

A little (more or less) - Sukoshi
Advance or advancing - De
Advanced Foot Sweep - De Ashi Harai
Almost Ippon it literally means "the technique was there" (referee's award of 1/2 point) -
Waza Ari
Alternate throwing practice without resistance from the partner - Sute Geiko
Ancient Forms - Koshiki No Kata
Ankle - Ashikubi
Arm - Ude
Arm entanglement - Ude Garami
Armpit - Wake
Armpit Arm lock - Waki Gatame
Assisting Foot Sweep Throw - Okuri Ashi Harai
Attention - Kiyotsuke
Avoiding or evasive action - Sukashi
Back Fall Reversal Throw - Hiki Komi Gaeshi
Back falling sacrifice throws - Ma Sutemi Waza
Back of the body - Senaka
Back Throw - Ura Nage
Backward falling - Ushiro Ukemi
Bare or naked - Hadaka
Basic or fundamental - Hon
Basic or Fundamental natural posture - Shizen Hon Tai
Begin (referees call) - Hajime
Belt - Obi
Belt Drop Throw - Obi Otoshi
Big or large - Okii
Black Belt Association - Yudanshakai
Body - Tai
Body Drop Throw - Tai Otoshi
Body pivoting - Tai Sabaki
Body torso or waist - Do
Both hands or arms - Morote / Moryote
Bow (command) - Rei
Caution (referees call for moderate penalty) - Chui
Center - Mannaka
Changing or Transferring - Utsuri
Chest - Mune
Chin - Ago
Choke or strangle - Jime / Shime
Choking techniques - Shime Waza
Circle - Tomoe
Circle Throw - Tomoe Nage
Combination techniques - Renwaku Waza
Combination win by adding a half point from a violation and one waza ari - Sogo Gachi

Contest area - Shiaijo
Continue (referee's call) - Yoshi
Cooling off exercises in judo - Shumatsu Undo
Corner - Sumi
Corner Drop Throw - Sumi Otoshi
Corner Reversal Throw - Sumi Gaeshi
Counter - Gaeshi / Kaeshi
Countering Techniques - Kaeshi Waza
Crab Claw Throw - Kani Basami 1
Cross - Juji
Cross arm lock - Juji Gatame
Crush - Hishigi
Dash, hook or break - Gake
Dead Tree Drop Throw - Kuchiki Taoshi
Decision (call by the referee for judges' decision) - Hantai
Decision or decisiveness (as in thinking fast) - Kime
Decision win (referee's award) - Yusei Gachi
Defense (to an attack) - Bogyo
Degree in the Black Belt ranks - Dan
Direct or flat - Ma
Don't move (referee's call) - Sono Mama
Double handed - Ryote
Down - Shita
Draw match (referees call) - Hiki Wake
Drop - Otoshi
Eighth degree black belt - Hachidan
Elbow - Hiji
Entangle, twist or entwine - Garami
Entangled Leg lock - Ashi Garami
Entry methods into matwork - Hairi Kata
Entry, part of a judo throw - Tsukuri
Escape (as from a pin) - Fusegi
Execution, part of a judo throw - Kake
Exercise in general - Taiso
Face - Kao
Falling methods or ways - Ukemi
Falling methods to the rear - Koho Ukemi
Fast - Hayai
Faster; Hurry up - Haiyaku
Favorite or best technique - Tokui Waza
Fifth class Judo rank - Gokyu
Fifth degree black belt - Godan
Fifth Set of the Gokyo No Waza - Dai Gokyo
Fingers - Yubi
First class (brown belt) in Judo - Ikkyu
First degree black belt - Shodan

First Set of the Gokyo No Waza - Dai Ikkyo
Five stages of (throwing) techniques, the basic syllabus of Kodokan Judo - Gokyo No Waza
Float or Floating - Uki
Floating Drop - Uki Otoshi
Floating Hip Throw - Uki Goshi
Floating Hold - Uki Gatame
Floating Technique Throw - Uki Waza
Following foot walking - Tsugi Ashi
Foot or Leg - Ashi
Foot or Leg Techniques - Ashi Waza
Foot Wheel or Whirl Throw - Ashi Guruma
Formal 8 directions of off balancing - Happo No Kuzushi
Formal forms of decision - Kime No Kata
Formal forms of grappling - Katame No Kata
Formal forms of self defense - Goshinjitsu No Kata
Formal forms of throwing - Nage No Kata
Formal pre arranged routine practice - Kata
Forms of Five - Itsutsu No Kata
Forms of Gentleness - Ju No Kata
Forms of gripping an opponent - Kumi Kata
Forward Falling - Mae Ukemi
Forward or Front - Mae
Forward rolling falling - Zempo Kaiten Ukemi
Four corners (as in a hold down) - Shi Ho
Fourth class judo rank - Yonkyu
Fourth degree black belt - Yodan / Yondan
Fourth Set of the Gokyo No Waza - Dai Yonkyo
Free practice (sparring) - Randori
Fundamental defensive posture - Jigo Hon Tai
Full point by adding two waza ari scores (referee's call) - Waza Ari Awasete Ippon
Gentle Arts. A style of martial arts - Jujitsu
Grappling Techniques - Katame Waza
Grappling; Locks and Holds - Katame / Gatame
Grip or Grasp - Kumi
Hand - Te
Hand techniques - Te Waza
Hard; stiff - Katai
Head - Atama
Heel Trip Throw - Kibisu Gaeshi
Hell Strangle - Jigoku Jime
High Lift Throw - Daki Age
High Separation Throw - Daki Wakare
Hip or waist - Goshi / Koshi
Hip or waist techniques - Koshi Waza
Hip Wheel or Whirl Throw - Koshi Guruma

Hold down (referee's call) - Osae Komi
Hold down broken (referee's call) - Toketa
Holder of any black belt rank - Yudansha
Holder of any rank below black belt - Mudansha
Holding or pinning techniques - Osae Komi Waza
I surrender - Maitta
Illegal act of locking the legs around the torso of an opponent - Do Jime
Inner or Inside - Uchi
Inner Thigh Avoidance Throw - Uchi Mata Sukashi
Inner Thigh Counter Throw - Uchi Mata Gaeshi
Inner Thigh Throw - Uchi Mata
Inner Thigh Winding Throw - Uchi Mata Maki Komi
Inner Winding Throw - Uchi Maki Komi
Instantaneous promotion - Batsugun
Institute of Judo in Tokyo, Japan - Kodokan
Internal force or spiritual energy - Ki
Jacket - Uwagi
Joint locking techniques - Kansetsu Waza
Judo practitioner or player - Judoka
Judo uniform - Judogi / Gi
Judo uniform lapel - Eri
Knee - Hiza
Knee Arm lock - Hiza Gatame
Knee Wheel or Whirl - Hiza Guruma
Kneeling bow - Za Rei
Left - Hidari
Left Defensive Posture - Hidari Jigo Tai
Left Natural Posture - Hidari Shizen Tai
Leg Arm lock - Ashi Gatame
Lift or lifting - Tsuru
Lift Pull Hip Throw - Tsuru Komi Goshi
Lift pull or lifting pulling action - Tsuru Komi
Lifting Hip Throw - Tsuru Goshi
Light, easy - Karui
Lock or Hold - Gatame / Katame
Loss by rule violation (referees call) - Hansoku Make
Loss of any type - Make
Major Hip Throw - O Goshi
Major Inner Counter Throw - O Uchi Gaeshi
Major Inner Reaping Throw - O Uchi Gari
Major Outer Counter Throw - O Soto Gaeshi
Major Outer Drop Throw - O Soto Otoshi
Major Outer Reaping Throw - O Soto Gari
Major Outer Wheel or Whirl Throw - O Soto Guruma
Major Outer Winding Throw - O Soto Maki Komi
Major Wheel or Whirl - O Guruma

Major, great, big or large - O
Man for man elimination tournament - Tentori Shiai
Martial Arts - Budo
Maximum Efficiency Physical Exercise - Seiryoku Zenyo Kokuimin Taiiku
Maximum efficiency with minimum effort (Judo Maxim) - Seiryoku Zenyo
Meditate - Mokuso
Methods of resuscitation used in Judo - Kappo / Katsu
Minor Inner Reaping Counter Throw - Ko Uchi Gaeshi
Minor Inner Reaping Throw - Ko Uchi Gari
Minor Outer Hooking Throw - Ko Soto Gake
Minor Outer Reaping Throw - Ko Soto Gari
Minor, little or small - Ko
Modification or variation of a (technique) - Kuzure
Modified Scarf Hold - Kuzure Kesa Gatame
Modified Side Four Corners Hold - Kuzure Yoko Shi Ho Gatame
Modified Upper Four Corners Hold - Kuzure Kami Shi Ho Gatame
Mountain Storm Throw - Yama Arashi
Mutual welfare & benefit - Jita Kyoei
Naked or Bare Choke - Hadaka Jime
Near Waza ari (referee's award) - Yuko
Near Yuko (referee's award) - Koka
Neck - Kubi
Newly certified throwing techniques of Kodokan Judo - Shinmesho No Waza
Ninth degree black belt - Kudan
No - Ie
Normal - Nami
Normal Arm lock - Ude Gatame
Normal Cross Choke - Nami Juji Jime
Normal Walking - Ayumi Ashi
Note (referee's call a slight penalty) - Shido
Off balancing, part of a throw - Kuzushi
One half or Single - Kata Ha
One Leg Entanglement Throw - Kawazu Gake 1
One Point (referees call) - Ippon
Opposite side gripping (right vs. left) - Kenka Yotsu
Outer Winding Throw - Soto Maki Komi
Outside area - Jogai
Outside or Outer - Soto
Pants - Zubon
Past Master of Judo (title traditionally applied only to Dr. Jigoro Kano) - Shihan
Person performing the technique - Tori
Person receiving the technique - Uke
Philosophy or way of life. - Do
Please - Onegai Shimasu
Power or drawing hand, lifting hand (usually the lapel hand) - Tsurite
Power; Using one's strength - Chikara

Practice Hall for Judo - Dojo
Practice in general - Keiko
Practice in pairs - Sotai Renshu
Prop, propping or supporting - Sasae
Propping Lift Pull Foot Throw - Sasae Tsuru Komi Ashi
Pull or pulling - Hiki
Pull or pulling - Komi
Pulling or locking hand (usually the sleeve hand) - Hiki Te
Push - Osu
Reaping action done with the leg - Gari
Rear Hip Throw - Ushiro Goshi
Rear, Back or backward - Ushiro
Red - Aka
Referee - Shimpan
Repetition attack practice with a partner without throwing - Uchi Komi
Reverse - Gyaku
Reverse Cross Choke - Gyaku Juji Jime
Reverse Scarf Hold - Ushiro Kesa Gatame
Reverse side, back - Ura
Rice Bag Reversal Throw - Tawara Gaeshi
Right - Migi
Right Defensive Posture - Migi Jigo Tai
Right Natural Posture - Migi Shizen Tai
Sacrifice - Sutemi
Sacrifice throwing techniques (by falling on one's back or side) - Sutemi Waza
Same side gripping (right vs. right, left vs. left) - Ai Yotsu
Scarf Hold - Kesa Gatame
Scoop up - Sukui
Scooping Throw - Sukui Nage
Seat of Honor - Kamiza
Second class (brown belt) judo rank - Nikyu
Second degree black belt - Nidan
Second Set of the Gokyo No Waza - Dai Nikyo
Seventh degree black belt - Shichidan
Shoulder - Kata
Shoulder Drop Throw - Seoi Otoshi
Shoulder Hold - Kata Gatame
Shoulder Throw - Seoi Nage
Shoulder Wheel or Whirl Throw - Kata Guruma
Shout to gather inner strength - Kiai
Side - Yoko
Side Dash Throw - Yoko Gake
Side Drop Throw - Yoko Otoshi
Side falling - Yoko Ukemi
Side Four Corners Hold - Yoko Shi Ho Gatame
Side of the dojo or tournament mat reserved for senior judoka or officials - Joseki

Side sacrifice techniques - Yoko Sutemi Waza
Side Separation Throw - Yoko Wakare
Side Wheel or Whirl Throw - Yoko Guruma
Single handed, one hand Kata - Te
Single or Half Cross Choke - Kata Juji Jime
Single Shoulder (Wing) Choke - Kata Ha Jime
Sitting Crossed Legged - Anza
Sitting on the knees - Seiza
Sixth class judo rank - Rokyu / Rokkyu
Sixth degree black belt - Rokudan
Sleeve - Sode
Sleeve Wheel Choke - Sode Guruma Jime
Sliding - Okuri
Sliding Lapel Choke - Okuri Eri Jime
Slight superiority (contest call) - Kinsa
Slow - Osoi
Small - Chiisai
Soft - Yawarakai
Solo practice - Tandoku Renshu
Spring Winding Throw - Hane Maki Komi
Springing action done with the leg - Hane
Springing Hip Counter Throw - Hane Goshi Gaeshi
Springing Hip Throw - Hane Goshi
Standing bow - Ritsu Rei
Standing throwing techniques - Tachi Waza
Stomach - Hara
Stomach Arm lock - Hara Gatame
Stong - Tsuyoi
Stop (referee's call) - Matte
Straddle or verticle - Tate
Straddling Four Corners Hold - Tate Shi Ho Gatame
Straw mats - Tatami
Striking Techniques - Ate Waza
Striking Techniques to vital areas - Atemi Waza
Swallow Counter Throw - Tsubame Gaeshi
Sweeping action done with the leg - Barai / Harai
Sweeping action done with the leg - Harai / Barai
Sweeping Hip Counter Throw - Harai Goshi Gaeshi
Sweeping Hip Throw - Harai Goshi
Sweeping Lift Pull Foot Throw - Harai Tsuru Komi Ashi
Sweeping Winding Throw - Harai Maki Komi
Teacher, Instructor - Sensei
Technique - Waza
Techniques from a supine position - Ne Waza
Tenth degree black belt - Judan
Thank You - Domo Arigato

That is all (referee's call) - Sore Made
The class of ranks in Judo below black belt - Kyu
The gentle way - Judo
The number 1 - Ichi
The number 10 - Ju
The number 11 - Juichi
The number 12 - Juni
The number 13 - Jusan
The number 14 - Jushi / Juyon
The number 15 - Jugo
The number 16 - Juroku
The number 17 - Junana / Ju shichi
The number 18 - Juhachi
The number 19 - Jukyu
The number 2 - Ni
The number 20 - Niju
The number 3 - San
The number 4 - Shi / Yon
The number 5 - Go
The number 6 - Roku
The number 7 - Nana / Shichi
The number 8 - Hachi
The number 9 - Ku
The principle of gentleness or giving way - Ju
Thigh - Mata / Momo
Third class (brown belt) in judo - Sankyu
Third degree black belt - Sandan
Third Set of the Gokyo No Waza - Dai Sankyo
Throw - Nage
Throwing techniques - Nage Waza
Thrust Choke - Tsuru Komi Jime
Time (referees call) - Jikan
To make a very big motion - Okiku
Toes and ball of the foot - Tsumasaki
Tournament - Shiai
Transferring or Changing Hip Throw - Utsuri Goshi
Triangular - Sankaku
Triangular Choke - Sankaku Jime
Twelfth degree black belt (held only by Dr. Jigoro Kano) - Junidan
Two Hand Reaping Throw - Morote Gari
Two Handed Choke - Ryote Jime
Up - Uye
Upper body - Kami
Upper Four Corners Hold - Kami Shi Ho Gatame
Valley Drop Throw - Tani Otoshi
Warm up exercises in Judo - Jubi Undo

Warning (referee's call for severe penalty) - Keikoku
Way of the warrior - Bushido
Wheel or Whirl - Guruma
White - Shiro
Win opponent accidentally injured - Itami wake
Win by default - Fusensho
Win by forfeit or default of the opponent before a match (referees call) - Fusen Gachi
Win by withdrawal of the opponent during a match - Kiken Gachi
Win of any type - Gachi / Kachi
Winding Throw to the mat. - Maki Komi
Winner stays up contest - Kohaku Shiai
Wrist - Tekubi
Yes - Hai