

Japanese	English	Description
Type of Technique: Ashi-Waza (foot technique)		
De-ashi-harai (barai)	Forward foot sweep	A fundamental foot sweep where Tori sweeps Uke's advancing or retreating foot out from under them (often instep/ankle) to off-balance and throw them. Timing is key.
Hiza-guruma	Knee wheel	A foot sweep where Tori places the sole of their foot against Uke's knee (or just below) and, with pulling and turning motions, causes Uke to rotate and fall over the stationary foot.
Ko-uchi-gari	Minor inner reaping sweep	A foot sweep/reaping technique where Tori hooks their leg inside Uke's leg (often heel/ankle area) and sweeps it backward to off-balance Uke.
O-soto-gari	Major Outer Reaping sweep	Tori steps in next to Uke with their left leg and reaps Uke's right leg (at the back of the thigh) with their right leg, throwing them backward.
O-uchi-gari	Major inner reaping sweep	A powerful reaping throw where Tori hooks their leg inside Uke's leg (often thigh/calf) and reaps it out from under them, driving Uke backwards.
Type of Technique: Koshi-Waza (hip technique)		
O-goshi	Major hip throw	A fundamental hip throw where Tori wraps an arm around Uke's waist, pulls them close, and pivots, using their hip as a fulcrum to lift and throw Uke over.
Tsuri Komi Goshi	Lift-pull hip throw	A hip throw emphasizing the "lift-pull" action. Tori typically grips high on Uke's lapel/collar and sleeve, using a strong upward/pulling motion with a deep hip entry to throw Uke.
Uki-goshi	Floating hip throw	A hip throw where Tori uses their hip to block Uke's movement and pivots, guiding Uke over their hip as they lose balance, creating a "floating" effect. Often used in motion.
Type of Technique: Osae Komi Waza (Pinning Techniques)		
Kami-shiho-gatame	Upper four-quarter hold	Tori is positioned at Uke's head, facing Uke's feet. Tori controls Uke's arms by pinning them to Uke's sides, often gripping Uke's belt or gi near the hips. Tori's weight is driven down on Uke's chest.
Kata-gatame	Shoulder hold (or shoulder arm lock)	A hold that often includes an arm triangle choke or pressure on the neck. Tori controls Uke's arm and head, typically wrapping an arm around Uke's neck and controlling Uke's arm with the other, applying pressure to the shoulder and neck.
Kesa-gatame	Scarf hold	Tori controls Uke's upper body from the side, with Tori's arm wrapping around Uke's head/neck and gripping Uke's arm. Tori's body is typically positioned across Uke's chest, like a "scarf."
Tate-shiho-gatame	Straddle four-quarter hold	Tori sits astride Uke, facing Uke's feet (similar to Kami-shiho-gatame but straddling). Tori controls Uke's arms, often by trapping them under their armpits or gripping the gi, and applies pressure down.
Yoko-shiho-gatame	Side four-quarter hold	Tori straddles Uke from the side, placing one arm under Uke's head and the other under Uke's legs, gripping Uke's belt or gi. Tori's body is perpendicular to Uke's.
Type of Technique: Te-Waza (hand technique)		
Ippon-seoi-nage	One-arm shoulder throw	A powerful throw where Tori gets deep under Uke's arm, rotates, and throws Uke over their back and shoulder. Requires strong grip, pull, and turn.
Type of Technique: Ukemi (break fall)		
Mae-Ukemi	Forward Fall	A breakfall where you fall forward, landing on your forearms and hands (or hands only, depending on the variation), distributing the impact across a wider area and avoiding direct facial or body impact.
Ushiro Ukemi	Backward Fall	A breakfall where you fall directly backward, tucking your chin, rounding your back, and slapping the mat with your arms to dissipate the force of the impact.
Yoko-Ukemi	Side Fall	A breakfall where you fall to your side, protecting your head by tucking your chin, and slapping the mat forcefully with the arm on the side of the fall to absorb impact.
Zenpo-Kaiten-Ukemi	Forward Roll	A dynamic breakfall where you roll forward over your shoulder and back, landing smoothly. It's often used when being thrown forward or when falling from a standing position.