

Dojo

The training hall.

Fukushin

Corner judges assisting the main referee.

Hajime

Command to begin a match.

Hansoku

Foul or rule violation

Hansoku-make

Disqualification

Hantei

Decision; when the judges decide the winner if there is no clear score.

Ippon

Full point; wins the match instantly.

Judogi

Judo outfit

Judoka

A practitioner of judo.

Kake

Execution of a throw

Kuzushi

Breaking the opponent's balance

Mate

Command to stop or pause a match.

Obi

Belt worn with the judogi

Rei

Bow, a sign of respect.

Sensei

Instructor in judo.

Shiai

Competition/Match

Shido

Penalty for minor infractions

Shimpan

Referee or judge.

Sono-mana

"Do not move"

Tatami

Mats used for judo practice, providing a safe surface for throws and falls.

Tori

The person executing a technique

Tsukuri

Positioning/setup for a throw.

Uke

The person receiving a technique.

Waza-ari

Half point; two waza-ari equal an ippon.

Yusei-gachi

Win by superiority;



Hand Throwing Techniques*

Ippon-seoi-nage

A one-arm shoulder throw

Kata-guruma

Shoulder wheel; lift and rotate the opponent over your shoulders.

Tai-otoshi

Body drop; trip the opponent over your extended leg.

Sumi-gaeshi

Corner throw; pulling and flipping the opponent backward.

Hip Throwing Techniques*

Harai-goshi

Sweeping hip throw; a sweeping leg motion combined with the hips.

O-goshi

Major hip throw, using the hips to lift and throw the opponent.

Tsuri goshi

Lifting hip throw; pulling the opponent upward while using the hips.

Uchi-mata

Inner thigh throw; a powerful and frequently used technique.

Uki-goshi

Floating hip throw; a lighter version of O-goshi with less lift.

Foot and Leg Techniques*

De-ashi-barai

Advanced foot sweep; sweeping the opponent's leading foot.

Hiza-guruma

Knee wheel; pivoting the opponent over their knee.

Okuri-ashi-barai

Sliding foot sweep; sweeping both feet simultaneously.

Osoto-gari

Major outer reap; sweeping the opponent's leg from the outside.

Ouchi-gari

Major inner reap; sweeping the inside of the opponent's leg.

Ground Techniques*

Hadaka-jime

Naked choke; a strangle without using the gi.

Kesa-gatame

Scarf hold; pinning the opponent's upper body.

Okuri-eri-jime

Sliding collar choke: using the opponent's gi collar.

Seoi-nage

Shoulder throw;

*Most common techniques

