

UNH JUDO CLUB TERMINOLOGY

HISTORY AND BASIC PRINCIPLES

Founder of judo	<i>Dr. Jigoro Kano</i>
Year & place founded	<i>1882 / The Kodokan, Japan</i>
Maxims:	<i>Maximum Efficiency</i> <i>Mutual Benefit & Welfare</i>
Kano's ultimate goal for judo	<i>"The harmonious development and eventual perfection of human character."</i>

OPENING (CLOSING) OF CLASS

<i>kiyotsuke</i>	attention
<i>seiza</i>	sit in seiza position
<i>mokuso</i>	close eyes & think deeply (meditate)
<i>mokuso yame</i>	stop meditating
<i>Shomen ni rei</i>	bow to the Shomen
<i>sensei ni rei</i>	bow to the teachers
<i>otagai ni rei</i>	bow to each other

BASIC JAPANESE / ENGLISH TRANSLATIONS

<i>ju</i>	gentle, non-resistive
<i>do</i>	way
<i>judo</i>	the gentle way, way of non-resistance
<i>dojo</i>	training hall
<i>tatami</i>	straw mats
<i>sensei</i>	teacher
<i>senpai</i>	senior
<i>Shomen</i>	front of dojo
<i>ni</i>	to
<i>rei</i>	bow
<i>anza</i>	cross-legged sitting
<i>yame</i>	stop
<i>matte</i>	wait
<i>hajime</i>	begin
<i>gi</i>	uniform
<i>obi</i>	belt
<i>ki</i>	spirit, energy, inner strength
<i>ki-ai</i>	shout to gain inner strength
<i>uke</i>	defender
<i>tori</i>	attacker
<i>jikan</i>	time
<i>waza</i>	technique(s)
<i>katsu</i>	forms of resuscitation
<i>sushi</i>	raw fish
<i>fugu</i>	blowfish bladder delicacy

COUNTING

one (1)	<i>ichi</i>
two (2)	<i>ni</i>
three (3)	<i>san</i>
four (4)	<i>shi</i>
five (5)	<i>go</i>
six (6)	<i>roku</i>
seven (7)	<i>shichi</i>
eight (8)	<i>hachi</i>
nine (9)	<i>ku</i>
ten (10)	<i>ju</i>
eleven(11)	<i>ju-ichi</i>
twelve(12)	<i>ju-ni</i>
twenty(20)	<i>ni-ju</i>
twenty-one(21)	<i>ni-ju-ichi</i>
thirty(30)	<i>san-ju</i>
forty(40)	<i>yon-ju</i>
fifty(50)	<i>go-ju</i>
sixty(60)	<i>roku-ju</i>
seventy(70)	<i>shichi-ju</i>
eighty(80)	<i>hachi-ju</i>
ninety(90)	<i>ku-ju</i>
ninety-nine(99)	<i>ku-ju-ku</i>
one-hundred(100)	<i>hyaku</i>

EXERCISES / DRILLS

<i>hofku</i>	dragging down mat
<i>ebi</i>	shrimp
<i>gyaku ebi</i>	reverse shrimp
<i>ne waza</i>	ground techniques
<i>ukemi</i>	breakfalls
<i>zempo</i>	front
<i>kaiten</i>	rolling
<i>zempo-kaiten</i>	front rolling breakfalls
<i>ukemi</i>	
<i>uchi komi</i>	form fit-ins
<i>randori</i>	free practice

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GROUND TECHNIQUES

<i>katame / gatame</i>	hold or lock
<i>katame waza</i>	holding techniques (also see ne waza)
<i>kesa</i>	scarf
<i>kesa gatame</i>	scarf hold
<i>yoko</i>	side
<i>shiho</i>	corner
<i>yoko shiho gatame</i>	side corner hold
<i>kami</i>	upper
<i>kami shiho gatame</i>	upper corner hold
<i>kuzure</i>	modified
<i>kuzure kesa gatame</i>	modified scarf hold
<i>ushiro</i>	reversed
<i>ushiro kesa gatame</i>	reversed scarf hold
<i>shime / jime</i>	to strangle or choke
<i>shime waza</i>	strangling techniques
<i>shiboru</i>	washrag motion
<i>hadaka</i>	naked
<i>hadaka jime</i>	naked strangle
<i>eri</i>	lapel
<i>okuri eri jime</i>	sliding lapel choke
<i>kata</i>	single
<i>ha</i>	wing
<i>kata ha jime</i>	single wing choke
<i>koshi jime</i>	hip choke
<i>sankaku</i>	triangle
<i>sankaku jime</i>	triangle choke
<i>ryote</i>	two handed
<i>ryote jime</i>	two handed choke
<i>kansetsu waza</i>	joint locking techniques
<i>ude</i>	arm
<i>ude gatame</i>	straight arm lock
<i>ude garami</i>	bent arm lock
<i>hishigi</i>	crushing
<i>juji</i>	cross
<i>ude hishigi juji</i>	arm crushing cross lock
<i>gatame (juji gatame)</i>	

THROWING TECHNIQUES

<i>nage</i>	throw
<i>nage waza</i>	throwing techniques
<i>Three parts of a judo throw:</i>	
<i>kuzushi</i>	off-balance
<i>tsukuri</i>	entry
<i>kake</i>	execution
<i>te</i>	hand
<i>Hand designation:</i>	
<i>hiki-te</i>	lifting hand
<i>tsuri-te</i>	pulling hand
<i>ashi</i>	foot
<i>Movement:</i>	
<i>ayumi ashi</i>	normal walking
<i>tsugi ashi</i>	defensive sliding
	foot walking
<i>o</i>	major
<i>soto</i>	outside
<i>gari</i>	to reap
<i>o soto gari</i>	major outer
	reaping throw
<i>seoi</i>	shoulder
<i>seoi nage</i>	shoulder throw
<i>uchi</i>	inside
<i>o uchi gari</i>	major inside
	reaping throw
<i>koshi / goshi</i>	hip
<i>o goshi</i>	major hip throw
<i>ko</i>	minor
<i>ko uchi gari</i>	minor inside
	reaping throw
<i>okuri</i>	sliding
<i>harai / barai</i>	sweep
<i>okuri ashi barai</i>	sliding foot sweep

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RANK SYSTEM

<i>kyu</i>	non-black belt class
<i>dan</i>	black belt grade
<i>rok-kyu</i>	6 th class / white belt
<i>go-kyu</i>	5 th class / green belt
<i>yon-kyu</i>	4 th class / green belt
<i>san-kyu</i>	3 rd class / brown belt
<i>ni-kyu</i>	2 nd class / brown belt
<i>ik-kyu</i>	1 st class / brown belt
<i>sho-dan</i>	1 st grade / black belt
<i>ni-dan</i>	2 nd grade / black belt
<i>san-dan</i>	3 rd grade / black belt
<i>yo-dan</i>	4 th grade / black belt
<i>go-dan</i>	5 th grade / black belt
<i>roku-dan</i>	6 th grade / red-white belt
<i>shichi-dan</i>	7 th grade / red-white belt
<i>hachi-dan</i>	8 th grade / red-white belt
<i>ku-dan</i>	9 th grade / red belt
<i>ju-dan</i>	10 th grade / red belt
<i>ju-ni-dan</i>	12 th grade (only achieved by Kano-sensei)

CONTEST CALLS

<i>shiai</i>	contest
<i>shimpan</i>	referee
<i>ippon</i>	full point
<i>waza-ari</i>	half point
<i>yuko</i>	almost <i>waza-ari</i>
<i>koka</i>	almost <i>yuko</i>
<i>hansoku make</i>	disqualification / <i>ippon</i> for opponent
<i>shido 3</i>	3 rd infraction / <i>waza-ari</i> for opponent
<i>shido 2</i>	2 nd infraction / <i>yuko</i> for opponent
<i>shido</i>	warning / infraction <i>koka</i> for opponent
<i>osae komi</i>	hold down is good
<i>toketa</i>	hold down is broken
<i>sono mama</i>	freeze; do not move
<i>yoshi</i>	continue
<i>sore made</i>	that is all; time is up
<i>hantei</i>	decision
<i>maitta</i>	“I surrender”
<i>waza-ari awasete ippon</i>	two ½ points equal 1 point
<i>ippon gachi</i>	win by ippon
<i>yusei gachi</i>	win by decision
<i>fusen gachi</i>	win by forfeit
<i>kiken gachi</i>	win by withdrawal (injury)
<i>sogo gachi</i>	win with combination of opponent's 3 rd <i>shido</i> & an earned <i>waza-ari</i>