

GLOSSARY OF JUDO TERMS RELATING TO TECHNIQUES

BODY PARTS		
Ashi	Leg	Ashi-waza
Goshi	Hip (also Koshi)	O-goshi, Koshi-guruma
Hiza	Knee	Hiza-garuma
Kata	Shoulder (or single)	Kata-gatame
Koshi	Hip (also Goshi)	Koshi-guruma
Kubi	Neck	Kubi-kansetsu-waza (illegal)
Mune	Chest	Mune-gatame
Shiho	Four quarters	Yoko-shiho-gatame
Tai	Body	Tai-otoshi
Te	Hand	Te-garuma
Tomoe	Stomach	Tomoe-nage
Ude	Arm	Ude-garami
Waki	Armpit	Waki-gatame
KIT		
Eri	Lapel	Kata-eri-jime
Obi	Belt	Obi-tsuri-goshi
Sode	Sleeve	Sode-tsuri-komi-goshi
ACTIONS		
Age	Lift	Daki-age (illegal)
Daki	Hug	Daki-age (illegal)
Gaeshi	Counter (to throw) or trip	Uchimata-gaeshi
Gake	Hook	Ko-soto-gake
Gari	Reap	O-soto-gari
Garami	Armlock or entanglement	Ude-garami
Gatame	Hold or armlock	Kesa-gatame
Guruma	Wheel	Kata-guruma
Gyaku/Gyaki	Reverse (or Ushiro)	Gyaku-kesa-garami
Jime	Strangle	Hadaka-jime
Kuzure	Broken	Kazure-yoko-shiho-gatame
Ken ken	Hopping	Ken ken-uchimata
Komi	Drop or down	Tsuri-komi-goshi
Maki	Winding	Maki-komi
Nage	Throw	Tomoe-nage
Otoshi	Drop	Tai-otoshi
Sukashi	Sidestep	Uchimata-sukashi
Sutemi	Sacrifice	Sutemi-waza
Uki	Floating	Uki-goshi
Ushiro	Reverse (or Gyaku)	Ushiro-kesa-gatame
Yoko	Side	Yoko-wakare
Gaeshi	Counter (to throw) or trip	Uchimata-gaeshi

OTHER		
Hidari	Left	Hidari-ashi-jime
Hon	Basic	Hon-kesa-gatame
Juji	Cross	Juji-jime
Kami	Upper	Kami-shiho-gatame
Kata	Single (or shoulder)	Kata-juji-jime
Ko	Minor	Ko-ouchi-gari
Migi	Right	Migi-ashi-jime
O	Major	O-goshi
Ryo	Double	Ryo-te-jime
Soto	Outer	O-soto-gari
Tate	Lengthwise	Tate-shiho-gatame
Uchi	Inner	Uchi-mata
Waza	Technique	Ne-waza