
BASIC VOCABULARY

Ashi = Leg
De = Advance
Gatame = Hold
Guruma = Wheel
Hon = Natural
Ippon = One (One Point)
Kesa = Scarf
Ko = Small or Minor
Morote = Both Hands
O = Big or Great
Sasae = Prop or Support
Shiho = Four Corners
Tai = Body
Tsurikomi = Lift & Pull
Yoko = Side

Hani = Spring
Hidari = Left
Judoka = Judo Player
Keikoku = Penalty equal to Waza-ari
Koshi = Hip (see Goshi)
Mate = Wait / Stop
Obi = Belt / Sash
Shido = Penalty equal to Koka
Tsukuri = Fitting in for the throw
Uki = Floating
Wazari = ½ point

Ne-Waza = Mat Techniques

Katami-Waza = Grappling
Osaekomi-Waza = Holding / Pin
Shime-Waza = Strangling / Choking
Kansetsu-Waza = Joint lock

Barai = Sweep
Gari = Reap
Goshi = Hip or Waist
Hiza = Knee
Harai = Sweep
Kata = Shoulder
Kami = Top or Upper
Kuzure = Broken / Variation
Nage = Throw
Otoshi = Drop
Seoi = Carry on the Shoulder
Soto = Outer
Tate = Lengthwise
Uchi = Inner

Ippon = One Point
Kake = Execution of Throw

Kuzushi = Broken Balance
Migi = Right
Okuri = Sliding
Tori = The Judoka Throwing
Uke = The Judoka Falling
Waza = Technique
Yuko = nearly ½ point

Tachi-Waza = Throwing Techniques

Te-Waza = Hand throws
Koshi-Waza = Hip throws
Ashi-Waza = Leg throws
Sutemi-Waza = Back/Side throws

