

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 ☞

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

送

okuri

sliding

The foot that is initiating a movement.    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

股

mata

thigh

内股

uchi-mata

内 uchi, inner  
股 mata, thigh

内股返

uchi-mata-gaeshi

内 uchi, inner  
股 mata, thigh  
返 gaeshi, reversal

内股卷込

uchi-mata-makikomi

内 uchi, inner  
股 mata, thigh  
卷 maki, wrap  
込 komi, inward

浮

uki

floating

Floating or unstable  
position.

浮腰

uki-goshi

浮 uki, floating  
腰 goshi, hip

浮固

uki-gatame

浮 uki, floating  
固 gatame, hold

浮技

uki-waza

浮 uki, floating  
技 waza, techniques

浮落

uki-otoshi

浮 uki, floating  
落 otoshi, drop

### 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 払巻込 (**harai-makikomi**) [払 harai, sweep, 巻 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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See the [code on GitHub](https://github.com/fnune/waza) (<https://github.com/fnune/waza>).