



# LEXICON

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Anza: Sitting position with legs crossed.

Age: To elevate or to raise.

Ashi: Foot or leg (as in Okuri-ashi-barai).

Ashi-no-yubi: Toes.

Atama: Head.

Atemi: To strike a person.

Ayumi-ashi: A method of footwork in judo.

Barai: Sweeping action with the leg or foot (as in De-ashi-barai).

Batsugun: The awarding of a Dan promotion without a formal examination.

Budo: Martial or military way or philosophy.

Butsukari: Repetitive drill for developing skill in throwing.

Chiisai: Small.

Chuo: The centre.

Dan: Black belt grade.

Do: Way, philosophy, doctrine, reason, principle, virtue.

Dojime: Body scissors/squeeze (illegal in competition).

Dojo: Place or club where Judo is practiced.

Dori: Grab (as in Kata-ashi-dori).

Eri: Lapel of the Judo gi (as in Okuri-eri-jime).

Fusegi: Defense.

Fusen: Default (as in Fusen-gachi or win by default).

Gachi (Kachi): To win, to be victorious.

Gaeshi (Kaeshi): Counter or reversal (as in Sumi-gaeshi).

Gari (Kari): To reap (as in O-soto-gari).

Garami: Entangle or twist (as in Ude-garami).

Gatame: Pin or (joint) lock (as in Kata-gatame or Ude-gatame).

Geta: Traditional wooden shoes worn in Japan.

Gi (Judogi): Judo uniform.

Godan: 5th Degree black belt.

Gokyu: Yellow belt.

Gokyo-no-waza: The five classifications of techniques originally devised by the Kodokan in 1905. This was the first standardized form of instruction for throwing techniques.

Goshi (Koshi): Hip (as in O-goshi).

Goshin-jutsu: Self-defense kata.

Goshin-ho: Methods of self-defense.

Guruma: Wheel (as in Kata-guruma).

Gyaku: Reverse (as in Gyaku-juji-jime).

Ha: Wing (as in Kata-ha-jime).

Hachidan: 8th Degree black belt.

Hadaka: Naked/bared (as in Hadaka-jime).

Haisha: Loser

Hajime: To start (used as a referee's command in contests).

Hando-no-kuzushi: Reaction forms of unbalancing. This implies how the opponent reacts to the attacker's attack.

Hane: Springing action (as in Hane-goshi).

Hansoku-make: Violation of the rules in a contest.

Happo: Eight sides or directions (as in Happo-no-kuzushi or 8 directions of unbalancing developed in Kodokan judo).

Hara: Stomach (as in Hara-gatame).

Harai (Barai): Sweeping action with the leg or foot (as in Harai-goshi).

Henka-waza: Techniques against opponent attack

Hidari: Left (as in Hidari-jigo-tai or Hidari-shizen-tai).

Hiji: Elbow (as in Hiji-makikomi, Kansetsu-waza).

Hiki-te: pulling hand

Hikiwake: draw

Hikkomi: To draw into (as in Hikkomi-gaeshi).

Hishigi: Crush (as in Ude-hishigi-waki-gatame).

Hiza: Knee (as in Hiza-guruma).

Hon: Basic or fundamental (as in Hon-kesa-gatame).

Hontai: Basic posture.

Ichiban: "Number one", the best.

Ikkyu: Brown belt.

Ippon: Full point.

Itsutsu: Five (as in Itsutsu-no-kata or forms of five).

Jigotai: Defensive (lower) posture.

Jiku-ashi: Pivoting leg.

Jime (Shime): Choke or strangle (as in Hadaka-jime).

Jita Kyoei: Mutual benefit and welfare.

Jo-gai: Outside contest area.

Jo-nai: Inside contest area.

Jo-seki: Upper seats.

Ju: The principle of gentleness, yielding, or giving way.

Judan: 10th Degree black belt.

Judo: The gentle way.

Judo-gi: Judo uniform.

Judoka: One who practices judo, a student of judo.

Ju-no-Kata: The forms of "gentleness" or "yielding".

Juji: To cross (as in Juji-jime).

Junbi-undo: Warming up exercises.

Jutsu (Jitsu): Skill, art, technique.

Kaeshi/Gaeshi: Counter (as in Kaeshi-waza).

Kaiten: Rotation.

Kake: To hook, or to attack.

Kami: Upper, above or upper in rank or place (as in Kami-Shiho-gatame).

Kappo: Resuscitation method.

Kata: Single or shoulder or form (as in Kata-juji-jime or Kata-gatame or Nage-no -kata).

Katame/gatame: To secure, make strong or firm, to guard.

Katame-waza: Grappling techniques.

Kami: Upper (as in Kami-Shiho-gatame).

Katame-no-Kata: Forms of grappling.

Katsu: Techniques of Kappo.

Kawazu-gake: Leg entwining, an illegal throwing technique in contest judo.

Keiko/Geiko: Practice.

Ken-ken: A phrase meaning “hop, hop.” (as in Ken-ken Uchi-mata).

Kesa: Scarf (as in Kesa-gatame).

Kiai: Shout during execution of technique, expression of spirit and source of energy.

Kiken-gachi: Win by injury.

Kibisu: Heel (as in Kibisu-gaeshi).

Kime-no-Kata: Forms of decision.

Kinsa: Slight superiority or inferiority.

Kinshi-waza: Prohibited technique.

Ki-o-tsuke: Come to attention.

Ko: Minor (as in Ko-Soto-Gari).

Kodansha: A holder of the rank of Godan (5th degree black belt) or above.

Kodokan: The original judo school established by Professor Jigoro Kano in 1882.

Kohai: A junior member in a dojo.

Kokoro: Mind, spirit, heart and mentality.

Komi: Pull (as in Tsuru-komi-goshi).

Kosen: A variation of the Kodokan judo competitive ruleset. Kosen judo's rules allow for greater emphasis of Ne-waza (ground techniques) than typically takes place in competitive judo and it is sometimes regarded as a distinct style of judo.

Koshi (Goshi): Hip (as in Koshi-guruma).

Koshiki-no-kata: The forms of antiquity.

Koshi/Goshi-waza: Hip throw.

Ko-waza: A minor technique.

Kubi: Neck.

Kudan: 9th Degree black belt.

Kumi-kata: Basic gripping techniques.

Kuzure: Variation (as in Kuzure-kesa-gatame).

Kuzushi: To unbalance or to upset.

Kyu-sho: Vital points.

Maai: Distance between two players.

Mae: Front.

Mae-ukemi: Front fall (also called Zenpo-ukemi).

Maita: Phrase meaning “I surrender” and shown by submission or tapping.

Makikomi: To wrap around, winding (as in Soto-makikomi).

Makura: Pillow (as in Makura-kesa-gatame).

Mata: Thigh (as in Uchi-mata).

Mate: Wait.

Migi: Right (as in Migi-jigo-tai or Migi-shizen-tai).

Mondo: Questions and answers.

Morote: Both hands (as in Morote-seoi-nage).

Mudansha: A non-black belt holder.

Mune: Chest (as in Mune-gatame).

Nage: To throw or propel.

Nage-no-kata: The forms of throwing.

Nage-komi: Throwing practice.

Nage-waza: Throwing techniques.

Nami: Common, usual (as in Nami-juji-jime).

Ne-waza: Grappling techniques (including Osaewaza (immobilization techniques), Shime-waza (strangulation techniques), and Kansetsuwaza (armlock techniques)).

Nidan: 2nd Degree black belt.

Nihon (Nippon): Japan.

Nikkyu: Blue belt.

O: Major (as in O-goshi).

Obi: Judo belt.

Okuri: Sliding (as in Okuri-eri-jime).

Osae: Immobilize, to restrain, keep down (as in Osae-waza).

Osae-Komi: To apply an immobilization (as in Osae-komi-waza).

Otagai-ni-rei: Bow to each other.

Otoshi: To drop (as in Tani-otoshi).

O-waza: Major technique.

Randori: Sparring.

Rei: To bow; courtesy.

Rei-ho: Bowing procedure.

Renraku: A series, a combination (as in Ranraku-waza).

Renshu: To drill or practice exercises.

Ritsurei: Standing bow.

Rokkyu: White belt.

Rokudan: 6th Degree black belt.

Ryote: Two-handed (as in Ryote-jime).

Sandan: 3rd Degree black belt.

Sankaku: Triangle, 3 angles or corners (as in Sankaku-jime).

Sankyu: Green belt.

Sasae: To block (as in Sasae-tsurikomi-ashi).

Seiryoku Zenyo: Maximum efficiency through minimum effort.

Seiza: Sitting in a formal position.

Sempai: A senior member in a dojo.

Sen: Initiative in applying mental or technical ability to gain advantage over an opponent.

Senshu: Athlete; competitor.

Sensei: Teacher or instructor.

Sensei-ni-rei: Bow to Sensei.

Sen-no-Sen: Superior initiative where one attacks the opponent before he has a chance to attack. Take the initiative away from the opponent. Anticipate.

Seoi: To carry over the back (as in Seoi-nage).

Shiai: Competition.

Shiai-jo: Competition arena

Shichidan: 7th - Degree black belt.

Shido: Light penalty; instruction.

Shihan: Master teacher.

Shiho: Four corners (as in Yoko-shiho-gatame).

Shime: To squeeze or strangle (as in Shime-waza).

Shimpan: A referee.

Shin: Sincere, truth, faith, real, genuine, mental application of being sincere.

Shin Gi Tai: The coordinated system of shin (sincere mental application), gi (realistic technical application) and tai (the physical application stressing the importance of physical fitness).

Shisei: Posture.

Shizen-tai: Natural basic posture.

Shodan: 1st Degree black belt.

Shomen: Dojo front.

Shomen-ni-rei: Bow to the front of the dojo.

Shosha: Winner.

Shu-shin: Chief referee.

Sode: Sleeve (as in Sode-tsuri-komi-goshi).

Sono-mama: Do not move.

Sore-made: That is all. A phrase used by referee to signal end of contest.

Soto: Outer or outside (as in Soto-makikomi).

Sukashi: A counter or an evasion against an opponent's attack (as in Uchi-mata-sukashi).

Sukoshi: A little.

Sukui: To scoop (as in Sukui-nage).



Sumi: Corner (as in Sumi-otoshi).

Sutemi-waza: Sacrifice techniques.

Tachi: To stand, standing (as in Tachi-waza).

Tachi-shobu: Standing battle.

Tachi-waza: throwing techniques including Te-waza (hand techniques), Koshi-waza (hip techniques), Ashi-waza (leg techniques), and Sutemi-waza (sacrifice techniques).

Tai: Body (as in Tai-otoshi).

Taisabaki: Body management, body movement.

Tandoku-renshu: Solo exercise or practice.

Tani: Valley (as in Tani-otoshi).

Tatami: A judo mat.

Tate: Straddle (as in Tate-shiho-gatame).

Te: Hand (as in Te-guruma).

Te-waza: Hand throw.

Toketa: The referee's command that a hold is broken or ended.

Tokui: Proficient, favorite or best technique (as in Tokui-waza).

Tomoe: Circle (as in Tomoe-nage).

Tori: The person who performs the technique.

Tsugi-ashi: Follow-foot movement, a form of footwork.

Tsuki: Thrusting (as in Tsuki-komi-jime).

Tsukuri: Set up to execute technique.

Tsuri: Lift (as in Harai-tsuru-komi-ashi).

Tsuri-komi: The act of lifting and pulling into the body (as in Ttsuri-komi-goshi).

Tsuri-te: Lifting hand.

Uchi: Inner (as in O-uchi-gari).

Uchi-komi: Repetition practice without throwing.

Ude: Arm (as in Ude-gatame; Ude gashi).

Uke: Person defending a judo technique.

Ukemi: Falling practice (side, back, forward).

Uki: Floating (as in Uki-otoshi).

Unbo: Exercises, calisthenics.

Ura: Back (as in Ura-nage).

Ushiro: Reverse or rear (as in Ushiro-kesa-gatame).

Ushiro-ukemi: Back breakfalls (also called Koho-ukemi).

Utsuri: Change or transfer (as in Utsuri-goshi).

Waki: Armpit (as in Waki-gatame).

Waza: Technique.

Waza-ari: Almost ippon.

Waza-arei awasete ippon: Two waza-are score ippon.

Yakusoku renshu/geiko: agreed upon practice.

Yama: Mountain (as in Yama-arashi, or mountain storm).

Yame: Stop.

Yoko: Side (as in Yoko-shiho-gatame).

Yoko-sutemi-waza: Side sacrifice throw.

Yoko-ukemi: Side fall (also called Sokohu-ukemi).

Yondan: 4th Degree black belt.

Yonkyu: Orange belt.

Yoshi: Continue.

Yudansha: A black belt holder.

Yusei-gachi: Win by superior performance

Zarei: A seated, formal bow.

Zen: Virtue, goodness.

Zenpo-kaiten: Front rolling fall.

Zori: Sandals made of straw.