime Waza	Choking techniques
Shinpan	Referee
Shintai	Moving forwards, sideways & backwards
Shisei	Posture
Shizentai	Natural posture
Shomen	Dojo front
Sode	Sleeve
Soke	Founder of a martial art or ryu
Sono Mama	Stop action; command to freeze
Sore Made	Finished, time is up
Sute Geiko	Randori throwing practice against a higher level judoka
Sutemi Waza	Sacrifice techniques
Tachi Waza	Standing techniques
Tai Sabaki	Body control, turning
Tatami	Mat
Te	Hand, arm
Te Waza	Hand techniques
Tekubi	Wrist
Tokui Waza	Favorite or best technique
Tori	Person performing a technique
Tsugi Ashi	Walking by bringing one foot up to another
Tsukuri	Entry into a technique, positioning
Tsurite	Lifting hand

Uchikomi	Repeated practice without completion
Ude	Arm
Uke	Person receiving the technique
Ukemi	Breakfall techniques
Ushiro	Backward, rear
Ushiro Sabaki	Back movement control
Ushiro Ukemi	Falling backward
Waki	Armpit
Waza	Technique
Waza Ari	Near ippon or half point
Waza ari Awasete Ippon	Two waza-ari together for ippon
Yakusoku Geiko (or renshu)	Pre-arranged free practice
Yoko	Side
Yoko Kaiten Ukemi	Sideways rolling break fall
Yoko Sutemi Waza	Side sacrifice throws
Yoko Ukemi	Falling sideways
Yoshi	Resume action, continue
Yubi	Finger
Yudansha	Person who earned the black belt
Yudanshakai	Black belt association
Yuko	Score less than a waza-ari
Yusei Gachi	Win by judge's decision
Zanshin	Awareness
Zarei	Kneeling salutation
Zenpo Kaiten Ukemi	Forward rolling break fall
Zubon	Pants

Counting

1 – Ichi
2 – Ni
3 – San
4 – Shi
5 – Go
6 – Roku
7 – Shichi
8 – Hachi
9 – Ku
10 – Ju
11 – Juichi (10 plus one)
12 – Juni (10 plus 2)
...
19 – Juku (10 plus 9)
20 – Niju (2 10's)
...
29 – Nijuku (2 10's plus a 9)
...
30 – Sanju (3 10's)
...
35 – Sanjugo (3 10's plus a 5)
...
99 – Kujuku (9 10's plus a 9)
100 – Hyaku
1000 – Sen
10,000 – man
100,000 – juman
1,000,000 – hyakuman
10,000,000 – senman
100,000,000 – oku

