

## JUNIOR MON GRADE SYLLABUS

## JAPANESE TERMINOLOGY

Japanese Word	English Translation
De-ashi-barai	Advancing Foot Sweep
Dojo	Judo practice hall
Gyaku-juji-jime	Reverse Cross Strangle
Hadaka-jime	Naked Strangle
Hajime	Begin - Referee's command to start a judo contest
Hane-goshi	Spring Hip
Hansoku-make	Disqualification
Hantei	Decision - Referee's command requesting a decision from the corner judges at the end of a judo contest
Harai-goshi	Sweeping Hip
Hiki-wake	Referee's announcement of a draw at the end of a contest
Hiza-guruma	Knee Wheel
Ippon	Complete point
Ippon-seoi-nage	One arm shoulder
Judogi	Judo uniform
Judoka	Judo player
Juji-gatame	Cross arm lock
Kaeshi-waza	Counter techniques
Kami-shiho-gatame	Upper four quarters hold
Kata-guruma	Shoulder wheel
Kata-ha-jime	Single collar strangle
Kata-hiza-te-ouchi-gake-ashi-dori	Single knee hand major inside hook
Kata-te-ashi-koshi-jime	Single hand leg hip strangle
Kata-te-jime	Strangle with one hand
Kata-uchi-ashi-dori	Single inner leg grab
Kesa-gatame	Scarf hold
Koshi-guruma	Hip wheel
Ko-soto-ga ke	Minor outer hook
Ko-soto-ga ri	Minor outer reaping
Ko-uchi-gake-mata-maki-komi	Minor inner hook thigh winding
Ko-uchi-gari	Minor inner reaping
Ko-uchi-gake	Minor inner hook
Kumi-kata	Engagement position
Kuzure-kami-shiho-gatame	Broken upper four quarters hold
Kuzure-kesa-gatame	Broken scarf hold

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Kuzure-tate-shiho-gatame	Broken lengthwise four quarters hold
Mae Mawari Ukemi	Forward rolling breakfall
Morote-eri-seoi- nage	Two handed lapel shoulder
Morote-gari	Double leg grab
Morote-seoi-nage	Two handed shoulder
Mune-gatame	Chest hold
Nage-komi	Repetitive throwing
Nami-juji-jime	Normal cross strangle
Ne-waza	Groundwork techniques
Obi	Belt
O-goshi	Major hip
Okuri-ashi-barai	Double foot sweep
Okuri-eri-jime	Sliding collar strangle
Osae-komi	Hold down
Osae-komi-waza	Holding techniques
Osoto-otoshi	Major outer drop
O-uchi-gari	Major inner reaping
Randori	Free practice
Rei	Bow
Renraku-waza	Combination techniques in the opposite direction
Renzoku-waza	Combination techniques in the same or similar direction
Ryo-hiza-seoi-otoshi	Two knee shoulder drop
San-gaku-jime	Triangular strangle
San-gaku-osae-gatame	Triangular strangle and hold down
Sasae- tsuri-komi-ashi	Propping drawing ankle
Seoi-otoshi	Shoulder drop
Shido	Light penalty (minor infringement)
Sode-tsuru-komi-goshi	Sleeve lift pull hip
Soto-ashi-dori-ouchi-gari	Outside leg grab major inner sweep
Soto-kibisu-gaeshi	Outer heel trip
Soto-maki-komi	Outside winding
Sumi-gaeshi	Corner throw
Tachi-rei	Standing bow
Tachi-waza	Standing techniques
Tai-otoshi	Hand throw body drop
Tani-otoshi	Valley drop

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Tate-shiho-gatame	Lengthwise four quarters hold
Te-guruma	Hand wheel
Toketa	Hold broken
Tomoe-nage	Circle throw
Tori	The offensive or attacking Judoka
Tsuri-komi-goshi	Drawing hip
Uch i-kibisu-ga eshi	I nner heel trip
Uchi-mata	Inner thigh
Ude-garami	Entangled armlock
Ude-gatame	Arm lock
Uke	The defensive or defending Judoka
Uki-goshi	Floating hip
Uki-otoshi	Floating drop
Uki-waza	Floating throw
Ura-nage	Rear throw
Ushiro Ukemi	Rear breakfall
Ushiro-goshi	Rear hip
Waza-ari-awasete-ippon	Complete point from two waza-aris
Yoko Ukemi	Side breakfall
Yoko-gake	Side hook
Yoko-guruma	Side wheel
Yoko-kata-guruma-otoshi	Side shoulder wheel body drop
Yoko-shiho-gatame	Side four quarters hold
Yoko-tomoe-nage	Side circle throw
Za-rei	Kneeling bow
Zori	Judo footwear