

小

ko
small

大

o
big

The foot moves inward. The foot moves outward.

内

uchi
inner

外

soto
outer

Attack between the legs. Attack outside the legs.

刈

gari
reap

払

harai
sweep

掛

gake
hook

Reap the leg that has
most of the weight on it.

or 払 barai, sweep:
Sweep the leg that has
less weight on it.

Hook the leg with weight
on it.

大外刈

osoto-gari

大 o, big
外 soto, outer
刈 gari, reap

小外掛

kosoto-gake

小 ko, small
外 soto, outer
掛 gake, hook

大内刈

ouchi-gari

大 o, big
内 uchi, inner
刈 gari, reap

横

yoko
side

Side ↔

上

kami
above

Above ↑

後

ushiro
behind

Behind ↑

縦

tate
vertical

Vertical ↑

前

ma
front

Front ↓

裏

ura
back

One's own back.

隅

sumi
corner

Corner.

四方

shiho
four directions

Four directions 四方

固

gatame
hold

Stretched hold.

緘

garami
entanglement

Twisting or entanglement
using torque.

横四方固

yoko-shiho-gatame

横 yoko, side

四方 shiho, four directions

固 gatame, hold

上四方固

kami-shiho-gatame

上 kami, above

四方 shiho, four directions

固 gatame, hold

縦四方固

tate-shiho-gatame

縦 tate, vertical

四方 shiho, four directions

固 gatame, hold

裏固

ura-gatame

裏 ura, back

固 gatame, hold

腕

ude

arm

Arm.

腕固

ude-gatame

腕 ude, arm

固 gatame, hold

腕緘

ude-garami

腕 ude, arm

緘 garami, entanglement

袈裟

kesa

scarf

Scarf.

崩

kuzure

variation

Variation, or modified.

袈裟固

kesa-gatame

袈裟 kesa, scarf

固 gatame, hold

後袈裟固

ushiro-kesa-gatame

後 ushiro, behind

袈裟 kesa, scarf

固 gatame, hold

崩上四方固

kuzure-kami-shiho-gatame

崩 kuzure, variation

上 kami, above

四方 shiho, four directions

固 gatame, hold

崩袈裟固

kuzure-kesa-gatame

崩 kuzure, variation

袈裟 kesa, scarf

固 gatame, hold

足

ashi

foot

or 脚 ashi, leg: Foot, but
sometimes lower leg.

出

de

advancing

The foot that is initiating
a movement.

送

okuri

sliding

The foot that is sliding to
catch up.

出足払

deashi-harai

出 de, advancing

足 ashi, foot

払 harai, sweep

送足払

okuriashi-harai

送 okuri, sliding

足 ashi, foot

払 harai, sweep

腰

goshi

hip

or 腰 koshi, hip: Hip.

大腰

o-goshi

大 o, big
腰 goshi, hip

払腰

harai-goshi

払 harai, sweep
腰 goshi, hip

車

guruma

wheel

Wheel.

腰車

koshi-guruma

腰 koshi, hip
車 guruma, wheel

足車

ashi-guruma

足 ashi, foot
車 guruma, wheel

大車

o-guruma

大 o, big
車 guruma, wheel

背負

seoi

carry-on-the-back

To carry over the
shoulder.

投げ

nage

throwing

Throw.

背負投

seoi-nage

背負 seoi, carry-on-the-back
投げ nage, throwing

裏投

ura-nage

裏 ura, back
投げ nage, throwing

体

tai

body

Body.

谷

tani

valley

Valley.

落

otoshi

drop

Drop.

体落

tai-otoshi

体 tai, body
落 otoshi, drop

背負落

seoi-otoshi

背負 seoi, carry-on-the-back
落 otoshi, drop

横落

yoko-otoshi

横 yoko, side
落 otoshi, drop

谷落

tani-otoshi

谷 tani, valley
落 otoshi, drop

返

gaeshi

reversal

or 返 kaeshi, reversal:

Reversal, turn-over.

隅返

sumi-gaeshi

隅 sumi, corner

返 gaeshi, reversal

大外返

osoto-gaeshi

大 o, big

外 soto, outer

返 gaeshi, reversal

小内返

kouchi-gaeshi

小 ko, small

内 uchi, inner

返 gaeshi, reversal

十字

juji
cross

Cross.

絞

jime
choke

Choke.

逆

gyaku
reverse

Reversed.

並

nami
normal

Normal.

片

kata
single

Single.

十字固

juji-gatame

十字 juji, cross
固 gatame, hold

並十字絞

nami-juji-jime

並 nami, normal
十字 juji, cross
絞 jime, choke

片十字絞

kata-juji-jime

片 kata, single
十字 juji, cross
絞 jime, choke

逆十字絞

gyaku-juji-jime

逆 gyaku, reverse
十字 juji, cross
絞 jime, choke

手

te
hand
Hand.

釣

tsuri
lifting
To lift or to fish.

引

hiki
pull
To pull.

抑

osae
suppress
To suppress.

込

komi
inward
Inward.

双

moro
two
Two, when paired with
"te" (hand).

釣込

tsurikomi
lifting & pulling
Lifting and pulling.

抑込

osaekomi
pinning
Pinning down.

引込

hikikomi
pulling inward
Pulling inward.

引手

hikite
pulling hand
The pulling hand, usually
grabbing the sleeve.

釣手

tsurite
lifting hand
The lifting hand, usually
grabbing the lapel.

双手

morote
two hands
Two hands.

釣腰

tsuri-goshi

釣 tsuri, lifting
腰 goshi, hip

釣込腰

tsurikomi-goshi

釣 tsuri, lifting
込 komi, inward
腰 goshi, hip

支釣込足

sasae-tsurikomi-ashi

支 sasae, support
釣 tsuri, lifting
込 komi, inward
足 ashi, foot

引込返

hikikomi-gaeshi

引 hiki, pull
込 komi, inward
返 gaeshi, reversal

双手刈

morote-gari

双手 morote, two hands
刈 gari, reap

卷

maki

wrap

Roll.

外卷込

soto-makikomi

外 soto, outer
卷 maki, wrap
込 komi, inward

大外卷込

osoto-makikomi

大 o, big
外 soto, outer
卷 maki, wrap
込 komi, inward

小内卷込

kouchi-makikomi

小 ko, small
内 uchi, inner
卷 maki, wrap
込 komi, inward

払卷込

harai-makikomi

払 harai, sweep
卷 maki, wrap
込 komi, inward

内卷込

uchi-makikomi

内 uchi, inner
卷 maki, wrap
込 komi, inward

Notes

The consonant used in a word may change depending on its position. For example *k* and *g* in 腰 goshi, hip and 腰 koshi, hip, as in 腰車 (**koshi-guruma**) [腰 koshi, hip, 車 guruma, wheel] or 払腰 (**harai-goshi**) [払 harai, sweep, 腰 goshi, hip], or *b* and *h* in 払 barai, sweep or 払 harai, sweep, as in 払卷込 (**harai-makikomi**) [払 harai, sweep, 卷 maki, wrap, 込 komi, inward].

肩 kata, shoulder and 片 kata, single read the same way but mean different things. The most-commonly-used meaning is 肩 kata, shoulder. Examples: 肩車 (**kata-guruma**) [肩 kata, shoulder, 車 guruma, wheel] and 片十字絞 (**kata-juji-jime**) [片 kata, single, 十字 juji, cross, 絞 jime, choke].

The purpose of this content is not to provide precise translations or interpretations of the Japanese language but to aid in the understanding of the meaning of judo techniques.

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