

Kuzushi

Tsukuri

Kake

O Goshi

O Soto Gari

Tai Otoshi

Ippon Seoi
Nage

Uki Goshi

Ko Uchi Gari

Completion of
Throw

Fitting the Body

Off Balancing

Body Drop

Major Outer Reap

Major Hip

Minor Inner Reap

Floating Hip

One Armed
Shoulder Throw

Uki Waza

Seoi Otoshi

Kesa Gatame

Yoko Shiho
Gatame

Mune Gatame

Kamishiho
Gatame

Kata Gatame

Tate Shiho
Gatame

Shoulder Drop

Floating
Technique

Chest Hold

Side Four Corner
Hold

Scarf Hold

Lateral 4-Corner
Hold

Shoulder Hold

Upper 4-Corner
Hold

Anza

Dojo

Hajime !

Jigotai

Judo

Kiyotsuke

Kodokan

Kuzure

Kyu

Begin !

Practice Hall

Informal Sitting

Attention

Gentle Way

Defensive Posture

Novice Ranks

Modified
(Broken)

Place of Learning
the Way

Matte !

Migi

Hidari

Nage

Uke

Ne Waza

Osae Waza

Rei

Randori

Left

Right

Stop !

Grappling
Techniques

Person Technique
is Applied to

Throw

Free Practice

Bow

Holding
Techniques

Seiza

Sensei

Shiai

Shime

Shisei

Shizentai

Sutemi Waza

Tachi Waza

Tai Sabaki

Contest

Teacher

Formal Sitting

Natural Posture

Posture

Choke

Body Motion
Management

Standing
Techniques

Sacrifice
Techniques

Tori

Uchikomi

Ura

Ushiro

Judogi

Obi

Uwagi

Zubon

Eri

Back

Step-in Practice

Person Applying
Technique

Belt

Judo Outfit

Rear

Collar

Pants

Jacket

Sode

Origin of
Judo Date

First Judo
Olympics

First Women's
Judo Olympics

First U.S. Men's
World Champion

First U.S.
Women's World
Champion

Founder of Judo

Highest Ranked
Female Judoka

Ippon

1964
Demo - Tokyo

1882

Sleeve

Anne Maria
DeMars

Mike Swain
1987 Vienna

1988 demo
1992 Barcelona

One Full Point
Score

Keiko Fukuda

Jigoro Kano

Waza Ari

Yuko

Shido

Hansokumake

Osaekomi

Hantei !

Toketa !

Kata

Ukemi

Lesser Penalty

Lowest Score

“Half” Point

Call for Decision

Hold Down in
Progress

Elimination
Penalty

Falling Practice

Demonstration of
Pre-arranged Forms

Hold Down
Broken







