

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

AnnMaria  
DeMars  
Vienna, Austria

Mike Swain  
1987 Essen,  
W. Germany

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



Zempo Ukemi

Koho Ukemi

Zempo Kaiten  
Ukemi







