

# JUDO JARGON BUSTER

Novice to 1<sup>st</sup> Mon

Ushiro Ukemi	Rear Breakfall
O-Soto-Otoshi	Major Outer Drop
Kesa Gatame	Scarf Hold
Rei	Bow
Hajime	Begin
Matte	Stop

1<sup>st</sup> Mon to 2<sup>nd</sup> Mon

Yoko Ukemi	Side Breakfall
De-Ashi-Barai	Advancing foot sweep
Mune Gatame	Chest Hold
Osae-Komi	Hold down on
Toketa	Hold down broken
Tachi-Rei	Standing Bow
Za-Rei	Kneeling Bow

2<sup>nd</sup> Mon to 3<sup>rd</sup> Mon

Mae – Mawari – Ukemi	Forward Rolling breakfall
Uki-Goshi	Floating Hip
Kuzure Kesa Gatame	Broken Scarf Hold
Dojo	The room that judo is practised in
Judogi	Judo suit
Zori	Sandles

3<sup>rd</sup> Mon to 4<sup>th</sup> Mon

Mae – Mawari – Ukemi	Forward Rolling breakfall
Tai-Otoshi	Body Drop
Yoko-Shiho-Gatame	Side four quarters hold
Kumi-Kata	Gripping
Tachi-waza	Standing technique
Ne-Waza	Ground technique

4<sup>th</sup> to 5<sup>th</sup> Mon

Mae-Mawari- Ukemi	Forward Rolling Breakfall
Ippon Seionage	One arm shoulder throw
Kami – Shiho – Gatame	Upper four quarters Hold

5<sup>th</sup> to 6<sup>th</sup> Mon

Mae – Ukemi	Front breakfall
O-Uchi-Gari	Major Inner Reap
Tate-Shiho-Gatame	Straddle Hold
Nage-Komi	Throwing Practise
Randori	Free Practise

6<sup>th</sup> to 7<sup>th</sup> Mon

Ko-Uchi-Gari	Minor Inner Reap
Tsuri- Komi- Goshi	Lifting Pulling Hip
O-Goshi	Major Hip
Tori	Person executing the technique
Uke	Person who is being demonstrated on
Wazari-Awasete – Ippon	2 wazaris = Ippon

7<sup>th</sup> to 8<sup>th</sup> Mon

Ko-Soto- Gari	Minor Outer Reap
Ko-Soto-Gake	Minor Outer Hook
Morote- Seionage	2 Handed shoulder throw
Shido	Penalty
Hansaku- make	Disqualification

8<sup>th</sup> to 9<sup>th</sup> Mon

Seoi-Otoshi	Shoulder Drop
O-Soto-Gari	Major Outer Reap
Hiki-Wake	Draw
Hantai	Decision by flags

9<sup>th</sup> to 10<sup>th</sup> Mon

Harai-Goshi	Sweeping Hip
Uchi-Mata	Inner thigh Throw
Ude-gatame	Straight Arm Lock
Waki-gatame	Armpit Arm Lock
Ko-Uchi-Gake	Minor Inner Hook

10<sup>th</sup> to 11<sup>th</sup> Mon

Hiza-Garuma	Knee Wheel
Sasae-tsure-komi-ashi	Lifting Pulling Ankle Block
Juji-Gatame	Cross Arm Lock
Hiza Gatame	Knee Arm Lock

11<sup>th</sup> to 12<sup>th</sup> Mon

Hane-Goshi	Spring Hip
Okuri-Ashi-Barai	Double foot Sweep
Morote-eri-seionage	Double lapel shoulder throw
Juji-Gatame	Cross Arm Lock

12<sup>th</sup> to 13<sup>th</sup> Mon

Koshi-Guruma	Hip Wheel
Tani-Otoshi	Valley Drop
Yoko-Guruma	Side Wheel
Ude-garami	Figure of Four Arm Lock
Kaeshi - Waza	Counter Techniques

13<sup>th</sup> to 14<sup>th</sup>

Tomoe-nage	Stomach Throw
Kata – Uchi – Ashi – Dori	Single inner leg grab
Soto – Kibisu – Gaeshi	Outer Heel Trip
Okuri – Eri – Jime	Sliding lapel stangle
Nami – Juji – Jime	Cross Strangle (Thumbs in)
Gyaku – Juji – Jime	Cross Strangle (Thumbs out)

14<sup>th</sup> to 15<sup>th</sup> Mon

Kata – Guruma	Shoulder Wheel
Morote – Gari	Double leg grab
Uki – Waza	Floating Drop
Soto-ashi-dori-ouchi-gari	Outer leg grab major inner reap
Uchi-Kibisu-Gaeshi	Inner Heel Trip
Yoko-Kata-Guruma-Otoshi	Drop Kata Guruma
Koshi-Jime	Hip Strangle
Kata-Te-Jime	Single handed Strangle

15<sup>th</sup> to 16<sup>th</sup> Mon

Ura-Nage	Rear Throw
Uki-Otoshi	Floating Drop
Yoko-Tomeo-nage	Side Stomach Throw
Kata-hiza-ta-ouchi-gake-ashi-dori	Single knee major inner hook leg grab
Soto-Maki-Komi	Outer Wrap around
Kata Ha Jime	Single Wing Strangle

16<sup>th</sup> to 17<sup>th</sup> Mon

Ushiro Goshi	Rear Hip Throw
Sumi-Gaeshi	Corner reversal
Ryo-Hiza-Seio-Otoshi	Drop Seionage
Yoko-Gake	Side Hook
Hadaka Jime	Naked Strangle
Kata-te-ashi-Koshi-Jime	Single hand/leg hip strangle

17<sup>th</sup> to 18<sup>th</sup> Mon

Sode-Tsuri-Komi-Goshi	Double sleep lifting hip throw
Te-Guruma	Hand Wheel
Ko-Uchi-Gake-Mata-Maki-Komi	Minor inner hook thigh wrap around
San-gaku-Jime	Triangle Choke
San-gaku-Gatame	Triangle arm lock
San-gaku-Osae-Gatame	Triangle hold down