

Basic terminology

Judo	“The gentle way”	Shai	Competition
Jita Kyohei	“Mutual benefit and wellness”	Hajime	Begin
Seiryoku Zenyo	“Maximum efficiency, minimal effort”	Matte	Stop
Uke	Person receiving technique	Ippon	One point, victory in one move
Tori	Person performing technique	Shido	Penalty
Rei	Bow	Kumi kata	Grip fighting
Mae	Forward	Tai sabaki	Turning movement
Ushiro	Rear, backwards	Tsugi ashi	Walk with one foot forward
Yoko	Side	Ayumi ashi	Reciprocal pattern of walking
Ukemi	Breakfall	Hidari	Left
Kuzushi	Off-balance, pull	Migi	Right
Tsukuri	Entry, positioning the technique	Kata	Shoulder
Kake	Execute technique	Ashi	Foot, leg
Uchikomi	Repeated practice	Koshi	Hip
Randori	Free practice	Ude	Arm
Waza	Technique	Sode	Sleeve
Ne waza	Ground technique	Te	Hand
Nage waza	Throwing techniques	Hiza	Knee
Nage no kata	Forms of throwing	Obi	Belt
Gokyo no waza	Five sets of throws		