

Japanese term	English translation/Explanation	Description
Arigato gozaimashita (ありがとうございました)	"Thank you very much."	A formal expression of gratitude, often said at the end of class or after training with a partner.
Ashi (足)	Foot, leg	Refers to the leg or foot. Techniques that use the legs and feet are called Ashi-waza.
Dan (段)	Black belt rank	Ranks above brown belt (1st to 10th dan). A person with a dan rank is a Yudansha (有段者).
De	Advanced; stepping	To move forward or step. It is used in the technique De-ashi-barai (advanced foot sweep).
Dojo (道場)	School/Training hall	The place where judo is practiced.
Domo arigato gozaimasu (どうもありがとうございます)	Thank you very much	A phrase for showing a high level of gratitude.
Eri (襟)	Collar/Lapel	Refers to the collar or lapel of the judogi.
Gaeshi (返し)	Counter/Reversal	Used in counter-techniques.
Gake (掛け)	Hook	Used in techniques involving a hooking action.
Gari (刈り)	Reap or sweep (as in cutting something with a sickle)	Used in techniques involving a reaping action.
Gatame	Hold or lock	Denotes a pin or a hold-down technique, which is a type of grappling or Gatame-waza. For example, Kesa-gatame (scarf hold).
Gi (Judogi)	Judo uniform	
Goshi	Hip	Refers to the hip, and is found in various hip throwing techniques (Koshi-waza). For example, Ushiro Goshi (rear hip throw).
Guruma (車)	Wheel	A throwing technique where the opponent is thrown over the body in a wheel-like motion. It is found in terms like Koshi-guruma (hip wheel).
Hajime (はじめ)	Begin/Start	The command to start a match or drill.
Hansoku-make (反則負け)	Major violation, disqualification	A serious penalty resulting in immediate disqualification.
Hantei (判定)	Judge's decision	The referee's call for the judges to decide a winner.
Harai (払い) (Barai)	Sweeping action with the leg or foot	To sweep with a foot or leg. This is a common action in techniques like O-goshi-barai (major hip sweep) or Harai-goshi (sweeping hip).
Hiza (膝)	Knee	Refers to the knee. It is used in the technique Hiza-guruma (knee wheel).
Ippon (一本)	Full point	A decisive victory.
Judogi (柔道着)	Judo uniform	The traditional uniform.
Judoka (柔道家)	Judo practitioner	A student or practitioner of judo.
Kaiten	Rotation, wheel, or turning	A rotational or rolling movement, such as the forward roll used in Zenpo Kaiten Ukemi.
Kake (掛け)	Execution/Completion of a throw	The final execution phase of a technique.
Kami	Upper	Refers to the upper part of something. It is used in Kami Shiho Gatame (upper four-corner hold).
Kata	Shoulder; single; form	In Judo, this word has multiple meanings depending on the context: • As Shoulder: as in the technique Kata-gatame (shoulder hold). • As Single: as in Kataguruma (shoulder wheel). • As Form: a pre-arranged sequence of drills, as in Nage-no-kata (forms of throwing).
Katame Waza	Grappling techniques (e.g., pins, chokes, joint locks)	
Kesa	Robe or sash	A type of hold-down technique called Kesa-gatame, named for the way it resembles a Buddhist monk's robe or sash across the body.
Kiotsuke (気をつけ)	"Attention!" or "Stand straight!"	Students stand with their heels together and hands at their sides. It signifies the start of the formal protocol and readies the mind and body for practice.
Kiritsu (起立)	"Stand up."	The final command to rise and conclude the formal ceremony.

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Ko (小)	Minor	Refers to a smaller or minor action. It is the opposite of O (major). For example, Ko-uchi-gari (minor inner reap) and Ko-soto-gari (minor outer reap).
Komi	Inside	Indicates drawing in or pulling the opponent towards you. It is often combined with other terms, such as Uchi-komi (repetition training for throws).
Koshi (腰) (Goshi)	Hip	Refers to the hip.
Kuzushi (崩し)	Unbalancing an opponent	The act of breaking your opponent's balance.
Kyu (級)	Student rank	Ranks below black belt (typically 6th to 1st kyu). A person with a kyu rank is a Mudansha (無段者).
Mae (前)	Front/Forward	Refers to a forward direction. It is used in terms like Mae Ukemi (forward breakfall).
Maitta (まいった)	Give up	The word for a verbal submission.
Maki (巻き)	Wrap	Used in techniques involving a wrapping action.
Matte (まって)	Stop/Wait	A command to stop the match or drill.
Mokuso (默想)	"Meditate" or "Quiet reflection"	Students close their eyes for a brief period of silent meditation. This is a time to clear the mind, focus on breathing, and leave daily stress behind in order to prepare for the training ahead.
Mokuso yame (默想やめ)	"End meditation."	The command to gently open the eyes and conclude the quiet reflection period, bringing one's focus back to the dojo.
Nage	Throw	
Nage Waza	Throwing techniques	
Ne Waza	Ground techniques/Mat work	
O (大)	Big/Major; great	Denotes a major version of a technique.
Obi (帯)	Belt	The belt worn with the uniform.
Onegai shimasu (お願いします)	"Please" or "Please teach me."	Often said to the instructor and to each partner throughout the class. It is a humble request to train with someone.
Osaekomi (抑え込み)	Hold is on	The referee's call to begin timing a hold.
Otagai ni rei (お互いに礼)	"Bow to each other."	The class bows to their fellow judoka, symbolizing mutual respect and gratitude for their partnership in training.
Otoshi (落とし)	Drop	Used in techniques involving dropping down.
Randori (乱取り)	Free practice/sparring	Freestyle sparring.
Rei (礼)	Bow	A standard show of respect, often performed standing or kneeling.
Seiza (正座)	"Kneel down."	Students move into a formal kneeling position, sitting on their heels with their backs straight.
Sensei (先生)	Teacher/Instructor	The proper title for an instructor.
Sensei ni rei (先生に礼)	"Bow to the teacher!"	The class bows to the instructor (sensei) as a sign of gratitude and respect for their guidance. If the sensei is absent, students may be instructed to bow to a senior student (senpai).
Seoi	On the back, shoulder	
Shiai (試合)	Contest/Match	The term for a judo competition.
Shido (指導)	Penalty	A minor penalty.
Shiho	Four corners	A concept of controlling the four corners of an opponent's body. It is used in hold-down techniques like Kami-shiho-gatame (upper four-corner hold).
Shisei (姿勢)	Posture	A judo posture or stance, including natural (Shizentai) and defensive (Jigotai) postures.

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Shomen ni rei (正面に礼)	"Bow to the front!"	Students bow towards the shomen, the front of the dojo. This bow honors the founders of judo and symbolizes respect for the principles of the martial art.
Shomen ni rei (正面に礼)	"Bow to the front."	Students and instructors bow once more to the front of the dojo.
Sode (袖)	Sleeve	Refers to the sleeve of the judogi.
Sono mama (そのま)	Do not move/freeze	A command to freeze a match without ending it.
Sore made (それまで)	Finish/That is all	The command used to end a match.
Soto (外)	Outer/Outside	Refers to the outside. It is used in techniques like O-soto-gari (major outer reap).
Sumi (隅)	Corner	Corner or angle.
Sutemi Waza	Sacrifice techniques	
Tatami (畳)	Mat	The mat on which judo is practiced.
Tate	Vertical or standing	Refers to a vertical position. In grappling, Tate Shiho Gatame (vertical four-corner hold) is a pin from the "mount" position.
Te (手)	Hand	Refers to the hand.
Toketa (解けた)	Hold is broken	The referee's call when a contestant escapes a hold.
Tori (取り)	Person initiating the technique	The person performing the technique.
Tsukuri (作り)	Entry into a technique	The positioning and setup phase of a technique.
Tsuri	To lift	To lift, as in Tsuri-komi (lifting pull). This is a vital action for generating momentum in many throws, such as Tsuri-komi-goshi (lifting-pull hip throw).
Uchi (内)	Inner; inside	Refers to the inner side or inside. Used in techniques like Uchi-mata (inner thigh throw).
Uchikomi (打ち込み)	Repetition training	The repeated practice of a technique without completing the throw.
Ude (腕)	Arm	Refers to the arm.
Uke (受け)	Person receiving the technique	The person on the receiving end of a technique.
Ukemi (受け身)	Breakfall techniques	Techniques used to safely absorb the impact of a throw.
Uki (浮き)	Floating	Refers to "floating" or light techniques that use a pulling action and off-balancing. For example, Uki-goshi (floating hip throw).
Ushiro (後ろ)	Rear, back, or behind	Refers to backward movement or position. It is found in terms like Ushiro Ukemi (backward breakfall) and Ushiro Goshi (rear hip throw).
Waza (技)	Technique/Art	A general term for a judo technique, including throwing techniques (Nage waza), ground techniques (Ne waza), and grappling techniques (Katame waza). Techniques can also be performed from standing (Tachi waza), used as counters (Kaeshi waza), or involve sacrificing balance (Sutemi waza).
Waza-ari (技あり)	Half point	A score for a less decisive action, with two waza-ari equaling an ippon (Waza-ari awasete ippon).
Yoko (横)	Side/Sideways	Refers to sideways movement or position. It appears in techniques like Yoko Ukemi (side breakfall) and Yoko Shiho Gatame (side four-corner hold).
Yoshi (よし)	Continue/Resume action	The command to restart or continue a match.
Zenpo	Forward	Commonly refers to forward movement or direction. It is often combined with other terms, such as in Zenpo Kaiten Ukemi (forward rolling breakfall).