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Basics of Judo

Japanese name	English translation
Jigoro Kano	Founder of Judo
Kodokan	First official Judo Dojo
Ju	Being gentle and giving way
Do	Way, path or principle
Judo	The gentle way
Seiryoku Zenyo	Maximum efficiency minimum effort
Jita Kyoie	Mutual benefit mutual welfare
Tokyo, Japan	Birthplace of Judo
Judogi	Judo uniform
Dojo	Place to train

Basic Japanese Dojo and teaching terminology

Japanese term	English Translation
Ai-yotsu	Basic Judo stance and grip
Ashi	Foot, leg
Ashi Waza	Foot techniques
Atemi Waza	Striking techniques
Ayumi Ashi	Ordinary pattern of walking
Budo	Martial ways
Bushido	Way of the warrior
Dan	Rank of Black belt
Debana	Opportunity to break your opponents balance as soon as they move
Dojo	Place where you train
Eri	Lapel
Goshin Jutsu	Art of self defense
Hajime	Begin or start
Hansoku-make	Most serious penalty resulting in an instant disqualification
Hantei	Referee decision
Happo no Kuzushi	Kuzushi in all 8 directions
Hara	Stomach
Hiji	Elbow
Hiki-wake	Draw in competition
Hikite	Pulling hand -- usually the sleeve grip
Hiza	Knee
Ippon	Instant win in competition
Jigotai	Defensive position in Tachiwaza
Jita Kyoie	Principle of mutual welfare
Judo	The gentle way

Judogi	Judo practice uniform
Judoka	One who studies Judo
Ju no Kata	A form of Kata
Jujutsu	Gentle art
Kaeshi Waza	Counter attack techniques
Kake	Completion or execution of technique
Kansetsu Waza	Joint locking techniques (usually elbow joints)
Kappo	Resuscitation techniques after a strangulation until unconsciousness
Kata	Shoulder
Katame no kata	Form of Kata
Kenka Yotsu	Left vs right grips
Kiai	To gather spirit with a shout
Kime no Kata	Forms of kata
Kinshi Waza	Illegal techniques in competition
Kodokan	Judo institute in Tokyo where Judo was founded
Koshi	Hip
Koshi Waza	Hip techniques
Kubi	Neck (as in Kubi nage)
Kumikata	Gripping methods
Kuzure	Modified hold
Kuzushi	Unbalancing your opponent
Mae	Forward, front
Mae Ukemi	Falling forward
Masutemi Waza	Back sacrifice throws
Matte	Stop, pause or wait
Mune	Chest
Nage	Throw
Nage no Kata	Forms of kata
Nagekomi	Throwing practice
Nage Waza	All Throwing techniques
Ne Waza	Techniques on the ground
Obi	Judo belt
Osaekomi	Pin or hold down, referee call to begin timing
Osaekomi Waza	Hold down or pinning techniques
Toketa	Is spoken after a judoka has escaped a pin and the hold down clock is to be stopped
Randori	Free practice or sparring
Rei	Bow
Renraku Waza	Combination techniques
Ritsurei	Standing bow
Seiryoku Zenyo	Jigoro Kano's Principle of maximum efficiency, minimum effort
Seiza	Formal kneeling posture
Sensei	Teacher, instructor
Shiai	Contest

Shido	Penalty
Shime Waza	Choking techniques
Shintai	Moving forwards, sideways & backwards
Shisei	Posture
Shizentai	Natural posture
Sode	Sleeve
Sono Mama	Stop action; command to freeze (usually in Newaza)
Sore Made	Finished, time is up
Sutemi Waza	Sacrifice techniques
Tachi Waza	Standing techniques
Tai Sabaki	Body control, turning
Tatami	Mat
Te	Hand, arm
Te Waza	Hand techniques
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 (getting thrown)
Ukemi	Breakfall techniques
Ushiro	Backwards
Ushiro Ukemi	Back breakfall
Waki	Armpit
Waza	Technique
Waza Ari	Nearly an ippon score
Waza ari Awasete Ippon	Two waza-ari together to equal an ippon
Yoko	Side
Yoko Sutemi Waza	Side sacrifice throws
Yoko Ukemi	Side breakfall
Yoshi	Resume action, continue Sona mama
Yudansha	Person who earned the black belt
Yuko	Score less than a waza-ari
Yusei Gachi	Win by judge's decision
Zenpo Kaiten Ukemi	Forward break fall
Zori	Sandals

Basic Throwing terminology

Japanese name	English translation
Kumi kata	Method of gripping
Kuzushi	Off balancing
Tsukuri	Entering into throwing position
Kake	Completing the throw

Basic Japanese Numbers

Japanese Numbers	English translation
Ichi	1
Ni	2
San	3
Chi	4
Go	5
Roku	6
Shichi	7
Hachi	8
Ku	9
Ju	10
Ju ichi	11
Ju ni	12
Judo san	13
Ju yon	14
Ju Go	15
Ju Roku	16
Ju shichi	17
Ju hachi	18
Juku	19
Niju	20

Judo Belt Colours	English translation
Rokyu	White
Gokyu	Yellow
Yonkyu	Orange
Sankyu	Green
Nikyu	Blue
Ikkyu	Brown

Shodan	Black
Nidan	2 nd Degree Black
Sandan	3 rd Degree Black
Yodan	4 th Degree Black
Godan	5 th Degree Black
Rokudan	6 th Degree Black or Red and White Belt
Shichidan	7 th Degree Black or Red and White Belt
Hachidan	8 th Degree Black or Red and White Belt
Kudan	9 th Degree Black or Red Belt
Judan	10 th Degree Black or Red Belt

Names of all Judo Techniques

Japanese name	English translation
Ashi Guruma	Leg wheel
De ashi bari	Advancing foot sweep
Gyaku juji jime	Reverse cross strangle
Hadaka jime	Rear naked choke
Hane goshi	Springing hip
Harai goshi	Sweeping hip
Harai tsuri komi ashi	Lifting pulling foot sweep
Hiza guruma	Knee wheel
Hikkikomi gaeshi	Pulling in reversal
Ippon seoi nage	One arm shoulder throw
Juji gatame	Cross armlock
Kami shiho gatame	Upper four quarters
Kata guruma	Shoulder wheel
Kata ha jime	Single collar strangle
Kesa gatame	Scarf hold
Koshi guruma	Hip wheel
Ko soto gake	Miner outer hook
Ko soto gari	Miner outer reap
Kouchi gari	Miner inner reap
Kouchi gake	Miner inner hook
Kouchi makkikomi	Miner inner winding
Koshi jime	Hip strangle
Kuzure kami shiho gatame	Broken upper four quarters
Kuzure kesa gatame	Broken scarf hold
Kuzure tate shiho gatame	Broken lengthwise four quarters
Morote seoi nage	Two handed lapel throw
Mune gatame	Chest hold
Nami juji jime	Normal cross strangle
Ogoshi	Major hip throw

Obi otoshi	Belt drop
Oguruma	Major wheel
Okuri ashi barai	Double foot sweep
Okuri eri jime	Sliding collar choke
Osoto otoshi	Major outer drop
Osoto gari	Major outer reaping throw
Osoto guruma	Major outer wheel
Ouchi gari	Major inner reaping throw
Ouchi gake	Major inner hook
Ryo hiza seoi otoshi	Drop seoi nage
Sankaku jime	Triangle choke
Sasae tsuri komi ashi	Propping drawing ankle throw
Seoi otoshi	Shoulder drop
Sode tsuri komi goshi	Sleeve lifting pull hip
Soto Makkikomi	Side winding
Sukui nage	Scoop throw
Sumi gaeshi	Corner throw
Sumi otoshi	Corner drop
Tai otoshi	Hand throw and body drop
Tani otoshi	Valley drop
Tate shiho gatame	Lengthwise four quarters (mount)
Te guruma	Hand wheel
Tomoe nage	Circle throw
Tsuri komi goshi	Drawing hip
Tsuri goshi	Lifting hip
Uchi mata	Inner thigh
Ude garami	Entangled lock
Ude gatame	Straight arm lock
Uki goshi	Floating hip
Uki otoshi	Floating drop
Uki waza	Floating throw
Ura nage	Rear throw
Ushiro goshi	Rear hip
Utsuri goshi	Changing hip
Yoko gake	Side hook
Yoko guruma	Side wheel
Yoko shiho gatame	Side four quarters
Yoko Tomoe nage	Side circle throw
Yoko Wakare	Side separation

Notes
