

Vocabulary

Ashi-waza: Foot techniques.

Deashi-barai: Foot-sweep technique.

Getame-waza: Pinning techniques.

Hajime: Begin.

Hantei: A call for judgment when the match ends with a tied score.

Harai-goshi: This technique is an exact replica of uchi-mata, but the throwing leg goes in front of both opponent's legs instead of in between the legs.

Hiki-wake: Draw.

Ippon-seio-nage: From a one-handed sleeve or lapel grip, the thrower traps the opponent's arm/shoulder by bringing his or her arm under the opponent's armpit. At the same time, the thrower turns his or her back to the opponent making contact, then lifts the opponent on his or her back, bending and turning to throw.

Judogi: The judo uniform, which consists of a thick cotton jacket and loose-fitting pants. The jacket is tied together with a belt. In national and international competition, players are required to wear a white or blue judogi.

Judoka: A judo competitor.

Juji-gatame: Cross-arm lock.

Kami-shiho-gatame: An upper body pin. The pinner lays parallel to the opponent, holding the opponent with chest-to-chest contact with the head facing the opponent's feet.

Kansetsu-waza: Armlock technique.

Kata-garuma: This technique is equivalent to the "fireman's carry" used in Olympic wrestling, where a judoka is brought across the opponent's shoulders in a takedown.

Katsu: Resuscitation allowed by a doctor or a trainer if a judoka passes out as the result of an ippon.

Kesa-gatame: Similar to a headlock, the pinner holds the opponent's head with one arm while securing the opponent's arm in his or her armpit.

Kiken-gachi: A win by withdrawal during a match.

Ko-soto-gake: The thrower grabs over the opponent's shoulder, then steps behind with the leg and brings the other arm across the opponent's face, taking him or her to the rear.

Ko-uchi-gari: The thrower reaches one leg in between his or her opponent's legs and trips the opponent using the bottom-of-foot-to-ankle technique.

Masutemi-waza: Sacrifice techniques.

Matte: Stop action.

Ne-waza: Grounded techniques.

O-soto-gari: Facing the opponent, the thrower steps slightly forward and to the side, gaining chest-to-chest contact and extending his or her attack leg beyond the opponent. To execute the finish, the thrower acts like a pendulum, lowering the head and raising the leg, which connects with the back of his or her opponent's leg.

O-uchi-gari: The thrower brings one leg between his or her opponent's legs, hooking it behind (calf-to-calf), and simultaneously pushes the opponent backwards.

Osaekomi: Hold started.

Seoi-nage: Shoulder throw.

Shime-waza: Choking technique.

Sode: This is typically done when both players are "cross gripping." The thrower grabs the opponent's sleeve, pushing it across his face while turning his back to the opponent, with contact and somersaulting to finish the technique.

Sono-mama: Do not move.

Sore-made: End of match.

Sutemi-waza: Counter techniques.

Tai-otoshi: With an uchi-mata-like entry, the thrower sidesteps in front of the opponent's legs, keeping both legs on the ground and tripping the opponent over an extended leg.

Tani-otashi: By faking uchi-mata and getting the opponent to defend the forward attack, the thrower then extends his or her leg behind both of the opponent's legs, taking him or her to the rear.

Tegaruma: This is a common counter to uchi-mata. As the opponent enters, the thrower grabs the attacking leg and lifts it past the hips while pushing the opponent's upper body down with the other hand.

Toketa: Hold broken.

Uchi-mata: The thrower pulls the opponent, making chest-to-chest contact while rotating the upper body and simultaneously swinging the leg between the opponent's legs.

Waza-ari-awasete-ippon: A victory by scoring two waza-aris.

Yoko-shiho-gatame: A side body pin, the pinner lays perpendicular to the opponent, holding underneath the head with one arm and between the legs with the other.

Yoko-tomoenage: Face-to-face, the thrower drops to his or her own back and raises a, placing the foot on the opponent's stomach and kicking the opponent over and onto his or her back.

Yoshi: Carry on fighting.

Yusei-gachi: Being awarded any victory by less than ippon.