

JUDO TERMINOLOGY



TERM

TRANSLATION / MEANING

TERM	TRANSLATION / MEANING
CLASS INSTRUCTIONS	
COUNTING	
KIOTSUKE...REI	Attention...bow
SHOMEN NI...REI	Face front of class...bow
SENSEI NI...REI	Face teacher...bow
ONEGA SHIMASU	Thank you...I am in your care (before)
ARIGATO GOZAIMASHITA	Thank you very much (after)
HAJIME	Begin / start
MATE	End / stop
NEWAZA (GROUND)	
KESA GATAME	Scarf hold
USHIRO KESA GATAME	Reverse scarf hold
YOKO SHIHO GATAME	Side four-quarter hold
TATE SHIHO GATAME	Vertical four-quarter hold
KATA GATAME	Shoulder hold

TERM**TRANSLATION / MEANING**

KAMI SHIHO GATAMI	Broken upper four-quarter hold
KAME	Turtle position
HIKKIKOMI	Guard bottom position
TACHI WAZA (STANDING)	
OSOTO GARI	Large outer reap
OGOSHI	Major hip throw
OUCHI GARI	Big inner reap
OKURI ASHI BARAI	Double foot sweep
SEOI NAGE	Shoulder throw
KOUCHI GARI	Small inner reap
HARAI GOSHI	Sweeping hip throw
SASAE TSURI KOMI ASHI	Propping ankle throw
TAI-OTOSHI	Body drop
KOSOTO GARI	Small outer reap
YOKO TOMOE NAGE	Side circle throw
SODE TSURI KOMI GOSHI	Sleeve pulling throw
DEASHI BARAI	Advanced foot sweep
SUMI GAESHI	Corner reverse throw
UCHIMATA	Inner thigh throw