



OPEN



Glossary of Judo terms



Glossary of Judo waza (techniques) terms

67 Nage waza (Throwing techniques)

15 Te waza (Hand techniques)

◆ Seoi-nage (Shoulder throw)	>
◆ Tai-otoshi (Body drop)	>
◆ Kata-guruma (Shoulder wheel)	>
◆ Sukui-nage (Scooping throw)	>
◆ Uki-otoshi (Floating drop)	>
◆ Sumi-otoshi (Corner drop)	>

◆ Obi-otoshi (Belt drop)	>
◆ Seoi-otoshi (Shoulder drop)	>
◆ Yama-arashi (Mountain storm throw)	>
◆ Morote-gari (Two-hands reap)	>
◆ Kuchiki-taoshi (One-hand drop)	>
◆ Kibisu-gaeshi (Heel trip)	>
◆ Uchi-mata-sukashi (Inner-thigh reaping throw slip)	>
◆ Kouchi-gaeshi (Small inner reaping throw counter)	>
◆ Ippon-seoi-nage (One-armed shoulder throw)	>

11 Koshi waza (Hip techniques)

◆ Uki-goshi (Floating hip throw)	>
◆ O-goshi (Large hip throw)	>
◆ Koshi-guruma (Hip wheel)	>
◆ Tsurikomi-goshi (Lift-pull hip throw)	>

◆ Harai-goshi (Hip sweep)	>
◆ Tsurigoshi (Lifting hip throw)	>
◆ Hane-goshi (Hip spring)	>
◆ Utsurigoshi (Hip shift)	>
◆ Ushiro-goshi (Back hip throw)	>
◆ Daki-age (High lift)	>
◆ Sode-tsurikomi-goshi (Sleeve lift-pull hip throw)	>

21 Ashi waza (Foot/leg techniques)

◆ De-ashi-barai (-harai) (Forward foot sweep)	>
◆ Hiza-guruma (Knee wheel)	>
◆ Sasae-tsurikomi-ashi (Supporting foot lift-pull throw)	>
◆ Osoto-gari (Large outer reap)	>
◆ Uchi-gari (Large inner reap)	>
◆ Kosoto-gari (Small outer reap)	>

◆ Kouchi-gari (Small inner reap)	>
◆ Okuri-ashi-barai (-harai) (Foot sweep)	>
◆ Uchi-mata (Inner-thigh reaping throw)	>
◆ Kosoto-gake (Small outer hook)	>
◆ Ashi-guruma (Leg wheel)	>
◆ Harai-tsurikomi-ashi (Lift-pull foot sweep)	>
◆ O-guruma (Large wheel)	>
◆ Osoto-guruma (Large outer wheel)	>
◆ Osoto-otoshi (Large outer drop)	>
◆ Tsubame-gaeshi (Swallow counter)	>
◆ Osoto-gaeshi (Large outer reaping throw counter)	>
◆ Uchi-gaeshi (Large inner reaping throw counter)	>
◆ Hane-goshi-gaeshi (Hip spring counter)	>
◆ Harai-goshi-gaeshi (Hip sweep counter)	>
◆ Uchi-mata-gaeshi (Inner thigh reaping throw counter)	>

5 Ma sutemi waza (Supine sacrifice techniques)

◆ Tomoe-nage (Circular throw)	>
◆ Sumi-gaeshi (Corner throw)	>
◆ Ura-nage (Back throw)	>
◆ Hikikomi-gaeshi (Pulling-down sacrifice throw)	>
◆ Tawara-gaeshi (Bag of rice throw)	>

15 Yoko sutemi waza (Side sacrifice techniques)

◆ Yoko-otoshi (Side drop)	>
◆ Tani-otoshi (Valley drop)	>
◆ Hane-makikomi (Springing wraparound throw)	>
◆ Soto-makikomi (Outer wraparound throw)	>
◆ Uki-waza (Floating throw)	>
◆ Yoko-wakare (Side separation)	>
◆ Yoko-guruma (Side wheel)	>

◆ Yoko-gake (Side body drop)	>
◆ Daki-wakare (Rear trunk turnover)	>
◆ Uchi-makikomi (Inner wraparound throw)	>
◆ Osoto-makikomi (Large outside wraparound throw)	>
◆ Uchi-mata-makikomi (Inner thigh wraparound throw)	>
◆ Harai-makikomi (Hip sweep wraparound throw)	>
◆ Kawazu-gake (One-leg entanglement drop) ※This is a prohibited Waza.	>
◆ Kani-basami (Scissors throw) ※This is a prohibited Waza.	>

29 Katame waza (Grappling techniques)

7 Osae komi waza (Hold-down techniques)

◆ Kuzure-kesa-gatame (Modified scarf hold)	>
◆ Kata-gatame (Shoulder hold)	>
◆ Kami-shiho-gatame (Top four-corner hold)	>
◆ Kuzure-kami-shiho-gatame (Modified top four-corner hold)	>

◆ Yoko-shiho-gatame (Side four-corner hold)	>
◆ Tate-shiho-gatame (Straight four-corner hold)	>
◆ Kesa-gatame (Scarf hold)	>

12 Shime waza (Strangling techniques)

◆ Nami-juji-jime (Normal cross strangle)	>
◆ Gyaku-juji-jime (Reverse cross strangle)	>
◆ Kata-juji-jime (Half cross strangle)	>
◆ Hadaka-jime (Naked strangle)	>
◆ Okuri-eri-jime (Sliding collar strangle)	>
◆ Kataha-jime (Single-wing strangle)	>
◆ Sode-guruma-jime (Sleeve wheel strangle)	>
◆ Kata-te-jime (One-hand strangle)	>
◆ Ryo-te-jime (Two-hands strangle)	>
◆ Tsukkomi-jime (Thrusting strangle)	>

◆ Sankaku-jime (Triangular strangle)	>
◆ Do-jime (Body scissors) ※This is a prohibited Waza.	>

10 Kansetsu waza (Joint locks)

◆ Ude-garami (Entangled arm lock)	>
◆ Ude-hishigi-juji-gatame (Cross lock)	>
◆ Ude-hishigi-ude-gatame (Arm lock)	>
◆ Ude-hishigi-hiza-gatame (Knee lock)	>
◆ Ude-hishigi-waki-gatame (Armpit lock)	>
◆ Ude-hishigi-hara-gatame (Stomach lock)	>
◆ Ude-hishigi-ashi-gatame (Leg lock)	>
◆ Ude-hishigi-te-gatame (Hand lock)	>
◆ Ude-hishigi-sankaku-gatame (Triangular lock)	>
◆ Ashi-garami (Entangled leg lock) ※This is a prohibited Waza.	>

Notes