



Middletown Judo Club

Japanese Judo Vocabulary

柔道

Principles of Judo

Ju	the principle of gentleness, yielding, giving way or non resistance
Do	way, path, or principle
Judo	the gentle way
Seiryoku Zenyo	maximum efficiency (through minimum effort)
Jita Kyoei	mutual benefit and welfare

General Vocabulary

Sensei	teacher or instructor
Dojo	place or club where Judo is practiced
Gi (Judogi)	Judo uniform
Seiza	kneeling position
Anza	sitting position with legs crossed
Ritsurei	standing bow
Zarei	kneeling bow
Kiotsuke!	(come to) attention!
Rei!	bow!
Sensei Ni Rei!	bow! (to Sensei)
Uke	person receiving a judo technique
Tori	person performing a judo technique
Ukemi	falling practice (side, back, forward)
Uchi Komi	repetition practice without throwing
Randori	free practice
Kiai	shout during execution of technique

Gripping, Posture and Throwing Principles

Kumi Kata	methods of gripping an opponent
Shizen Hontai	fundamental natural posture
Jigo Hontai (Jigotai)	fundamental defensive posture
Tsugi Ashi	sliding foot walking (kata technique)
Tai Sabaki	pivoting or turning the body
Kuzushi	off balance (first element of a throw)
Tsukuri	entry into a throw
Kake	execution of a throw

Judo Ranking / Classification System

Yonen	junior Judo students under 13 yrs of age (no chokes or joint locks)
Shonen	junior Judo students 13-16 yrs of age (no joint locks)
Seinen	senior Judo students 17+ yrs of age (no joint locks below Sankyu)
Mudansha	undergraduate Judo students (sub-black belt ranks)
Yudansha	graduate Judo students (black belt ranks)
Kyu	class (grades of sub-black belt ranks)
Dan	step (grades of black belt ranks)



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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 Mig-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)



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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)

Japanese Ordinal Numbers

Ichi (Sho)	1
Ni	2
San	3
Shi (Yo/Yon)	4
Go	5
Roku	6
Shichi	7
Hachi	8
Ku	9
Ju	10
Ju Ichi	11
Ju Ni	12
...	...
Ni Ju	20



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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) from 2 throws or 3 opponent shidos+Waza-Ari
Yuko!	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