

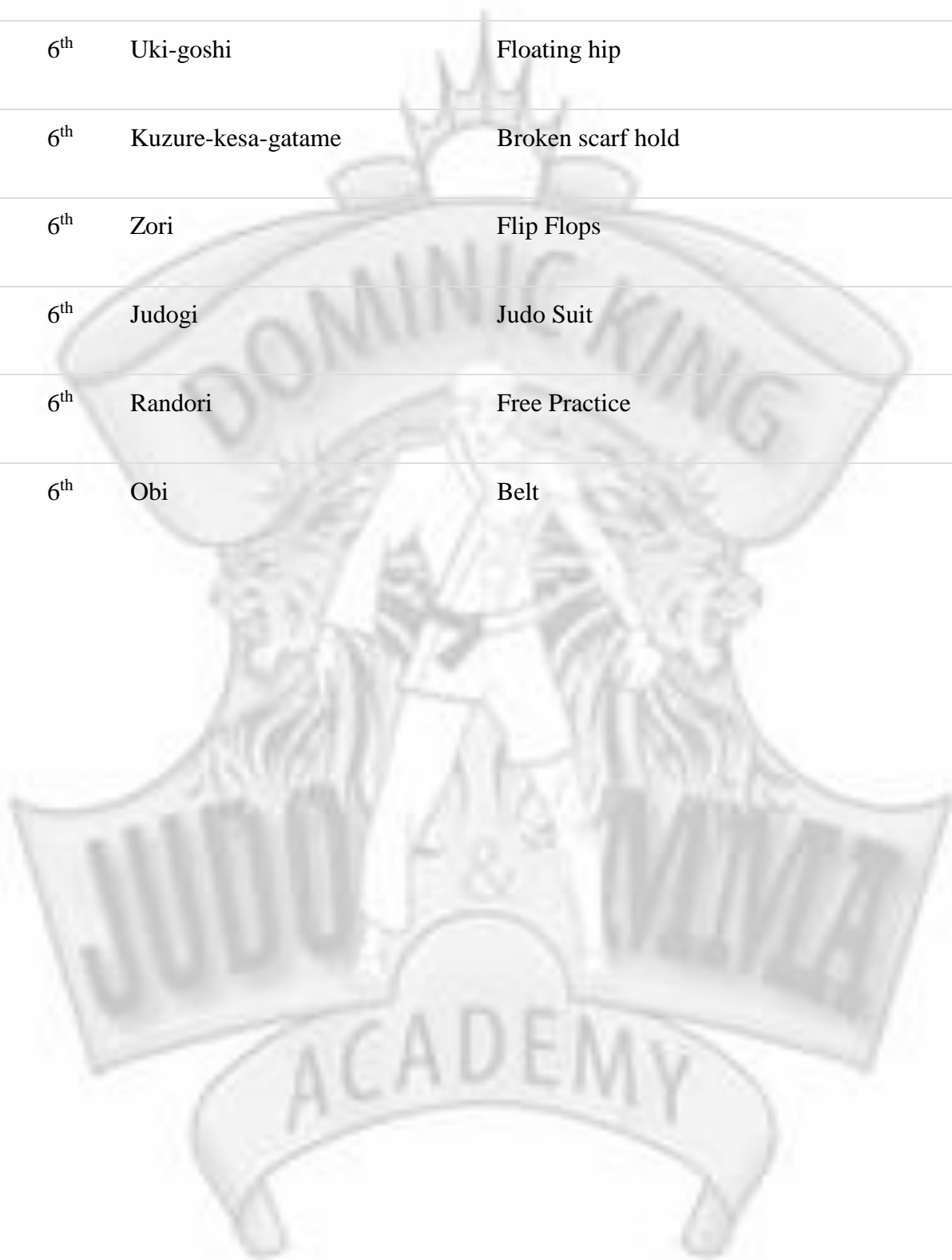
# Terminology (Japanese – English)

## BJA Syllabus Requirement

### Red Belt

Mon	Kyu	Japanese	English
1 <sup>st</sup>	6 <sup>th</sup>	Ushiro Ukemi	Rear breakfall
1 <sup>st</sup>	6 <sup>th</sup>	Osoto-otoshi	Major outer drop
1 <sup>st</sup>	6 <sup>th</sup>	Kesa-gatame	Scarf hold
1 <sup>st</sup>	6 <sup>th</sup>	Rei	Bow
1 <sup>st</sup>	6 <sup>th</sup>	Hajime	Start
1 <sup>st</sup>	6 <sup>th</sup>	Matte	Break
2 <sup>nd</sup>	6 <sup>th</sup>	Yoko Ukemi	Side breakfall
2 <sup>nd</sup>	6 <sup>th</sup>	De-ashi-barai	Advancing Foot Sweep
2 <sup>nd</sup>	6 <sup>th</sup>	Mune-gatame	Chest hold
2 <sup>nd</sup>	6 <sup>th</sup>	Tachi-rei	Standing bow
2 <sup>nd</sup>	6 <sup>th</sup>	Za-rei	Kneeling bow
2 <sup>nd</sup>	6 <sup>th</sup>	Osaekomi	Holding
2 <sup>nd</sup>	6 <sup>th</sup>	Toketa	Hold broken

2 <sup>nd</sup>	6 <sup>th</sup>	Dojo	Judo Hal
3 <sup>rd</sup>	6 <sup>th</sup>	Mae Mawari Ukemi	Forward rolling breakfall
3 <sup>rd</sup>	6 <sup>th</sup>	Uki-goshi	Floating hip
3 <sup>rd</sup>	6 <sup>th</sup>	Kuzure-kesa-gatame	Broken scarf hold
3 <sup>rd</sup>	6 <sup>th</sup>	Zori	Flip Flops
3 <sup>rd</sup>	6 <sup>th</sup>	Judogi	Judo Suit
3 <sup>rd</sup>	6 <sup>th</sup>	Randori	Free Practice
3 <sup>rd</sup>	6 <sup>th</sup>	Obi	Belt



## Yellow Belt

Mon	Kyu	Japanese	English
4 <sup>th</sup>	5 <sup>th</sup>	Tai-otoshi	Hand throw body drop
4 <sup>th</sup>	5 <sup>th</sup>	Yoko-shiho-gatame	Side four quarters hold
4 <sup>th</sup>	5 <sup>th</sup>	Migi Shizentai	Right standing grip
4 <sup>th</sup>	5 <sup>th</sup>	Hidari Shizentai	Left standing grip
4 <sup>th</sup>	5 <sup>th</sup>	Osaekomi-waza	Hold down
4 <sup>th</sup>	5 <sup>th</sup>	Tachi-waza	Standing technique
5 <sup>th</sup>	5 <sup>th</sup>	Ippon-seoi-nage	One arm shoulder throw
5 <sup>th</sup>	5 <sup>th</sup>	Kami-shiho-gatame	Upper four quarters hold
5 <sup>th</sup>	5 <sup>th</sup>	Kumi-kata	Gripping
5 <sup>th</sup>	5 <sup>th</sup>	Nage-komi	Throwing
6 <sup>th</sup>	5 <sup>th</sup>	Mae Ukemi	Forward breakfall
6 <sup>th</sup>	5 <sup>th</sup>	O-uchi-gari	Major inner reaping
6 <sup>th</sup>	5 <sup>th</sup>	Tate-shiho-gatame	Lengthwise four quarters hold

## Orange Belt

Mon	Kyu	Japanese	English
7 <sup>th</sup>	4 <sup>th</sup>	Ko-uchi-gari	Minor inner reaping
7 <sup>th</sup>	4 <sup>th</sup>	Tsuri-komi-goshi	Drawing hip
7 <sup>th</sup>	4 <sup>th</sup>	O-goshi	Major hip
7 <sup>th</sup>	4 <sup>th</sup>	Uke	Person being attacked
7 <sup>th</sup>	4 <sup>th</sup>	Tori	Person doing the attack
7 <sup>th</sup>	4 <sup>th</sup>	Hiki-wake	Draw
8 <sup>th</sup>	4 <sup>th</sup>	Ko-soto-gari	Minor outer reaping
8 <sup>th</sup>	4 <sup>th</sup>	Ko-soto-gake	Minor inner hook
8 <sup>th</sup>	4 <sup>th</sup>	Morote-seoi-nage	Two handed shoulder throw
8 <sup>th</sup>	4 <sup>th</sup>	Waza-ari-awasete-ippou	Two waza-ari score ippon
8 <sup>th</sup>	4 <sup>th</sup>	Shido	Minor penalty
8 <sup>th</sup>	4 <sup>th</sup>	Hansoku-make	Disqualification
9 <sup>th</sup>	4 <sup>th</sup>	Seoi-otoshi	Shoulder drop
9 <sup>th</sup>	4 <sup>th</sup>	O-soto-gari	Major outer reaping

## Green Belt

Mon	Kyu	Japanese	English
10 <sup>th</sup>	3 <sup>th</sup>	Harai-goshi	Sweeping hip throw
10 <sup>h</sup>	3 <sup>th</sup>	Uchi-mata	Inner thigh
10 <sup>h</sup>	3 <sup>th</sup>	Ude-gatame	Arm lock
10 <sup>h</sup>	3 <sup>th</sup>	Waki-gatame	Armpit lock
10 <sup>h</sup>	3 <sup>th</sup>	Kansetsu-waza	armlocks
11 <sup>h</sup>	3 <sup>th</sup>	Hiza-guruma	Knee Wheel
11 <sup>h</sup>	3 <sup>th</sup>	Sasae-tsuri-komi-ashi	Propping drawing ankle
11 <sup>h</sup>	3 <sup>th</sup>	Hiza-gatame	Knee lock
11 <sup>th</sup>	3 <sup>rd</sup>	Juji-gatame	Cross armlock
11 <sup>th</sup>	3 <sup>rd</sup>	Kaeshi-waza	counters
12 <sup>th</sup>	3 <sup>rd</sup>	Hane-goshi	Spring hip throw
12 <sup>th</sup>	3 <sup>rd</sup>	Okuri-ashi-barai	Double foot sweep
12 <sup>th</sup>	3 <sup>rd</sup>	Morote-eri-seoi-nage	Two handed shoulder throw
12 <sup>th</sup>	3 <sup>rd</sup>	Renzoku-waza	Combinations in the same direction
12 <sup>th</sup>	3 <sup>rd</sup>	Renraku-waza	Combinations in different directions

## Blue Belt

Mon	Kyu	Japanese	English
13 <sup>th</sup>	2 <sup>nd</sup>	Yoko-guruma	Side wheel
13 <sup>th</sup>	2 <sup>nd</sup>	Tani-otoshi	Valley drop
13 <sup>th</sup>	2 <sup>nd</sup>	Ude-garami	Entangled armlock
14 <sup>th</sup>	2 <sup>nd</sup>	Tomoe-nage	Circle throw
14 <sup>h</sup>	2 <sup>nd</sup>	Yoko-tomoe-nage	Side circle throw
14 <sup>th</sup>	2 <sup>nd</sup>	Gyaku-juji-jime	Reverse Cross Strangle
14 <sup>th</sup>	2 <sup>nd</sup>	Juji-jime	Cross strangle
14 <sup>th</sup>	2 <sup>nd</sup>	Nami-juji-jime	Normal cross strangle
14 <sup>th</sup>	2 <sup>nd</sup>	Okuri-eri-jime	Sliding collar strangle
15 <sup>th</sup>	2 <sup>nd</sup>	Uki-waza	Floating throw
15 <sup>th</sup>	2 <sup>nd</sup>	Soto-maki-komi	Outside winding throw
15 <sup>th</sup>	2 <sup>nd</sup>	Koshi-jime	Hip strangle
15 <sup>th</sup>	2 <sup>nd</sup>	Kata-te-jime	Strangle with one hand

## Brown Belt

Mon	Kyu	Japanese	English
16 <sup>th</sup>	1 <sup>st</sup>	Ura-nage	Rear throw
16 <sup>th</sup>	1 <sup>st</sup>	Uki-otoshi	Floating drop
16 <sup>th</sup>	1 <sup>st</sup>	Kata-te-ashi-koshi-jime	Single hand leg hip strangle
16 <sup>th</sup>	1 <sup>st</sup>	Koshi-guruma	Hip wheel
16 <sup>th</sup>	1 <sup>st</sup>	Kata-ha-jime	Single collar strangle
17 <sup>th</sup>	1 <sup>st</sup>	Ushiro-goshi	Rear hip throw
17 <sup>th</sup>	1 <sup>st</sup>	Sumi-gaeshi	Corner throw
17 <sup>th</sup>	1 <sup>st</sup>	Yoko-gake	Side hook
17 <sup>th</sup>	1 <sup>st</sup>	Hadaka-jime	Naked strangle
17 <sup>th</sup>	1 <sup>st</sup>	Ryo-hiza-seoi-otoshi	Two knee shoulder drop
18 <sup>th</sup>	1 <sup>st</sup>	Sode-tsuri-komi-goshi	Sleeve lift pull hip
18 <sup>th</sup>	1 <sup>st</sup>	Kata-guruma	Shoulder wheel
18 <sup>th</sup>	1 <sup>st</sup>	Ko-uchi-gake-maki-komi	Minor inner hook winding
18 <sup>th</sup>	1 <sup>st</sup>	San-gaku-jime	Triangular strangle
18 <sup>th</sup>	1 <sup>st</sup>	San-gaku-gatame	Triangular hold down





# Alphabetical Listing

## Nage-Waza (Throwing Techniques)

Ashi-guruma	Leg Wheel
Daki-ko-soto-gake	Hug Minor Outside Hook
Daki-Wakare	Hug Separation
De-ashi-barai	Advancing Foot Sweep
Eri-Seoi-nage	Collar Shoulder Throw
Furi-nage	Flip Throw
Ganseki-Otoshi	Rock Drop
Hane-goshi	Spring Hip
Hane-maki-komi	Winding Spring Hip
Harai-goshi	Sweeping Hip
Harai-maki-komi	Winding Sweeping Hip
Harai-tsuru-komi-ashi	Sweeping Lift-Pull Ankle Throw
Hiji-Otoshi	Elbow Drop
Hiki-Komi-Gaeshi	Rolling Take Down
Hiki-Otoshi	Pull Drop
Hiza-guruma	Knee Wheel



Hiza-soto-muso	Knee Outer Leg Shoulder Throw
Ippon-seoi-nage	One arm shoulder throw
Kata-Eri-Seoi	Single Lapel Shoulder Throw
Kata-eri-sode-tsurikomi-goshi	Single Lapel and Sleeve Lifting Drawing Hip
Kata-guruma	Shoulder wheel
Kata-hiza-tai-otoshi	One Knee Body Drop
Kata-hiza-te-ouchi-gake-ashi-dori	Single Knee Hand Major Inside Hook
Kata-sode-ashi-tsurikomi-goshi	Single Sleeve Leg Lifting Drawing Hip Throw
Kata-Sode-Seoi-Nage	Single Sleeve Shoulder Throw
Kata-sode-seoi-otoshi	Single Sleeve Shoulder Drop
Kata-soto-ashi-dori	Single Outer Leg Grab
Kata-uchi-ashi-dori	Single inner leg grab
Kats -Sode-Seoi-nage	Single Sleeve Shoulder Throw
Ken-Ken-Uchi-Mata	Hopping Inner Thigh
Koshi-guruma	Hip wheel
Ko-soto-gake	Minor outer hook
Ko-soto-gari	Minor outer reaping



Ko-uchi-gaeshi	Ko-Uchi Counter
Ko-uchi-gake	Minor inner hook
Ko-uchi-gake-mata -maki -komi	Minor inner hook thigh winding
Ko-uchi-gari	Minor inner reaping
Kubi-nage	Neck Throw
Kuchiki-taoshi	Pushing The Rotten Tree
Mae-hiza-uranage	Face Knee Rear Throw
Morote -eri-seoi -nage	Two handed lapel shoulder
Morote -gari	Double leg grab
Morote -seoi-nage	Two handed shoulder
Morote-eri-seoi-nage	Two Hand Lapel Shoulder Throw
Morote-kata-sode-tai-otoshi	Two Hand Single Sleeve Body Drop
Nidan-ko-soto-gake	Two Step Minor Outer Hook
Nidan-ko-soto-gari	Two Step Minor Outer Reap
Obi-Goshi	Belt Hip Throw
Obi-Otoshi	Belt Drop
Obi-Seoi	Belt Shoulder Throw



Obi-Tori-O-Soto-Gari	Belt Grab Major Outer Reaping
O-goshi	Major hip Throw
O-guruma	Major Wheel
Okuri-ashi -barai	Double foot sweep
O-soto -otoshi	Major outer drop
O-Soto-Gaeshi	O Soto Counter
O-Soto-Gake	Major Outer Hook
O-Soto-Gari	Major Outer Reap
O-Soto-Makikomi	Major Outer Winding
O-Soto-Otoshi	Major Outer Drop
O-uchi -gari	Major Inner Reaping
O-uchi-gake	Major Inner Hook
Ryo-ashi-tomoe-nage	Two Feet Stomach Throw
Ryo-hiza-kata-guruma	Two Knee Shoulder Wheel
Ryo-hiza-seoi-otoshi	Two knee shoulder drop
Sasae-tsuri -komi -ashi	Propping drawing ankle
Seoi-otoshi	Shoulder drop



Sode-tsure-komi-goshi	Sleeve lift pull hip
Soto -ashi-dori-ouchi -gari	Outside leg grab major inner sweep
Soto -kibisu-gaeshi	Outer heel trip
Soto -maki-komi	Outside winding
Soto-ashi-dori-ouchi-gari	Outside Leg Grab with Major Inner Sweep
Soto-kibusu-gaeshi	Outer Heel Trip
Soto-mata-seoi-otoshi	Over Thigh Shoulder Throw
Sukui-nage	Scoop Throw
Sumi -gaeshi	Corner throw
Sumi-Otoshi	Corner Drop
Tai-otoshi	Hand throw body drop
Tama-Guruma	Ball Wheel
Tani-otoshi	Valley drop
Tawara gaeshi	Rice bag reversal throw
Te-guruma	Hand wheel
Tomoe-nage	Circle throw
Tsubame-Gaeshi	Swallow Swoop Counter

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Tsuri-goshi Fishing Hip Throw

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Tsuri-Komi-Ashi Propping Drawing Ankle

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Tsuri-komi-goshi Drawing hip

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Uchi -mata Inner thigh

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Uchi-kibusu-gaeshi Inner Heel Trip

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Uchi-Makikomi Inner Winding

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Uchi-Mata-Makikomi Winding Inner Throw

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Uchi-mata-sukashi Uchi-Mata Side Step

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Ude-Gaeshi Arm Roll

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Uki -goshi Floating hip

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Uki -otoshi Floating drop

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Uki -waza Floating throw

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Ura-nage Rear throw

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Ushiro -Goshi Rear hip

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Ushiro-Hiza-Ura-Nage Rear Knee Lift

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Utsuri-goshi Changing Hip

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Waki-Otoshi Armpit Drop

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Yama-Arashi

Mountain storm

---

Yoko-Gake

Side hook

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Yoko-Guruma

Side wheel

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Yoko-Kata-Guruma -Otoshi

Side shoulder wheel body drop

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Yoko-Otoshi

Side Body Drop

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Yoko-Tomoe-nage

Side Stomach Throw

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Yoko-Wakare

Side Separation

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# Osaekomi-Waza (Holding Techniques)

Gyaku-Sangaku-Gatame

Reverse Triangular Hold

Hon-Kami-Shiho-Gatame

Upper four quarters hold

Hon-Kata-gatame

Shoulder Holding

Hon-Kesa-gatame

Scarf hold

Juji-Ashi-Shiho-Gatame

Cross Leg Four Quarters Hold

Kami-Sangaku-Gatame

Upper Triangular Hold

Kata-Osae-Gatame

Shoulder Trap Holding

Kuzure-kami -shiho-gatame

Broken upper four quarters hold

Kuzure-kesa-gatame

Broken scarf hold

Kuzure-tate -shiho-gatame

Broken lengthwise four quarters hold

Kuzure-yoko-shiho-gatame

Broken Side Four Quarters Hold

Makura-kesa-gatame

Pillow Scarf Holding

Mune-gatame

Chest hold

Sangaku-gatame

Triangular Hold

Sangaku-osae-gatame

Triangular strangle and hold down

Shiho-Gatame

Four Quarter Hold

Tate-sangaku-gatame

Lengthwise Triangular Holding



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Hon-Tate-shiho-gatame

Lengthwise four quarters hold

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uki-gatame

Floating Holding

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ura-gatame

Rear Holding

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Ura-Kesa-Gatame

Rear Scarf Hold

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Ushiro-kesa-gatame

Reverse Scarf Holding

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Yoko-shiho-gatame

Side four quarters hold

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# Ude-Kansetsu-Waza (Arm Lock Techniques)

Ashi-Garami	Leg lock
Ashi-Gatame	Leg armlock
Ashi-Hara-Gatame	Leg Stomach Arm Lock
Ashi-Sangaku-Garami	Leg Triangle Entangled Armlock
Gyaki-Tekubi	Reverse Wrist
Gyaku-Kesa-Gaami	Reverse Scarf Entangled Armlock
Hantai-Ude-Kujiki	Reverse Arm Crush
Hiji-Makikomi	Elbow Coiling
Hiza-Gatame	Knee Lock
Juji-Gatame	Cross armlock
Kami-Hiza-Gatame	Upper Knee Lock
Kannuki-Gatame	Bolt Lock
Katsugi-Gatame	Shoulder Carry Lock
Kesa-Garami	Scarf Hold Lock
Kuzure-Kami-Shiho-Gatame	Broken Upper Four Quarters Lock
Mune-Gyaku	Chest Lock
Ryo-Hiza-Gatame	Double Knee Armlock

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Ude-Garami

Entangled armlock

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Ude-Gatame

Arm lock

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Waki-Gatame

Armpit Lock



## Shime-Waza (Strangles Techniques)

Ashi-Jime	Leg Strangle
Ebi-Garami	Lobster Entanglement
Gyaku-juji -jime	Reverse Cross Strangle
Gyaku-Okuri-Eri-Jime	Reverse Sliding Colloar Choke
Hadaka-jime	Naked Strangle
Hasami-Jime	Scissor Strangle
Hidari-Ashi-Jime	Left Leg Strangle
Jigoku-Jime	Hell Strangle
Kaeshi-Jime	Overturn Srangle
Kakato-Jime	Heel Strangle
Kami-Shiho-Ashi-Jime	Upper Four Quarter Hold Leg Strangle
Kami-Shiho-Basami	Upper Four Quarter Hold Scissors
Kani-Jime	Crab Strangle
Kata=Eri-Jime	Single collar strangle
Kata-ha-jime	Single collar strangle
Kata-juji-jime	Single Cross Strangle
Kata-te-ashi-koshi -jime	Single hand leg hip strangle

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Kata-te-jime	Single Hand Strangle
Kata-Te-Kata-Ashi-Jime	One Hand One Leg Strangle
Katsugi-Jime	Shoulder Carry Strangle
Kensui-Jime	Hanging Strangle
Koshi-jime	Hip Strangle
Mae-sode-jime	Facing Sleeve Strangle
Nami -juji-jime	Normal cross strangle
Okuri-eri -jime	Sliding collar strangle
Ryo-te-jime	Double Hand Strangle
San-gaku-jime	Triangular strangle
Sode-guruma-jime	Sleeve Wheel
Tawara-Jime	Rice Bale Strangle
Tsuki-komi-jime	Thrusting Strangle
Ura-Juji-Jime	Rear Cross Strangle

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