



## THUNDER BAY JUDO DOJO GOKYU STUDY SHEET



### TERMINOLOGY

Jita Kyo-ei	Mutual welfare and benefit	Judo	The Gentle Way	Jigoro Kano	Founder of Judo	1882	Year judo was founded
Dojo	school	Judoka	person who practises judo	Judogi	judo uniform	Tatami	(rice)mat
Zempo Kaiten	forward rolling	Sensei	teacher	Uke	receiver	Rei	bow
Tori	attacker	Kiai	power shout	Kuzushi	off-balance-ment	Randori	free practice
Uchi Komi	form practice	Migi	right	Hidari	left	Yoko	side
Koho	back (rear)	Koshi/Goshi	hip	Tai	body	Kubi	neck
Ashi	foot	Te	hand	Hiza	knee	Te-kubi	wrist
Hajime	begin	Matte	stop/wait	Sore-made	that is all	0	big/major
Ko	small/minor	Ashi kubi	ankle	Soto	outer		

### COUNTING

ichi (1)	ni(2)	san (3)	shi (4)	go (5)
rokkū (6)	sichi (7)	hachi(8)	ku(9)	ju(10)

### NAGE WAZA

0 goshi	major hip (throw)	Ippon seoi nage	one armed shoulder throw	Koshi guruma / Kubi nage	hip wheel / neck throw	0 uchi gari	major inner reap
De ashi barai	advanced foot sweep	Uki goshi	floating hip	0 soto gari	major outer reap		

### KATAME WAZA

#### Osaekomi Waza

Hon Kesa gatame	natural style scarf hold	Makura kesa gatame	pillow style scarf hold
Ushiro kesa gatame	reverse scarf hold	Kuzure kesa gatame	broken/variation scarf hold
Kami shiho aatame	locking of the upper four corners hold	Kata gatame	shoulder hold