

Judo	Gentle art. Art of Self-Defence
Judoka	Person practising Judo
Judogi	Costume worn by Judoka
Obi	Belt
Sensei	Coach
Rei	Bow
Matte	Stop
Hijime	Start
Dojo	Judo Hall
Uke	Person being thrown
Tori	Person who starts the Throw
Sono-mana	Freeze, stop, don't move.
Tatami	Mat
Zori	Sandals
Ashi	Foot
Mimi	Ear
Hana	Nose
Ude	Arm
Hiza	Knee
Mata	Inner thigh
Momo	Thigh
Ko	Sole of foot
Mune	Chest
Me	Eye
Goshi	Hip
Eri	Collar
Sode	Sleeve
Ashiwaza	Foot or leg techniques
Ne waza	Ground work
Ippon	10 point win
Waza-ari	7 point score
Waza-ari-awasete ippon.	2 waza-ari = Ippon 10 point win
Yuko	5 point score
Koka	3 point score
Osae- komi	The hold is on
Toketa	The hold is broken

Judoka

