

## TERMINOLOGY LIST

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De ashi barai	Advanced foot sweep	Yoko guruma	Side wheel
Gyaku juji jime	Reverse cross choke	Yoko otoshi	Side drop
Hadaka jime	Bare hand choke	Yoko shiho gatame	Side 4 corner hold
Harai goshi	Sweeping hip	Yoko tomoe nage	Side circle throw
Ippon seoi nage	One arm shoulder throw		
Juji gatame	Cross hold	<b>Key words</b>	
Kami shiho gatame	Upper 4 corner (smother) hold	Ashi..... leg, foot	
Kata ashi dori	Single leg trap	Barai, harai..... sweep	
Kata gatame	Shoulder hold	Eri ..... collar, lapel	
Kata guruma	Shoulder wheel, fireman's carry	Gaeshi ..... counter	
Kata juji jime	Half cross choke	Gake..... hook, block	
Kataha jime	Single wing choke	Garami ..... coil, bend	
Katate jime	Single hand choke	Gari ..... reap	
Kesa gatame	Scarf hold	Gatame ..... hold	
Kibisu gaeshi	Heel counter, ankle grab	Goshi, koshi ..... hip	
Ko soto gake	Minor (small) outside hook	Guruma ..... wheel	
Ko uchi gake	Minor (small) inner hook	Gyaku ..... reverse, upside down	
Ko uchi gari	Minor (small) inner reap	Ha ..... wing	
Koshi guruma	Hip wheel	Hadaka ..... naked	
Koshi jime	Hip choke	Harai ..... sweep	
Kuchiki taoshi	Leg pick up	Jime, shime ..... choke	
Makikomi	Winding, rolling	Juji ..... cross	
Morote gari	Two hand reap, double leg grab	Kata..... shoulder, single	
Morote seoi nage	Two arm shoulder throw	Ko ..... small, minor	
Nami jiji jime	Normal cross choke	Koshi, goshi ..... hip	
Ne waza	Ground grappling techniques	Kuzure ..... broken down, modified	
O soto gari	Major (big) outside reap	Makikomi..... to throw by rolling	
O uchi gari	Major (big) inner reap	Mata ..... thigh	
Okuri ashi barai	Sliding foot sweep	Nage..... throw	
Okuri eri jime	Sliding lapel choke	O ..... big, major	
Sankaku gatame	Triangle hold	Okuri..... sliding	
Sankaku jime	Triangle choke	Otoshi ..... drop	
Sasae tsuri komi ashi	Blocking lift pull leg	Sankaku ..... triangle	
Sode guruma jime	Sleeve wheel choke	Seoi ..... shoulder, back	
Sode tsuri komi goshi	Sleeve lift pull hip	Shiho..... four corners	
Sukui nage	Scoop throw	Sode ..... sleeve	
Sumi gaeshi	Corner counter	Soto..... outside	
Tachi waza	Standing techniques	Sukui..... scoop	
Tai otoshi	Body drop, split throw	Sumi..... corner	
Tani otoshi	Valley drop	Tai..... body	
Tate shiho gatame	Vertical 4 corner (straddle) hold	Tate ..... vertical	
Te guruma	Hand wheel	Te ..... hand	
Tomoe nage	Circle throw	Tomoe ..... circle	
Tsubame gaeshi	Swallow counter	Tsuri komi..... lift up and pull	
Tsukkomi jime	Thrust choke	Uchi ..... inside	
Tsuri goshi	Lifting hip	Ude ..... arm	
Uchi mata	Inner thigh	Uki ..... floating	
Ude garami	Arm bend	Ura ..... rear	
Ude gatame	Arm hold	Ushiro ..... reverse, back	
Uki goshi	Floating hip	Waki ..... armpit	
Uki waza	Floating technique	Waza ..... technique	
Ura nage	Rear throw	Yoko ..... side	
Ushiro kesa gatame	Reverse scarf hold		
Waki gatame	Armpit hold		
Waki juji jime	Armpit cross choke		
Yoko gake	Side hook		