



Handbook
of
JUDO

自他共榮

精力善用

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1. Japanese – English

A

Age

Up; above (*ex.*: daki age).

Ago

Chin.

Ai yotsu

Same grip used by both persons (right or left). *See also* kenka yotsu.

Anza

Sitting cross legged.

Arigato

Thank you. *Arigato, sensei* is said at the close of class by the students.

Ashi

Leg, foot (*ex.*: okuri ashi barai).

Ashi garami

Entangled leg lock.

Ashi guruma

Leg wheel.

Ashi waza

Foot or leg technique(s). One of the nage waza (*q.v.*).

Ashi yubi

Toe (*lit.* foot finger).

Atemi

Striking.

Atemi Waza

Striking techniques.

Awase

To join (*ex.*: waza ari awasete ippon, *q.v.*).

Awase waza

Combination techniques (*see* Part 8 – Combinations).

Ayumi Ashi

Walking; course. Ordinary pattern of walking; normal walking (*see* tsugi ashi).

B

Barai (Harai)

Sweeping action with the leg or foot (*ex.*: de ashi barai).

Batsugun

Exceptional achievement which leads to an instant promotion. At the Kodokan, this used to be given at kohaku shiai (*q.v.*). It can also be given for service to Judo.

Bu

Military, martial.

Budo

Martial way, martial arts.

Bujutsu

Martial arts; martial techniques (*see* jutsu).

Bushi

Samurai warrior.

Bushido

Way of the warrior.

C

Chugaeri

Breaking a forward fall with the forearms; somersault.

Chui

Warning. Referee's call for minor infraction of competition rules; penalty (removed from competition rules in 2008).

D

Dai

Ordinal number, for example dai ikkyo (*lit.* 'group ordinal number one'), first group of the nage waza. Note that this word has multiple meanings in Japanese.

Daki

Embrace; hug (*ex.*: daki age).

Dan

Black belt rank. The levels are:

1. shodan
2. nidan
3. sandan
4. yodan
5. godan
6. rokudan (white/red belt)
7. shichidan (white/red belt)
8. hachidan (white/red belt)
9. kudán (red belt)
10. judan (red belt)

Jigoro Kana had no dan. He is generally recognized as holding 12th dan, which has a white belt to signify the completion of the circle from rokyu. The 12th dan belt however is double-width, to avoid any confusion...

De

Advance; forward (*ex.*: de ashi harai).

Debana

Instant of opportunity to break balance as opponent initiates a motion. (*lit.* 'in front of the nose').

Deshi

Student. *Uchi deshi* is a student who lives at the dojo, doing tasks such as cleaning in exchange for tuition.

Do

Way; path; principle.

Do

Trunk (*ex.*: do jime).

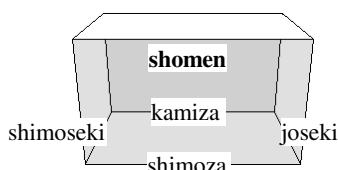
Do jime

Body scissors/squeeze (illegal in competition).

Dojo

School or training hall for studying the way. Do, way + jo, school.

The different parts of the dojo are:



The kamiza ('seat of honour') is the central point of the dojo. It is here that Jigoro Kano's picture is placed. To the right of the kamiza is the joseki (jo, assistant; seki, seat), the side where the sensei sits. Opposite the joseki is the shimoseki where the yudansha (*q.v.*) sit. Mudansha (*q.v.*) sit opposite the kamiza, on the side called shimoza ('lower seat'). The shomen (*q.v.*) is the wall behind the kamiza where pictures or awards can be hung. The portrait of Jigoro Kano will be placed here, in the middle.

Dori

Grab (*ex.*: kata ashi dori).

E**Eishoji Temple**

In February of 1882 Jigoro Kano, then aged 22, founded his first dojo at a hall in the Eishoji temple, situated in the old shitaya district of downtown Tokyo. He started there with nine of his students from the Kito ryu. The photo here is of the garden, with the main entrance. The stone to the left commemorates the founding of judo at this site.

**Eri**

Collar or lapel of the Judo gi (*ex.*: okuri eri jime).

Eri jime

Collar choke.

F**Fudoshin**

Immovable spirit.

Fusegi

Escapes.

Fusen gachi

Win by default (competition).

G**G**

Several judo terms may be written with an initial 'g' or 'k'. The rule is: if the word is the first term in a phrase it is written with a 'k' (hard sound). Otherwise the sound softens to a 'g'. *Ex.*: kaeshi waza, sumi gaeshi.

Gaeshi (Kaeshi)

Counter or reversal (*ex.*: sumi gaeshi). *See* sukashi.

Gake

Hook, action done with the leg (*ex.*: ko soto gake).

Garami

Entangle or twist (*ex.*: ude garami). *See* hineri.

Gari

Reaping, or sweeping action done with the leg (*ex.*: o soto gari).

Gatame (katame)

Hold-down, (joint) lock (*ex.*: kata gatame *or* ude gatame).

Gi (Judogi)

Judo uniform. Jigoro kano did not introduce the gi as we know it today until 1911. Prior to that, the judoka practiced in kimonos. The word is pronounced with a hard 'g', as in 'get'.

Go

Five. *See* Part 3, Counting.

Godan

Fifth degree black belt. *See* dan for a complete list.

Gokyo

(1) Group five in the Kodokan classification of the nage waza. Go, five + kyo, principle or group.

(2) Five groups. The division of nage waza into five groups of techniques.

Kyu gokyo no waza was the first set of definitions. It was created in 1895 and comprised 42 throws.

Shin gokyo no waza (or simply "the gokyo") was defined in 1920 and remained the only throwing

techniques recognized by the Kodokan for 62 years. In this version, eight of the kyu gokyo no waza were eliminated, being deemed too dangerous, and 6 new techniques were added (*see* shin go kyo no waza).

In 1982, the hundredth anniversary of the foundation of the Kodokan, the eight techniques that had been eliminated in 1920 were reinstated.

At the same time fifteen more techniques that had become popular in competition were officially condoned (*see* shinmeisho no waza).

Finally in 1997 two further throws were added to the shinmeisho no waza.

Gokyu

Yellow Belt (fifth coloured-belt rank *or* kyu).

Go no sen

Counter attack executed the instant after uke has attempted to execute their own technique (*lit.* 'Defensive initiative'). *See* sen no sen. *Also see* part 9, Kaeshi Waza.

Gonosen no kata

Forms of counters. This kata was extensively promoted by Mikonosuke Kawaishi in his book 'The Seven Katas of Judo'. It is not recognized by the Kodokan.

Goshi (Koshi)

Waist or hip (*ex.*: o goshi). When it is not the first word, the 'k' becomes a 'g'.

Goshin

Self defense.

Goshin Jutsu no kata

Forms of self defense. The fourth of the Kodokan kata. *See* Kodokan goshin jutsu.

Guruma (kuruma)

Wheel (*ex.*: kata guruma).

Gyaku

Reverse (*ex.*: gyaku juji jime).

H

Ha

Wing (*ex.*: kata ha jime).

Habukareta Waza

Preserved techniques. When the Kodokan created the shin gokyo no waza in 1920, eight of the techniques from the former gokyo (*see* kyu go kyo) were deemed too dangerous and were removed. On the occasion of the hundredth anniversary of the founding of the Kodokan these eight techniques were reinstated as the Habukareta waza. These techniques are

- Daki wakare
- Seoï otoshi
- Hikikomi gaeshi
- Tawara gaeshi
- O soto otoshi
- Uchi makikomi
- Obi otoshi
- Yama arashi

Hachi

Eight. *see* Part 3, Counting.

Hachidan

Eighth degree black belt. *See* dan for a complete list. As for sixth and seventh dans, belt colours are alternating red and white panels. *See* kohaku obi.

Hadaka

Naked (*ex.*: hadaka jime).

Hai

Yes! (*see* iie).

Hajime!

Start! or begin! Used in shiai and randori.

Hando no kuzushi

Unbalancing by reaction; uke loses balance as a result of trying to avoid some movement on the part of tori. *See* happo no kuzushi.

Hane

Springing action, with the leg (*ex.*: hane goshi).

Hansoku

'You have lost'. *See* next entry.

Hansoku make

Defeat by referee decision. It is given:

(1) to a competitor who has accumulated four shido in a match. This entails losing the match but not disqualification from the competition.

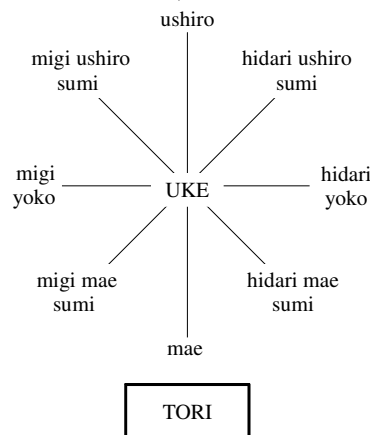
(2) for a major infringement of the rules of competitive judo. This entails immediate disqualification from the competition.

Hantei

Decision! Referee's call for judge's decision (vote with flags, majority wins).

Happo no kuzushi

Eight directions of Kuzushi, or unbalancing of uke. (*see* hando no kuzushi). The directions are:



Hara

Centre, stomach (*ex.*: hara gatame).

Harai (Barai)

Sweeping action with the leg or foot (*ex.*: harai goshi).

Hazushi

Escape.

Hidari

Left (*ex.*: hidari eri dori *in* goshin jitsu no kata). *See also* mae, migi.

Hiji

Elbow (*ex.*: hiji makikomi).

Hiki

Pulling.

Hiki komi gaeshi

Turning an opponent on the ground in order to start *ne waza*.

Hiki wake

Drawn match (competition; referee's award).

Hikite

Pulling hand – usually the hand gripping a sleeve. *hiki*, pull + *te*, hand.

Hineri

Twisting (*ex.*: kote hineri *in* goshin jitsu no kata). *See* garami.

Hishigi

Crush (*ex.*: ude hishigi wake gatame).

Hiza

Knee (*ex.*: hiza guruma).

Hon

Basic or fundamental (*ex.*: Hon Kesa Gatame – *but see* the entry for kesa gatame).

Hyaku

One hundred. *See* Part 3, Counting.

I**Ichi (Sho)**

One. The form 'ichi' is used for counting; the form 'sho' is used, for example, to indicate first dan black belt rank (shodan). *See* Part 3, Counting.

Iie

No! *See* hai.

Ikkyo

Group one. *Ik* (ichi), one + *kyo*, principle or group.

Ikkyu

Brown Belt (first coloured-belt rank or kyu).

Ippon

One full point, which scores a victory in shiai. The scores, from least up to to win, are

- koka (*no longer used*)
- yuko
- waza ari
- waza ari awasete ippon
- ippon

q.v. alphabetically in this vocabulary.

Ippon is signaled in competition by the referee raising the arm vertically above the head.

**Itsutsu no kata**

'Forms of Five'. The sixth of the Kodokan kata. It was created by Jigoro Kano in 1887 but left unfinished at his death. It expresses the elements of judo infive fundamental principles:

1. Continuous attack, even of lesser power against greater, will bring victory.
2. Energy comes from the opponent. Victory comes from yielding to this energy and turning it against the opponent.
3. The principle of the whirlpool. Objects caught in a vortex will close in towards each other.
4. The tides of the ocean, which will sweep everything from a beach into the depths of the water.
5. One source of energy yields to another in order to avoid mutual destruction. This brings peace and co-existence.

This kata, together with the seventh, koshiki no kata, are grouped as the *ri no kata* (*q.v.*).

J**Jigo Hontai (Jigotai)**

Fundamental defensive posture. The knees are bent so as to lower the centre of gravity. *See* shizen hontei.

Jigoku

Hell (*ex.*: jigoku jime).

Jigoro Kano

See Kano.

Jigotai

Defensive posture. *See* jigo hontei.

Jikan

Referee call to stop the clock (competition).

Jime (Shime)

Choke or strangle (*ex.*: hadaka jime).

Jita Kyoei

Principle of mutual benefit and welfare (*lit.* 'prospering in common for oneself and others'). One of Jigoro Kano's two mottos. *See also* Seiryoku zenyo *and* Kodokan Bunkakai. Jigoro Kano's calligraphy for jita kyoei is shown here.

**Jo**

- (1) Hall; school (in the sense of a building).
- (2) Assistant.

Jogai

Outside of the mat area.

Jonai

Inside the mat area.

Joseki

After the kamiza (*q.v.*), the most important area of the dojo. The joseki is to the right of the kamiza. The sensei sits here (jo, assistant + seki, seat). *See* dojo.

Joshi

Women. *see* next entry.

Joshi goshin ho

Women's self-defence kata. A Kodokan kata.

Ju

The principle of gentleness, yielding, or giving way; soft, flexible.

Ju

Ten. *See* Part 3, counting.

Ju no Kata

Forms of Gentleness. The fifth of the Kodokan kata, created in 1887 (the same year as itsutsu no kata). The three sets of five techniques are intended to demonstrate the principles of gentleness yielding. When Jigoro Kano was asked to explain judo he would demonstrate this kata. *See also* rentai no kata.

Ju no ri

Principle of flexibility or yielding.

Judan

Tenth degree black belt. *See* dan for a complete list. As for ninth degree, the belt colour is red.

Judo

The gentle way. The term was coined by Jigoro Kano in order to express the departure from a philosophy of 'martial' (the basis for jujutsu, *q.v.*). He saw judo as a philosophy extending beyond the study of techniques into all walks of life. This is expressed in the two mottos, jita kyoei and seiryoku zenyo (*q.v.*).

The calligraphy to the right is 'judo' written in kanji.

柔道

Judo Ichidai

A Judo life—Spending one's life in the diligent pursuit of Judo.

Judogi

Judo Uniform. *See* gi. It consists of three parts: a jacket, or uwagi, made from heavyweight cotton; pants, or zubon; and a belt, or obi, made from heavy cotton. Jigoro Kano introduced the judogi as we know it today in 1907. Before that judo was practiced in a kimono. In 1997 the International Judo Federation introduced the blue uniform as a way to distinguish between two competitors. The image shows Jigoro Kano wearing a judogi in the 1932.

**Judoka**

One who studies Judo.

Juji

Cross (*ex.*: juji gatame).

Jujutsu

Gentle science; gentle art. Jujutsu evolved in Japan several centuries ago as a way of defeating an opponent wearing armour without using weapons. Jigoro Kano used the techniques as the basis for judo.

Jutsu

Technique; method; skill; spell; trick.

K**K**

See G.

Kaeshi (Gaeshi)

Counter; reversal (*ex.*: sumi gaeshi, kaeshi waza). *See* also sukashi.

Kaeshi Waza

Counter techniques. *See* Part 7.

Kake

Completion or execution of a throw. Preceded by kuzushi and tsukuri (*q.v.*). *Lit.* 'beginning', 'start'.

Kami

Upper (*ex.*: kami shiho gatame).

Kamiza

Highest point of honour in a Dojo. It is often raised above the level of the tatami. This is where the picture of Jigoro Kano should be placed. *See* dojo.

Kani basami

Lobster claw. The Kodokan gives the translation 'scissor throw'. One of the shin meisho no waza (*q.v.*)

Kan

A meeting place intended for public use, as opposed to a private house (*ex.*: Kodokan, Ryudokan, *q.v.*)

Kano, Jigoro

The founder of Judo. Born in Kikage (near Kobe), Japan, October 28 1860. Died on board the ship Hikawa Maru, May 3 1938, while returning from the United States. The portrait shows Kano in 1881 at age 20, at the time when he would found his first dojo in the Eishoji Temple (*q.v.*).

**Kansetsu**

Joint.

Kansetsu Waza

Joint locking techniques.

Kappo

Resuscitation techniques. (It can happen that uke loses consciousness as a result of one of the choke techniques that restrict the flow of blood to the head). *See* katsu.

Kata

Fundamental form. The seven Kodokan kata are:

- Nage no kata
- Katame no kata
- Kime no kata
- Kodokan goshin jutsu
- Ju no kata
- Itsutsu no kata
- Koshiki no kata

(*q.v.* alphabetically in this vocabulary)

Kata

- (1) Single; one of a pair (*ex.*: kata juji jime).
- (2) shoulder (*ex.*: kata gatame).

Kataha

A half; single wing (kata, single + ha, wing).

Katame (gatame)

Hold-down, lock. The 'k' changes to a 'g' if this is not the first word.

Katame no kata

Forms of grappling. The second of the Kodokan kata. Often referred to as one of the randori no kata (*see also* nage no kata).

Katame waza

Grappling Techniques.

Katate

Single hand (kata, single + te, hand).

Katsu

Resuscitation. *See* kappo.

Keiko

Practice in general.

Keikoku

Serious warning. Referee's call for severe penalty in competition. The term was dropped from the International Judo Federation competition rules in 2003..

Kenka Yotsu

Opposite grips used by each judoka, one right, one left. *See also* ai yotsu.

Kesa

Scarf (*ex.*: kesa gatame)

Kesa gatame

Scarf hold. Also known as hon gesa gatame, however the Kodokan no longer uses 'hon' for this hold.

The word 'scarf' comes from a type of samurai sword cut. The warrior would kill an opponent with a diagonal cut, starting at the side of the neck and descending. Kesa gatame controls that same part of the body.

Ki

Internal force or spiritual energy.

Kiai

A shout from tori during kake that focuses the energy of a throw. Throws should always be executed with a kiai from tori (*lit.* 'yell', 'fighting spirit').

Kibisu

Heel (*ex.*: kibisu gaeshi).

Kime

Decision. *See* next entry.

Kime no Kata

Forms of decision. The third of the Kodokan kata, developed by Jigoro Kano around 1888. This kata groups combat techniques that are applicable in real-life situations (strikes to vital points of the body, for example). It is one of the shobu no kata (*q.v.*). There are eight techniques applied from a kneeling position (idori) and twelve applied from a standing position (tachiai).

Kinshi Waza

Techniques prohibited in competition. These include

- ashi garami (leg twist)
- do jime (body scissors/squeeze)
- kani basami (lobster grip)
- kawazu gake (hook projection)

Kiotsuke!

(come to) Attention!

Kito ryu no kata

See koshiki no kata.

Ko

Small or minor (*ex.*: ko soto gari). It also has the meanings of study, or lecture (*ex.*: Kodokan).

Kodansha

High ranking judoka (5th dan and above).

Kodokan

Judo institute in Tokyo where Judo was founded.

Ko, study + do, the way + kan, public place, i.e. "The house which shows the way".



Kodokan Bunkakai

Kodokan Cultural Association, founded by Jigoro Kano in 1922. The mottos associated with judo were first presented at the foundation of this association: seiryoko zenyo and jita kyoei (*q.v.*).

Kodokan goshin jutsu

The fourth of the Kodokan kata, created in 1958, twenty years after the death of Jigoro Kano. This is a self defence kata consisting of twenty one techniques divided into two groups, twelve techniques for use against an unarmed opponent and nine for use against an opponent with a knife, a stick or a pistol. *See also* shobu no kata.

Kogeki Seyo

Order for judoka to attack.

Kohaku

"Winner stays up" form of shiai.

Kohaku obi

Belt of alternating white and red panels, worn by rokudan, shichidan and hachidan. White signifies purity and simplicity, red signifies a string drive to

train and achieve success. Jigoro Kano introduced this belt in 1930.

Koho ukemi

Falling methods to the rear.

Koka

Score less than a yuko (competition). This score was added to the International Judo Federation competition rules in 1974, then removed in December 2008. *See* yuko, waza ari, ippon.

Komi

Pull (*ex.*: tsuru komi goshi).

Koshi (Goshi)

Hip (*ex.*: koshi guruma). If is is not the first word, the 'k' becomes a 'g'.

Koshi waza

Waist or hip techniques. One of the nage waza (*q.v.*).

Koshiki no kata

Also known as the Kito ryu no Kata. Jigoro Kano created this kata in order to preserve the techniques of the Kito ryu, which were the source for judo. The twenty one techniques were developed originally for warriors wearing armour. It consists of two parts: omote (front) and ura (back).

The seventh of the Kodokan kata.

Kote

Wrist (*ex.*: kote gaeshi *in* goshin jitsu no kata). ko, small + te, hand. *See* also tekubi.

Ku

Nine. *See* Part 3, Counting.

Kubi

Neck. *Also see* tekubi.

Kudan

Ninth degree black belt. *See* dan for a complete list. As for judan, kudan belt colour is red.

Kumi

Grip.

Kumi Kata

Methods of gripping an opponent. The commonest is migi kumi kata. The left equivalent is hidari kumi kata. *See* also ai yotsu and kenka yotsu.

Kuzure

Modified hold, variation (*ex.*: kuzure kesa gatame)

Kuzushi

Unbalancing the opponent; off balance. This could be achieved (1) by tori pushing or pulling uke to unbalance them; (2) by uke moving, thus creating a momentary unbalance. *See* tsukuri and kake.

Kyoshi

Instructor. (*See* sensei, shihan; *also see* next entry).

Kyo

Group, principle. *See* gokyo, kyoshi.

Kyu

Class of belt ranks in judo below black belt. *See* also mudansha, dan, yudansha.

Kyu

Former. *See* next entry.

Kyu go kyo

The first classification of throws by Jigoro Kano, created in 1895. It consists of 42 techniques divided into 5 groups. Eight of the techniques were removed in the 1920 classification but then reinstated in 1982.

L

M

Maai

Distance required between two people to effectively enter a tachi waza.

Mae

Forward, front. *See* also hidari, migi.

Mae Sabaki

Frontal escape.

Mae sutemi waza

Back sacrifice throws. One of the nage waza (*q.v.*).

Mae Ukemi

Front breakfall.

Maki

Wind; the action of winding.

Makikomi

Winding pull; winding within. There are 6 recognized makikomi techniques: uchi (1895 kyu gokyo, now part of the habukareta no waza), hane and soto (1920 gokyo), o soto, harai and uchi mata (shinmeisho no waza, *q.v.*).

Makura

Pillow (*ex.*: makura kesa gatame). The Kodokan no longer uses this term. Instead, the hold is called kuzure kesa gatame, a variation of scarf hold.

Mata

Thigh (*ex.*: uchi mata).

Matte!

Stop! (whatever you are doing).

Mi

Body. *See* tai.

Migi

Right (*ex.*: migi eri dori *in* goshin jitsu no kata). *See* also hidari, mae.

Moro

Double.

Morote

Two-handed (*ex.*: morote gari). Moro, double + te, hand.

Mudansha

Holder of any rank below black belt (*lit.* 'one without dan'). The opposite is yudansha, 'one with dan'. *See also* kyu, dan.

Mune

Chest (*ex.*: mune gatame).

N

Nage

Throw (noun).

Nage komi

Repetitive throwing practice. *See* uchi komi.

Nage no Kata

Forms of throwing. The first of the Kodokan kata. Often referred to as one of the randori no kata (*see also* katame no kata).

Nage Waza

Throwing techniques. The Kodokan recognizes 67 techniques:

- Gokyo: 40 techniques
- Habukareta: 8 techniques
- Shinmeisho: 19 techniques

See each term in this vocabulary.

Nage waza is divided into 5 sub-groups:

Tachi Waza

- Te waza
- Koshi waza
- Ashi waza

Sutemi Waza

- Mae sutemi waza
- Yoko sutemi waza

Nami

Normal (*ex.*: nami juji jime).

Ne

Lie down.

Ne waza

Techniques on the ground, grappling techniques.

Ni

(1) Two. *See* Part 3, Counting.

(2) used as a grammatical particle to indicate direction. For example, Sensei ni rei, bow towards the sensei.

Nidan

Second degree black belt. *See* dan for a complete list.

Niju

Twenty. *See* Part 3, Counting.

Nikyo

Group two in the Kodokan classification of the nage waza. Ni, two + kyo, principle or group.

Nikkyu

Blue belt (second coloured-belt rank *or* kyu).

O

O

Large or major (*ex.*: o goshi).

O goshi

Major hip throw.

O soto gari

Major outer reaping throw.

Obi

Judo belt; sash (*ex.*: obi goshi). When Jigoro Kano founded judo there was no distinction of rank by belt colour. Even when he awarded the first shodan ranks to two of his students in 1883 (Saigo and Tomita) there was no belt to go with the award. Three years later, in 1886, he created the black belt as an outward sign of achievement, but it was still just a kimono belt. In 1907, when he devised the judogi (in the form that we still use it today) he introduced the concept of white and black belts. There were no other colours – remember that this was Japan, where the concept was 'you don't know it' or 'you do know it!' The educational value of degrees of learning had not yet been recognized. White represented the unwritten page, and black was the opposite. The idea of coloured belt did not appear until 1935, in Paris, France. It was Miconosuke Kawaishi who realized that western cultural attitudes required a more overt sign of progress, and he devised the system of colours in the order white, yellow, orange, green, blue brown, that has been universally recognized and used since that time. *See also* Kohaku obi.

Okuden

Secret teachings.

Okuri

Slide; chase, pursue (*ex.*: okuri eri jime).

Onegai shimasu

Please.

Osaekomi

Pin, referee call to begin timing (competition).

Osaekomi waza

Holding techniques.

Osaekomi Toketa

Escape, stop timing of hold. More usually this is just 'toketa'.

Otoshi

Drop (*ex.*: tani otoshi).

P

Q

R

Randori

Free practice.

Randori no Kata

The katas based on throws (nage no kata) and hold-downs (katame no kata), so-called because these are the elements of randori.

Randori Waza

Techniques for free practice.

Rei!

Bow! (*lit.* 'expression of gratitude').

Reiho

Forms of respect, manners, etiquette.

Reishiki

Etiquette, or mat manners (*see* [http:// judoinfo.com/dalien2.htm](http://judoinfo.com/dalien2.htm)).

Renraku

Combination, contact.

Renraku waza

Combination techniques. *See* Part 6.

Renshu

Practice.

Rentai no kata

Forms of physical education. This is not in itself on of the kata, but groups the ju no kata and the seiryoku zenyo kokumin taiiku (*q.v.*).

Ri

Theory (*ex.*: ri no kata).

Ri no kata

Forms of theory. This is not an independent kata but groups itsutsu no kata and koshiki no kata (*q.v.*). Their aim is to develop a deeper understanding of the central purpose of judo.

Ritsu rei (ritsurei)

Standing bow.

Roku

Six. *See* Part 3, Counting.

Rokudan

Sixth degree black belt. *See* dan for a complete list. As for seventh and eighth dans, belt colours are red/white. *See* Kohaku obi.

Rokyu (rokkyu)

White belt. Sixth class (kyu) judo coloured-belt rank.

Ryo

Double; both.

Ryote

Two-handed (*ex.*: ryote jime).

Ryu

School.

Ryudokan

Judo club in Keswick, Ontario. Ryu, school + do, the way + kan, study or lecture.

S

Sabaki

The action of turning the body (*ex.*: tai sabaki, *q.v.*). *Lit.* 'management' or 'judgement'.

San

Three. *See* Part 3, Counting.

Sandan

Third degree black belt. *See* dan for a complete list.

Sankaku (Sangaku)

Triangle (*ex.*: Sankaku Gatame).

Sankyo

Group three in the Kodokan classification of the nage waza. San, three + kyo, principle or group.

Sankyu

Green Belt (third coloured-belt rank *or* kyu).

Sasae

Prop up; support (*ex.*: Sasae Tsuru Komi Ashi)

Seika Tanden

A point in the abdomen that is the centre of gravity.

Seiryoku zenyo

Principle of maximum efficiency with minimum effort (*lit.* 'good use of spiritual and physical strength'). The motto was introduced at the conference inaugurating the Kodokan Bukakai (*q.v.*). Jigoro Kano's calligraphy for seiryoku senyo is shown here. 精力善用

Seiryoku zenyo kokumin taiiku no kata

Maximum efficiency national physical education kata. One of the Kodokan kata. Kokumin = national; Taiiku = physical education. *See also* rentai no kata.

Seiza

Formal kneeling posture.

Sen

Attack initiative; predecessor; one thousand.

Sen no sen

Counter attack while uke is still in the process of executing a technique. (*lit.* 'initiative of initiative'). *See* go no sen. *Also see* part 9, Kaeshi Waza.

Sensei

Teacher, instructor. Sen, predecessor + sei, person.

Sensei ni rei!

Bow to Sensei.

Seoi

Back; shoulder (for, example, 'backpack' in Japanese is 'seoi kago'). In judo the word is usually translated as shoulder (*ex.*: seoi nage).

Shi (Yo/Yon)

Four (*See* shiho). 'Shi' contains the Japanese sound for 'death', so there is an alternative pronunciation. *See* Part 3, Counting.

Shiai

Contest, tournament. The word is derived from 'shi ni ai', a symbolic reference to death.

Shiaijo

Competition area.

Shichi (nana)

Seven. Either word can be used. *See* Part 3, Counting.

Shichidan

Seventh degree black belt. *See* dan for a complete list. As for sixth and eighth dans, belt colours are red/white. *See* Kohaku obi.

Shido

Minor penalty, equal to koka score (Referee's call for a minor infringement). It became a part of competition rules in 1974. If four shido (equivalent to hansoku make) are given to a competitor in one match, the opponent wins the match. (*lit.* 'guidance'). *See* hansoku make.

Shihan

Title for an exemplary teacher or Judo Ichidai. The title is usually reserved for Jigoro Kano (Kano shihan).

Shiho

Four quarters or corners of the body (*ex.*: kami shiho gatame).

Shiki

Style or ceremony (*See* reishiki).

Shime (Jime)

Choke or strangle (*ex.*: shime waza).

Shime Waza

Choking techniques.

Shimoseki

The side of the dojo where the lower ranked black belts sit (*see* dojo).

Shimoza

The side of the dojo where the non-black belt students sit (*see* dojo).

Shin go kyo no waza

The forty throws of Kodokan judo, defined in 1920. The throws are pedagogically divided into five groups of eight throws. *See* Part 4, Nage Waza.

Shin meisho no waza

Fifteen techniques that the Kodokan added to the

official list in 1982, together with a further two that were added in 1997. The techniques are:

- Morote gari
- Kuchiki taoshi
- Kibisu gaeshi
- Uchi mata sukashi
- Daki age
- Tsubame gaeshi
- Ko uchi gaeshi
- O uchi gaeshi
- O soto gaeshi
- Harai goshi gaeshi
- Uchi mata gaeshi
- Hane goshi gaeshi
- Kani basami
- O soto makikomi
- Kawazu gake
- Ippon seoi nage
- Uchi mata makikomi
- Sode tsurikomi goshi *
- Harai makikomi *

* Added in 1997.

Shinpan

Referee.

Shintai

Moving forwards, sideways & backwards (*lit.* 'advance' or 'retreat').

Shisei

Posture.

Shizen hontai

Fundamental natural posture. *See* jigo hontai.

Shizentai

Natural standing posture. *See* shizen hontai.

Shobu no kata (shinken shobu no kata)

Forms of self defence. The term groups two of the kata, kime no kata and Kodokan goshin jutsu, and also the women's kata, joshi goshin ho.

Shodan

First degree black belt. *see* dan for a complete list.

Shomen

The front wall of the dojo. This is where any photos will be placed, and of course the image of Kano shihan. It is the wall behind the kamiza. Sho, true + men, face. *See* dojo.

Sode

Sleeve (*ex.*: sode tsuru komi goshi).

Sode guruma jime

Nami juji jime (*q.v.*) applied from behind.

Soke

Founder of a martial art or ryu

Sono Mama!

Freeze! (hold your position in Ne Waza – referee's call).

Sore Made

Finished, time is up, end of match (referee's call).

Sotai renshu

Practice in pairs.

Soto

Outer or outside (*ex.*: soto makikomi).

Sukashi

Counter or evasion (*ex.*: uchi mata sukashi). *See* gaeshi.

Sukui

Scoop (*ex.*: sukui nage).

Sumi

Corner (*ex.*: sumi otoshi).

Sute

Throw away; sacrifice.

Sute geiko

Throwing practice without resistance done with a partner.

Sutemi

To throw away; to throw the opponent by first throwing oneself (sute, sacrifice + mi, body).

Sutemi Waza

Sacrifice techniques. *See* nage waza.

T**Tachi**

To stand.

Tachi Waza

Standing techniques. *See* nage waza.

Tai

Body (*ex.*: tai otoshi). *See* mi.

Tai sabaki

Body control. Pivoting or turning the body in response to the actions of the opponent so as to keep one's own equilibrium. *See* sabaki.

Taiso

Warm up exercises.

Tandoku renshu

Solo practice

Tani

Valley (*ex.*: tani otoshi).

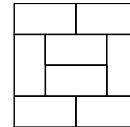
Tatami

Mat. A traditional flooring in Japanese homes, made of rice straw with a cover. They are always twice as long as wide, with a standard size of 1 metre by 2 metres.

Typically, tatamis are arranged in a square. Thus, the smallest possible area is 4 square metres, formed by placing two mats with one contiguous long side:



Larger squares are then created by placing tatamis around this basic shape, always starting with a long side against a short side:

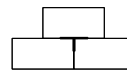


Areas will be the square of the even numbers, 2^2 , 4^2 , 6^2 , 8^2 , and so forth. The standard olympic area is 64m^2 for the combat surface, with a 1 metre danger zone surround and a 3 metre safety area.

The arrangement of the tatamis goes back to the Edo period of Japanese history (1603-1868). Arranging the tatamis in a grid pattern (where four corners meet and form the shape of a plus sign, +) was considered to bring bad luck to a household:



The mats were usually arranged so that two corners met in the middle of the long side of a third tatami:

**Tate**

Vertical; straddle; standing (*ex.*: tate shiho gatame).

Tawara

Straw bag; rice bail (*ex.*: tawara gaeshi).

Te

Hand (*ex.*: Te Guruma).

Te waza (tewaza)

Hand techniques. One of the nage waza (*q.v.*).

Tekubi

Wrist. te, hand + kubi, neck. *See also* kote.

Tentori

Elimination form of shiai.

Toketa

Hold down broken! Referee's call in competition.

Tokui Waza

Favorite or best technique.

Tomoe

Shaped like a comma; circle (*ex.*: tomoe nage).

Tori

Person performing a technique.

Tsubame

Swallow (the bird!). (*ex.*: tsubame gaeshi).

Tsugi ashi

Walking by bringing one foot up to another; sliding foot walking (kata technique).

Tsuki

Thrusting (*ex.*: tsuki komi jime).

Tsukkomi

Thrust and pull (dagger thrust at the stomach).

Tsukuri

Positioning for a throw; entry into a technique (*lit.* 'make', 'construction', 'workmanship'.. *See also* kuzushi and kake)

Tsuri

Lift (*ex.*: harai tsuri komi ashi).

Tsurite

Lifting hand.

U

Uchi

Inner (*ex.*: o uchi gari).

Uchi komi

Repetition attack practice without throwing done with a partner. *See* nage komi.

Ude

Arm (*ex.*: ude gatami).

Uke

The one who submits; the person receiving a judo technique. Uke may execute their own technique, but in that case they are stopped by tori, who successfully completes a counter technique. Several of the techniques of the gokyo are counters which require uke to attempt an initial throw (*ex.*: utsuri goshi, ushiro goshi, sukui nage)

Ukemi

Breakfall Techniques, falling practice (side, back, forward). *See* koho ukemi; mae ukemi; yoko kaiten ukemi; yoko ukemi; zempo kaiten ukemi.

Uki

Float (*ex.*: uki goshi).

Ura

Towards the back (*ex.*: ura nage).

Ushiro

Reverse, rear position (*ex.*: ushiro kesa gatame).

Ushiro Sabaki

Back movement control.

Ushiro Ukemi

Falling backward.

Utsuri

Change; switch; transfer (*ex.*: utsuri goshi).

Uwagi

Jacket. *See* judogi.

V

W

Wakare

To separate; to divide (*ex.*: yoko wakare).

Wake (waki)

Armpit (*ex.*: wake gatame).

Waza

Technique.

Waza ari (wazari)

Half point score (numerical score) from a single throw, a pin longer than 20 seconds, or an opponent's 3rd shido. *See* koka, yuko, ippon. The referee will signal a waza ari by holding the arm straight out to the side.



Waza ari awase te ippon!

A second half-point score added to a first is counted as an ippon, which wins the match. The referee will call this out (*lit.* 'half point joins half point for one point'), and at the same time execute first the gesture for a waza ari, then the gesture for an ippon.

Waza Ari + Waza Ari = Ippon (full point score wins match).

X

Y

Yakusoku Geiko (renshu)

Pre-arranged free practice.

Yama

Mountain.

Yama arashi

Mountain storm (one of the forbidden throws in competition).

Yodan

Fourth degree black belt. *See* dan for a complete list.

Yoko

Side or lateral (*ex.*: Yoko Shiho Gatame).

Yoko Kaiten Ukemi

Sideways rolling break fall.

Yoko Sutemi Waza

Side sacrifice throws. *See* nage waza.

Yoko wakare

Side separation.

Yoko ukemi

Sideways breakfall.

Yon (yo)

Four. *See* Part 3, Counting.

Yonkyo

Group four in the Kodokan classification of the nage waza. Yon, four + kyo, principle or group.

Yonkyu

Orange Belt (fourth coloured-belt rank *or* kyu).

Yoshi

Resume action, continue (referee's call in competition).

Yotsu

Hold, grip. *See* ai jotsu *and* kenka yotsu.

Yubi

Finger. (*See* ashi yubi).

Yudansha

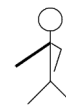
Holder of any black belt rank (*lit.* 'one with dan'). The opposite is mudansha, 'one without dan'. *See also* dan, kyu.

Yudanshakai

Black belt association

Yuko

Score less than a waza ari (referee's award in competition). It was added to competition rules in 1974. The referee signals this score by holding the arm out at an angle of 45°. *See* koka, waza ari, ippon.

**Yusei Gachi**

Win by judge's decision.

Z

Za

Seat, position.

Za rei (zareii)

Kneeling salutation.

Zanshin

Awareness.

Zempo kaiten ukemi

Forward rolling falling.

Zenshin

The whole body.

Zubon

Pants. *See* judogi.

2. English – Japanese

The terminology here is simply a reversal of the Japanese–English section, with the definitions promoted to an alphabetical list. The choice of words for a definition is often arbitrary, and therefore you should use this list more for perusal.

A

Arm

Ude

Armpit

Wake (waki)

Art of self defense

Goshin Jutsu no kata

Attack initiative

Sen

Attention!

Kiotsuke!

Awareness

Zanshin

B

Back - direction

Ura

Back movement control

Ushiro Sabaki

Back sacrifice throws

Ma sutemi waza

Back; shoulder

Seoi

Balance - break balance as opponent initiates a motion.

Debana

Basic; fundamental

Hon

Begin!

Hajime!

Belt - alternating white and red panels

Kohaku obi

Belt colours

white.....rokyu (rokkyu)

yellow.....gokyo

orange.....yonkyu

green.....sankyu

blue.....nikyu

brown.....ikkyu

Belt ranks below black belt

Kyu

Black belt association

Yudanshakai

Black belt level

Dan

Black belt rank

Yudansha

Black belt

first degreeShodan

second degreeNidan

third degreeSandan

fourth degreeYodan

fifth degreeGodan

sixth degreeRokudan

seventh degreeShichidan

eighth degreeHachidan

ninth degreeKudan

tenth degreeJudan

Blocking

Sasae

Blue belt

Nikkyu

Body

Tai

Body control

Tai sabaki

Body scissors/squeeze

Do jime

Bow

Rei!

Bow - kneeling

Zarei (zag rei)

Bow - standing

Ritsu rein

Bow to Sensei

Sensei ni rei!

Breakfall Techniques

Ukemi

Brown Belt

Ikkyu

C

Centre

Hara. *Also* stomach.

Centre of gravity
Seika Tanden

Ceremony, style
Shiki

Change, transfer
Utsuri

Chest
Mane

Chin
Ago

Choke; strangle
Jime (Shime)

Choking techniques
Shime Waza

Circle
Tomoe

Classification of throws created in 1895
Kyu go kyo

Classification of throws created in 1920
gokyo

Classification of throws created in 1982
Shinmeisho no waza

Collar choke
Eri jime

Collar; lapel
Eri

Coloured belt holder
Mudansha

Combination techniques
Awase waza, renraku waza

Combination; contact
Renzaku

Competition area
Shiai

Completion, execution of technique
Kake

Contest, tournament
Shiai

Corner
Sumi

Counter or evasion
Sukashi

Counter techniques
Kaeshi Waza

Counter; reversal
Kaeshi (Gaeshi)

Cross
Juji

Crush
Hishigi

D

Decision
Kime

Decision - forms of decision
Kime no Kata

Decision (competition)
Hantei

Defeat by referee decision
Hansoku make

Defensive posture
Jigo Hontai (Jigotai)

Defensive posture
Jigotai

Distance between two combatants
Maai

Dojo - highest point of honour
Kamiza

Dojo - place for the sensei
Joseki

Dojo - the front wall of the dojo
Shomen

Dojo - where the lower ranked black belts sit
Shimoseki

Dojo - where the non-black belt students sit
Shimoza

Double
Moro

Drawn match
Hiki wake

Drop
Otoshi

E

Eight
Hachi

Elbow
Hiji

Elimination form of shiai
Tentori

Entangle; twist
Garami

Entangled leg lock
Ashi garami

Escapes
Fusegi

Etiquette, or mat manners
Reishiki

F

Falling backward

Ushiro Ukemi

Falling methods to the rear

Koho ukemi

Favorite or best technique

Tokui Waza

Finger

Yubi

Finished, time is up, end of match

Sore Made

Five

Go

Floating

Uki

Foot or leg technique(s)

Ashi waza

Foot; leg

Ashi

Formal kneeling posture

Seiza

Former

Kyu

Forms of counters

Gonosen no kata

Forms of Five'. The sixth of the Kodokan kata.

Itsutsu no kata

Forms of Gentleness. The fifth of the Kodokan kata.

Ju no Kata

Forms of grappling

Katame no kata

Forms of throwing

Nage no Kata

Forward fall; somersault

Chugaeri

Forward rolling falling

Zempo kaiten ukemi

Forward; front

Mae

Founder of a martial art or ryu

Soke

Four

Shi (Yo/Yon)

Four quarters or corners of the body

Shiho

Free practice

Randori

Freeze

Sono Mama!

Front breakfall

Mae Ukemi

Front; forward

Mae

Frontal escape

Mae Sabaki

Fundamental form

Kata

Fundamental natural posture

Shizen hontai

Fundamental; basic

Hon

G

Gentle method

Jujitsu

Gentle way

Judo

Grab

Dori

Grappling Techniques

Katame waza, Ne waza

Green Belt

Sankyu

Grip

Kumi

Gripping an opponent

Kumi Kata

H

Half point joins half point for one point

Waza ari awase te ippon!

Half point score

Waza ari (wazari)

Half; single wing

Kataha

Hall; school

Jo

Hand

Te

Hand techniques

Te waza (tewaza)

Heel

Kibisu

Hell

Jigoku

Hip; waist

Goshi (Koshi)

Hold down broken

Toketa

Hold, grip

Yotsu

Hold-down starts

Osaekomi

Hold-down; lock
Gatame (katame)

Holding techniques
Osaekomi waza

Hook
Gake

I

Immovable spirit
Fudoshin

Inner
Uchi

Instructor
Kyoshi

Internal force or spiritual energy
Ki

J

Join
Awase

Joint
Kansetsu

Joint locking techniques
Kansetsu Waza

Judo - one who practices judo
Judoka

Judo belt
Obi

Judo institute in Tokyo
Kodokan

Judo life—Spending one's life in the diligent pursuit of Judo

Judo Ichidai

Judo Uniform
Judogi (gi)

Judoka of black belt rank
Kodansha

K

Kata which preserves the techniques of the Kito ryu
Koshiki no kata

Katas based on throws
Randori no Kata

Knee
Hiza

Kuzushi - Eight directions
Happo no kuzushi

L

Large; major
O

Left
Hidari

Leg wheel
Ashi guruma

Leg, foot
Ashi

Lie down
Ne

Lift
Tsuru

Lifting hand
Tsurite

Lobster claw (scissor throw)
Kani basami

Lock; hold-down
Katame (gatame)

Lost - 'you have lost'
Hansoku

M

Major hip throw
O goshi

Major outer reaping throw
O soto gari

Major; large
O

Martial arts
Bujutsu

Martial way, martial arts.
Budo

Mat
Tatami

Mat area - inside
Jonai

Mat area - outside
Jogai

Maximum efficiency national physical education kata
Seiryoku zenyo kokumin taiiku no kata

Military, martial
Bu

Minor penalty
Shido

Minor; small
Ko

Modified hold; variation
Kuzure

Mountain
Yama

Mountain storm

Yama arashi

Moving forwards, sideways & backwards

Shintai

Mutual benefit and welfare

Jita Kyoei

N

Naked

Hadaka

Nami juji jime

Sode guruma jime

Natural standing posture

Shintai

Neck

Kubi

Nine

Ku

No

Iie

Normal

Nami

O

One

Ichi (Sho)

One full point

Ippon

One hundred

Hyaku

Opposite grips used by each judoka

Kenka Yotsu

Orange Belt

Yonkyu

Order for judoka to attack

Kogeki Seyo

Outer or outside

Soto

P

Path; way; principle

Do

Person performing a technique

Tori

Person who submits

Uke

Pillow

Makura

Pin (hold-down) starts

Osaekomi

Please

Onegai shimasu

Positioning for a throw

Tsukuri

Posture

Shisei

Practice

Renshu

Practice - repetitive throwing

Nage komi

Practice in general

Keiko

Practice in pairs

Sotai renshu

Pre-arranged free practice

Yakusoku Geiko (renshu)

Principle maximum efficiency

Seiryoku zenyo

Principle of flexibility or yielding

Ju no ri

Principle of gentleness, yielding

Ju

Principle; path; way

Do

Promotion through exceptional achievement

Batsugun

Pull

Komi

Pulling

Hiki

Pulling hand

Hikite

Q

R

Reaping; sweeping action

Gari

Referee

Shinpan

Repetitive attack practice

Uchi komi

Respect, manners, etiquette.

Reiho

Resume action

Yoshi

Resuscitation

Katsu

Resuscitation techniques

Kappo

Reversal; counter
Kaeshi (Gaeshi)

Reverse
Gyaku

Reverse or rear (position)
Ushiro

Right
Migi

S

Sacrifice
Sutemi

Sacrifice techniques
Sutemi Waza

Same grip used by both persons
Ai yotsu

Samurai - way of the warrior
Bushido

Samurai warrior
Bushi

Scarf
Kesa

Scarf hold
Kesa gatame

School
Ryu

School; hall
Jo

School; training hall
Dojo

Scissor throw (Lobster claw)
Kani basami

Scoop
Sukui

Score less than a waza ari
Yuko

Score less than a yuko
Koka

Secret teachings
Okuden

Self defense
Goshin

Self-defence kata for women
Joshi goshin ho

Separate
Wakare

Serious warning (competition)
Keikoku

Seven
Shichi (nana)

Shoulder; back
Seoi

Shoulder; single
Kata

Shout from tori during kake
Kiai

Side or lateral
Yoko

Side sacrifice throws
Yoko Sutemi Waza

Side separation
Yoko wakare

Sideways breakfall
Yoko Ukemi

Sideways rolling break fall
Yoko Kaiten Ukemi

Single hand
Katate

Single wing
Kataha

Single; shoulder
Kata

Sitting cross legged
Anza

Six
Roku

Sleeve
Sode

Sliding
Okuri

Small; minor
Ko

Solo practice
Tandoku renshu

Spiritual energy or internal force
Ki

Springing action
Hane

Stand
Tachi

Standing techniques
Tachi Waza

Start!
Hajime!

Stomach
Hara. *Also* centre.

Stop
Matte!

Stop the clock (referee call)
Jikan

Stop timing of a hold-down
Osaekomi Toketa

Straddle; vertical
Tate

Strangle, choke
Jime (Shime)

Striking

Atemi

Striking techniques

Atemi Waza

Student

Deshi

Style or ceremony

Shiki

Sweep with the leg or foot

Harai (Barai)

Sweeping action; reaping

Gari

T

Teacher, instructor

Sensei

Teacher; an exemplary teacher

Shihan

Technique

Waza

Technique; method; skill; spell; trick

Jutsu

Techniques for free practice

Randori Waza

Techniques on the ground

Ne Waza

Techniques prohibited in competition

Kinshi Waza

Ten

Ju

Thank you

Arigato

Thigh

Mata

Three

San

Throw

Nage

Throwing practice without resistance

Sute geiko

Throwing techniques

Nage Waza

Thrust

Tsukkomi

Thrusting

Tsuki

Toe

Ashi yubi

Tournament, contest

Shiai

Training hall; school

Dojo

Triangle

Sankaku (Sangaku)

Trunk

Do

Turning an opponent on the ground

Hiki komi gaeshi

Twenty

Niju

Twist or entangle

Garami

Twisting

Hineri

Two

Ni

Two hands

Morote

Two-handed

Ryote

U

Unbalancing by reaction

Hando no kuzushi

Unbalancing the opponent

Kuzushi. The eight directions of unbalance are called happo no kuzushi.

Upper

Kami

V

Valley

Tani

Variation; modified hold

Kuzure

Vertical; straddle

Tate

W

Waist or hip techniques

Koshi waza

Waist; hip

Goshi (Koshi)

Walking - natural

Ayumi Ashi

Walking by bringing one foot up to another

Tsugi ashi

Warm up exercises

Taiso

Warning

Chui

Way; path; principle

Do

Wheel

Guruma

White belt

Rokyu (rokkyu)

Whole body

Zenshin

Win by default

Fusen gachi

Win by judge's decision

Yusei Gachi

Winding

Makikomi

Wing

Ha

Winner stays up form of shiai

Kohaku

Women

Joshi

Wrist

Kote; tekubi

X

Y

Yellow Belt

Gokyu

Yes

Hai

Z

3. Counting

Typically, you will only need to know the numbers from 1 to 10 for judo. The other numbers are given for interest.

Several of the numbers have different forms. Thus, although you would count ichi for 1, a first degree black belt will be shodan and not ichidan. Shi (four) contains the Japanese sound for death, and it will often get replaced with yon or yo (for example, yodan, 4th degree black belt). You will usually count shichi, but nana, the traditional way to count 7 in Japanese, is a common alternative.

Numbers from 10 to 99 are formed by combining a single digit number with ju (ten). Forty four is therefore yon ju shi (four tens + four). The same simple logic holds for numbers beyond 100.

The traditional Japanese numbers from 1 to 9 all terminate with 'tsu':

1.....	hitotsu	6.....	muttsu
2.....	futatsu	7.....	nanatsu
3.....	mittsu	8.....	yattsu
4.....	yottsu	9.....	kokonotsu
5.....	itsutsu	10.....	toh

The traditional Japanese '4' is used in several judo terms (yodan, for example). The traditional '5' is found in the sixth of the Kodokan kata, Itsutsu no Kata.

Here are the numbers as you will hear and use them in the dojo. The standard form of these numbers is based on a Chinese dialect.

1.....	ichi (sho)	16.....	ju roku
2.....	ni	17.....	ju shichi
3.....	san	18.....	ju hachi
4.....	shi (yon, yo)	19.....	ju ku
5.....	go	20.....	ni ju
6.....	roku	30.....	san ju
7.....	shichi (nana)	40.....	yon ju
8.....	hachi	50.....	go ju
9.....	ku	60.....	roku ju
10.....	ju	70.....	nana ju
11.....	ju ichi	80.....	hachi ju
12.....	ju ni	90.....	ku ju
13.....	ju san	100.....	hyaku
14.....	ju shi	101.....	hyaku ichi
15.....	ju go	200.....	ni hyaku

4. Nage Waza

The throws of Kodokan judo are divided into several different groups. The five principle groups were set out in 1920 as the shin go kyo ne waza (better known as gokyō, 'five groups'). *See also* kyu go kyo, habukareta waza and shin meisho ne waza in the Japanese-English terminology.

The Japanese word kyo can be translated variously as “principle” or “group.” The idea for dividing techniques into five groups came from the Takeuchi Ryu. Four of the judoka who helped in the development of the first syllabus of techniques for the Kodokan were initially trained in this school.

The Gokyō was first formulated in 1895 (known now as the kyu go kyo). The 1920 revision eliminated eight of the throws that were deemed to be more dangerous and added six new throws: hane makikomi, ko soto gake, o guruma, o uchi gari, sukui nage and sumi otoshi.

4.1 Shin Gokyō No Waza

The 1920 revision (shin gokyō no waza) was the definitive collection of techniques for sixty two years. In 1982 a further seventeen techniques were officially condoned and named the shinmeisho no waza (*See* part 1). Since the pedagogy of Mikonosuke Kawaiishi — he devised the system of coloured belts that virtually all occidental countries now use — it has become usual to associate the five groups of eight judo throws with the belt colour:

GOKYU — yellow belt

1. De ashi harai.....Advanced foot sweep
2. Hiza guruma.....Knee wheel
3. Sasae tsuri komi ashi...Propping drawing foot
4. Uki goshi.....Floating hip
5. O soto gari.....Major outer reaping
6. O goshi.....Major hip
7. O uchi gari.....Major inner reaping
8. Seoi nage.....Shoulder throw

YONKYU — orange belt

1. Ko soto gari.....Minor outer reaping
2. Ko uchi gari.....Minor inner reaping
3. Koshi guruma.....Hip wheel
4. Tsuru komi goshi.....Lift pull interior hip
5. Okuri ashi harai.....Sweeping foot
6. Tai otoshi.....Body drop
7. Harai goshi.....Sweeping hip
8. Uchi mata.....Inner thigh

SANKYU — green belt

1. Ko soto gake.....Minor outer hooking
2. Tsuru goshi.....Lifting hip
3. Yoko otoshi.....Side drop
4. Ashi guruma.....Leg wheel

5. Hane goshi.....Spring hip
6. Harai tsuri komi ashi...Sweeping drawing foot
7. Tomoe nage.....Stomach throw
8. Kata guruma.....Shoulder wheel

NIKYU — blue belt

1. Sumi gaeshi.....Corner counter
2. Tani otoshi.....Valley drop
3. Hane makikomi.....Outer winding spring hip
4. Sukui nage.....Scooping throw
5. Utsuri goshi.....Changing hip
6. O guruma.....Major wheel
7. Soto makikomi.....Outer winding
8. Uki otoshi.....Floating drop

IKKYU — brown belt

1. O soto guruma.....Major outer wheel
2. Uki waza.....Floating technique
3. Yoko wakare.....Side separation
4. Yoko guruma.....Side wheel
5. Ushiro goshi.....Rear hip
6. Ura nage.....Rear throw
7. Sumi otoshi.....Corner drop
8. Yoko gake.....Side hooking

Each throw of the shin gokyō is described here in a fundamental form. Throws are divided into three stages:

1. Kuzushi: uke must move into an unbalanced position.
2. Tsukuri: tori must move into the correct position to execute the throw.
3. Kake: tori executes the throw with force.

Note that placing kuzushi before tsukuri is arbitrary. In randori these two stages are often impossible to differentiate. The following explanations are built on a fundamental pattern that must be modified to suit randori situations as well as the personal preferences of tori.



Some points to note:

- All throws are described with *migi kumi kata*.
- Each technique is explained statically at first, as if tori were engaging the throw from a stationary position.
- Each explanation finishes with a section “How to Engage”, which describes preliminary steps for tori and uke to move more dynamically into position.
- Start by practicing *kuzushi-tsukuri-kake*. When you can execute a fluid static throw, practice *engage-kuzushi-tsukuri-kake*.

4.1 Yellow Belt

1. De ashi barai.....Advanced foot sweep

gokyu, waza 1

Classification: *tachi waza – ashi waza*

Kuzushi:

Step back with the right foot in a quarter circle while pulling uke forward with the right hand. You are now at 90° to uke.

Tsukuri:

Continue to pull uke forward. Uke tries to regain balance by stepping forward with the right foot.

Kake:

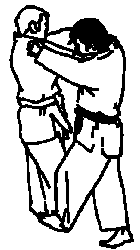
At the moment uke is placing weight on the right foot, sweep with the sole of the left foot while 'turning a wheel' left with the hands.

Important points:

- Timing is essential here. Sweep the foot just at the moment when it touches the tatami. Too soon, and you will simply push the leg into the air. Too late, and uke will have weight on it.

How to Engage:

This throw cannot be executed statically ! Step forward with the right foot while pushing uke backwards with the right hand. Uke reacts first by stepping backwards with the left foot, then tries to regain balance by stepping forward again with the left foot → *kuzushi*.



2. Hiza guruma.....Knee wheel

gokyu, waza 2

Classification: *tachi waza – ashi waza*

Kuzushi:

Uke steps forward with the left foot. Step to the right, turn the right foot 90° left, and get balance on the right foot.

Tsukuri:

As uke begins to step forward with the right foot block just below uke's right knee with the sole of the left foot. At the same time, accentuate uke's forward movement by pulling with the left hand and pushing with the right hand (circular movement).

Kake:

Turn the whole body to the left while blocking uke's right knee. Pull uke in a large circle. Uke falls over your left foot.

Important points:

- Look over the left shoulder to where uke will be thrown.
- You should lean backwards slightly during the kake.
- Your right foot is the pivot in the centre of the circle.

How to Engage:

Step forward with the right foot while uke moves backwards with the left foot. Pull uke forward with the right hand → *kuzushi*.



3. Sasae tsuri komi ashi.....Propping drawing foot
gokyu, waza 3
 Classification: tachi waza – ashi waza

Kuzushi:

Uke advances the left foot. You react by moving the right foot to the right and turning the foot and the body 90° to the left. Get balance on the right foot.

Tsukuri:

As uke advances the right foot, block uke's ankle with the sole of the left foot while pulling upwards with the right hand and forwards with the left.

Kake:

Continues the movement of the hands while turning the body left and blocking the ankle. Uke is thrown in a vertical circle.

Important points:

- Turn the whole body in the direction of the throw.
- Do not confuse this throw with hiza guruma ! Here, the hands execute a vertical circle.
- The key to success is to coordinate the hand action with the turning of the body.

How to Engage:

Step forward with the right foot while uke retreats the left foot, then pull uke forward with the right hand → *kuzushi*.



4. Uki goshi.....Floating hip
gokyu, waza 4
 Classification: tachi waza – koshi waza

Kuzushi:

Uke advances the right foot. Pull on uke's right arm in order to accentuate the movement.

Tsukuri:

Place the ball of the right foot between uke's feet and pivots left, bending the knees somewhat. Releases uke's collar and slides the hand under uke's left arm. The hand is on uke's back at the level of the belt.

Kake:

Pull uke's right arm towards the left hip while continuing to pivot left.

Important points:

- Your hip should contact uke's abdomen. Do not turn in too far.
- Uke 'floats' horizontally around Tori.
- Do not bend forward.

How to Engage:

Uke's advances the left foot as you retreat the right foot. Step back with the left foot so that uke has to advance further → *kuzushi*.



5. O soto gariMajor outer reaping
gokyu, waza 5
 Classification: tachi waza – ashi waza

Kuzushi:

Move your left foot to a position beside uke's right foot. At the same time pull down on uke's right arm and push up with the right hand. Your balance should be on the left leg. Uke must have most of their weight on the right leg. The left leg should begin to float.

Tsukuri:

In order to stop uke leaning forward against your attack, your right elbow pushes into uke's chest and your right shoulder pushes against uke's right shoulder. Bring your right leg up behind uke.

Kake:

With a strong sweeping movement throw your right leg backwards, reaping uke's right leg. At the moment your leg is vertical, your support leg acts as a fulcrum your leg moves backwards as your head and upper body move forwards (your head plunges towards the tatami). Maintain the action of the hands throughout the throw.

Important points:

- You must push your shoulder and right arm firmly into uke's chest, otherwise uke can reverse the throw.
- Turn your left foot slightly towards uke's right heel.
- Keep your elbows close to your body.
- As soon as uke begins to fall (the right foot leaves the tatami) reverse your movement and stand upright with the knees slightly bent in order to control the fall.

How to Engage:

- (1) Uke steps forward with the right foot. Instead of you stepping backwards → *kuzushi*.
- (2) Uke steps to the side with the right foot → *kuzushi*.

THE REST WILL FOLLOW...