



Middletown Judo Club

Beginning Judo Vocabulary

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道

Judo was founded in Tokyo, Japan by Professor Jigoro Kano in 1882.

	<u>Japanese</u>	<u>Pronunciation</u>	<u>Meaning</u>
1)	Rei	<i>ray</i>	Bow!
2)	Sensei	<i>sensay</i>	Teacher.
3)	Hajime!	<i>hakemay</i>	Begin!
4)	Matte!	<i>mah-tay</i>	Stop!
5)	Judo Gi	<i>joo-doh gee</i>	Judo Uniform.
6)	Uchi Komi	<i>oo-che-koh-me</i>	Practice without throwing. (First two parts of a throw, kuzushi and fit).
7)	Ukemi	<i>oo-kay-mee</i>	Falling ways.
8)	Tori	<i>tor-ree</i>	Person performing a technique.
9)	Uke	<i>oo-key</i>	Person the technique is done on.
10)	<u>Parts of a throw:</u>		
	1. Kuzushi	<i>koo-zoo-she</i>	Breaking balance. (There are 8 directions).
	2. Tsukuri	<i>tsoo-koo-ree</i>	Fit – stepping in.
	3. Kake	<i>ka-key</i>	Throw.
11)	Dojo	<i>doh-jo</i>	Place where Judo is practiced.
12)	Judo	<i>joo-doh</i>	Gentle Way.
	Ju	<i>joo</i>	Gentleness, yielding, giving way, or none resistance.
	Do	<i>doh</i>	Way, path, or principle.
13)	Judoka	<i>joo-doh-ka</i>	Judo student.
14)	Rokyu	<i>row-q</i>	White belt.
15)	Gokyu	<i>go-q</i>	Yellow belt.
16)	Kiai	<i>key-eye</i>	Shout os spirit.
17)	Randori	<i>ron-doh-ree</i>	Free practice.
18)	Waza	<i>wazah</i>	Technique.
19)	Shiai	<i>she-eye</i>	Contest (formal match).
20)	Kumi Kata	<i>koo-me-kah-tah</i>	Methods of grasping. (There is no set number of methods).