

Terminology (Japanese – English)

BJA Syllabus Requirement

Red Belt

| Mon | Kyu | Japanese | English |
|-----------------|-----------------|---------------|----------------------|
| 1 st | 6 th | Ushiro Ukemi | Rear breakfall |
| 1 st | 6 th | Osoto-otoshi | Major outer drop |
| 1 st | 6 th | Kesa-gatame | Scarf hold |
| 1 st | 6 th | Rei | Bow |
| 1 st | 6 th | Hajime | Start |
| 1 st | 6 th | Matte | Break |
| 2 nd | 6 th | Yoko Ukemi | Side breakfall |
| 2 nd | 6 th | De-ashi-barai | Advancing Foot Sweep |
| 2 nd | 6 th | Mune-gatame | Chest hold |
| 2 nd | 6 th | Tachi-rei | Standing bow |
| 2 nd | 6 th | Za-rei | Kneeling bow |
| 2 nd | 6 th | Osaekomi | Holding |
| 2 nd | 6 th | Toketa | Hold broken |

| | | | |
|-----------------|-----------------|--------------------|---------------------------|
| 2 nd | 6 th | Dojo | Judo Hall |
| 3 rd | 6 th | Mae Mawari Ukemi | Forward rolling breakfall |
| 3 rd | 6 th | Uki-goshi | Floating hip |
| 3 rd | 6 th | Kuzure-kesa-gatame | Broken scarf hold |
| 3 rd | 6 th | Zori | Flip Flops |
| 3 rd | 6 th | Judogi | Judo Suit |
| 3 rd | 6 th | Randori | Free Practice |
| 3 rd | 6 th | Obi | Belt |



Yellow Belt

| Mon | Kyu | Japanese | English |
|-----------------|-----------------|-------------------|-------------------------------|
| 4 th | 5 th | Tai-otoshi | Hand throw body drop |
| 4 th | 5 th | Yoko-shiho-gatame | Side four quarters hold |
| 4 th | 5 th | Migi Shizentai | Right standing grip |
| 4 th | 5 th | Hidari Shizentai | Left standing grip |
| 4 th | 5 th | Osaekomi-waza | Hold down |
| 4 th | 5 th | Tachi-waza | Standing technique |
| 5 th | 5 th | Ippon-seoi-nage | One arm shoulder throw |
| 5 th | 5 th | Kami-shiho-gatame | Upper four quarters hold |
| 5 th | 5 th | Kumi-kata | Gripping |
| 5 th | 5 th | Nage-komi | Throwing |
| 6 th | 5 th | Mae Ukemi | Forward breakfall |
| 6 th | 5 th | O-uchi-gari | Major inner reaping |
| 6 th | 5 th | Tate-shiho-gatame | Lengthwise four quarters hold |

Orange Belt

| Mon | Kyu | Japanese | English |
|-----------------|-----------------|------------------------|---------------------------|
| 7 th | 4 th | Ko-uchi-gari | Minor inner reaping |
| 7 th | 4 th | Tsuri-komi-goshi | Drawing hip |
| 7 th | 4 th | O-goshi | Major hip |
| 7 th | 4 th | Uke | Person being attacked |
| 7 th | 4 th | Tori | Person doing the attack |
| 7 th | 4 th | Hiki-wake | Draw |
| 8 th | 4 th | Ko-soto-gari | Minor outer reaping |
| 8 ^{8h} | 4 th | Ko-soto-gake | Minor inner hook |
| 8 th | 4 th | Morote-seoi-nage | Two handed shoulder throw |
| 8 th | 4 th | Waza-ari-awasete-ippon | Two waza-ari score ippon |
| 8 th | 4 th | Shido | Minor penalty |
| 8 th | 4 th | Hansoku-make | Disqualification |
| 9 th | 4 th | Seoi-otoshi | Shoulder drop |
| 9 th | 4 th | O-soto-gari | Major outer reaping |

Green Belt

| Mon | Kyu | Japanese | English |
|------------------|-----------------|-----------------------|--------------------------------------|
| 10 th | 3 th | Harai-goshi | Sweeping hip throw |
| 10 ^h | 3 th | Uchi-mata | Inner thigh |
| 10 ^h | 3 th | Ude-gatame | Arm lock |
| 10 ^h | 3 th | Waki-gatame | Armpit lock |
| 10 ^h | 3 th | Kansetsu-waza | armlocks |
| 11 ^h | 3 th | Hiza-guruma | Knee Wheel |
| 11 ^h | 3 th | Sasae-tsuri-komi-ashi | Propping drawing ankle |
| 11 ^h | 3 th | Hiza-gatame | Knee lock |
| 11 th | 3 rd | Juji-gatame | Cross armlock |
| 11 th | 3 rd | Kaeshi-waza | counters |
| 12 th | 3 rd | Hane-goshi | Spring hip throw |
| 12 th | 3 rd | Okuri-ashi-barai | Double foot sweep |
| 12 th | 3 rd | Morote-eri-seoi-nage | Two handed shoulder throw |
| 12 th | 3 rd | Renzoku-waza | Combinations in the same direction |
| 12 th | 3 rd | Renraku-waza | Combinations in different directions |

Blue Belt

| Mon | Kyu | Japanese | English |
|------------------|-----------------|-----------------|-------------------------|
| 13 th | 2 nd | Yoko-guruma | Side wheel |
| 13 th | 2 nd | Tani-otoshi | Valley drop |
| 13 th | 2 nd | Ude-garami | Entangled armlock |
| 14 th | 2 nd | Tomoe-nage | Circle throw |
| 14 ^h | 2 nd | Yoko-tomoe-nage | Side circle throw |
| 14 th | 2 nd | Gyaku-juji-jime | Reverse Cross Strangle |
| 14 th | 2 nd | Juji-jime | Cross strangle |
| 14 th | 2 nd | Nami-juji-jime | Normal cross strangle |
| 14 th | 2 nd | Okuri-eri-jime | Sliding collar strangle |
| 15 th | 2 nd | Uki-waza | Floating throw |
| 15 th | 2 nd | Soto-maki-komi | Outside winding throw |
| 15 th | 2 nd | Koshi-jime | Hip strangle |
| 15 th | 2 nd | Kata-te-jime | Strangle with one hand |

Brown Belt

| Mon | Kyu | Japanese | English |
|------------------|-----------------|-------------------------|------------------------------|
| 16 th | 1 st | Ura-nage | Rear throw |
| 16 th | 1 st | Uki-otoshi | Floating drop |
| 16 th | 1 st | Kata-te-ashi-koshi-jime | Single hand leg hip strangle |
| 16 th | 1 st | Koshi-guruma | Hip wheel |
| 16 th | 1 st | Kata-ha-jime | Single collar strangle |
| 17 th | 1 st | Ushiro-goshi | Rear hip throw |
| 17 th | 1 st | Sumi-gaeshi | Corner throw |
| 17 th | 1 st | Yoko-gake | Side hook |
| 17 th | 1 st | Hadaka-jime | Naked strangle |
| 17 th | 1 st | Ryo-hiza-seoi-otoshi | Two knee shoulder drop |
| 18 th | 1 st | Sode-tsuri-komi-goshi | Sleeve lift pull hip |
| 18 th | 1 st | Kata-guruma | Shoulder wheel |
| 18 th | 1 st | Ko-uchi-gake-maki-komi | Minor inner hook winding |
| 18 th | 1 st | San-gaku-jime | Triangular strangle |
| 18 th | 1 st | San-gaku-gatame | Triangular hold down |

18th

1st

San-gaku-osae-gatame

Triangular strangle and hold down



Alphabetical Listing

Nage-Waza (Throwing Techniques)

Ashi-guruma

Leg Wheel

Daki-ko-soto-gake

Hug Minor Outside Hook

Daki-Wakare

Hug Separation

De-ashi-barai

Advancing Foot Sweep

Eri-Seoi-nage

Collar Shoulder Throw

Furi-nage

Flip Throw

Ganseki-Otoshi

Rock Drop

Hane-goshi

Spring Hip

Hane-maki-komi

Winding Spring Hip

Harai-goshi

Sweeping Hip

Harai-maki-komi

Winding Sweeping Hip

Harai-tsuri-komi-ashi

Sweeping Lift-Pull Ankle Throw

Hiji-Otoshi

Elbow Drop

Hiki-Komi-Gaeshi

Rolling Take Down

Hiki-Otoshi

Pull Drop

Hiza-guruma

Knee Wheel

| | |
|-----------------------------------|---|
| Hiza-soto-muso | Knee Outer Leg Shoulder Throw |
| Ippon-seoi-nage | One arm shoulder throw |
| Kata-Eri-Seoi | Single Lapel Shoulder Throw |
| Kata-eri-sode-tsurikomi-goshi | Single Lapel and Sleeve Lifting Drawing Hip |
| Kata-guruma | Shoulder wheel |
| Kata-hiza-tai-otoshi | One Knee Body Drop |
| Kata-hiza-te-ouchi-gake-ashi-dori | Single Knee Hand Major Inside Hook |
| Kata-sode-ashi-tsurikomi-goshi | Single Sleeve Leg Lifting Drawing Hip Throw |
| Kata-Sode-Seoi-Nage | Single Sleeve Shoulder Throw |
| Kata-sode-seoi-otoshi | Single Sleeve Shoulder Drop |
| Kata-soto-ashi-dori | Single Outer Leg Grab |
| Kata-uchi-ashi-dori | Single inner leg grab |
| Kats -Sode-Seoi-nage | Single Sleeve Shoulder Throw |
| Ken-Ken-Uchi-Mata | Hopping Inner Thigh |
| Koshi-guruma | Hip wheel |
| Ko-soto-gake | Minor outer hook |
| Ko-soto-gari | Minor outer reaping |

| | |
|-------------------------------|----------------------------------|
| Ko-uchi-gaeshi | Ko-Uchi Counter |
| Ko-uchi-gake | Minor inner hook |
| Ko-uchi-gake-mata -maki -komi | Minor inner hook thigh winding |
| Ko-uchi-gari | Minor inner reaping |
| Kubi-nage | Neck Throw |
| Kuchiki-taoshi | Pushing The Rotten Tree |
| Mae-hiza-uranage | Face Knee Rear Throw |
| Morote -eri-seoi -nage | Two handed lapel shoulder |
| Morote -gari | Double leg grab |
| Morote -seoi-nage | Two handed shoulder |
| Morote-eri-seoi-nage | Two Hand Lapel Shoulder Throw |
| Morote-kata-sode-tai-otoshi | Two Hand Single Sleeve Body Drop |
| Nidan-ko-soto-gake | Two Step Minor Outer Hook |
| Nidan-ko-soto-gari | Two Step Minor Outer Reap |
| Obi-Goshi | Belt Hip Throw |
| Obi-Otoshi | Belt Drop |
| Obi-Seoi | Belt Shoulder Throw |

Obi-Tori-O-Soto-Gari

Belt Grab Major Outer Reaping

O-goshi

Major hip Throw

O-guruma

Major Wheel

Okuri-ashi -barai

Double foot sweep

O-soto -otoshi

Major outer drop

O-Soto-Gaeshi

O Soto Counter

O-Soto-Gake

Major Outer Hook

O-Soto-Gari

Major Outer Reap

O-Soto-Makikomi

Major Outer Winding

O-Soto-Otoshi

Major Outer Drop

O-uchi -gari

Major Inner Reaping

O-uchi-gake

Major Inner Hook

Ryo-ashi-tomoe-nage

Two Feet Stomach Throw

Ryo-hiza-kata-guruma

Two Knee Shoulder Wheel

Ryo-hiza-seoi-otoshi

Two knee shoulder drop

Sasae-tsuri -komi -ashi

Propping drawing ankle

Seoi-otoshi

Shoulder drop

Sode-tsuri-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

Soto-ashi-dori-ouchi-gari

Outside Leg Grab with Major Inner Sweep

Soto-kibusu-gaeshi

Outer Heel Trip

Soto-mata-seoi-otoshi

Over Thigh Shoulder Throw

Sukui-nage

Scoop Throw

Sumi -gaeshi

Corner throw

Sumi-Otoshi

Corner Drop

Tai-otoshi

Hand throw body drop

Tama-Guruma

Ball Wheel

Tani-otoshi

Valley drop

Tawara gaeshi

Rice bag reversal throw

Te-guruma

Hand wheel

Tomoe-nage

Circle throw

Tsubame-Gaeshi

Swallow Swoop Counter

Tsuri-goshi

Fishing Hip Throw

Tsuri-Komi-Ashi

Propping Drawing Ankle

Tsuri-komi-goshi

Drawing hip

Uchi -mata

Inner thigh

Uchi-kibusu-gaeshi

Inner Heel Trip

Uchi-Makikomi

Inner Winding

Uchi-Mata-Makikomi

Winding Inner Throw

Uchi-mata-sukashi

Uchi-Mata Side Step

Ude-Gaeshi

Arm Roll

Uki -goshi

Floating hip

Uki -otoshi

Floating drop

Uki -waza

Floating throw

Ura-nage

Rear throw

Ushiro -Goshi

Rear hip

Ushiro-Hiza-Ura-Nage

Rear Knee Lift

Utsuri-goshi

Changing Hip

Waki-Otoshi

Armpit Drop

Yama-Arashi

Mountain storm

Yoko-Gake

Side hook

Yoko-Guruma

Side wheel

Yoko-Kata-Guruma -Otoshi

Side shoulder wheel body drop

Yoko-Otoshi

Side Body Drop

Yoko-Tomoe-nage

Side Stomach Throw

Yoko-Wakare

Side Separation



Osaekomi-Waza (Holding Techniques)

Gyaku-Sangaku-Gatame

Reverse Triangular Hold

Hon-Kami-Shiho-Gatame

Upper four quarters hold

Hon-Kata-gatame

Shoulder Holding

Hon-Kesa-gatame

Scarf hold

Juji-Ashi-Shiho-Gatame

Cross Leg Four Quarters Hold

Kami-Sangaku-Gatame

Upper Trangular Hold

Kata-Osae-Gatame

Shoulder Trap Holding

Kuzure-kami -shiho-gatame

Broken upper four quarters hold

Kuzure-kesa-gatame

Broken scarf hold

Kuzure-tate -shiho-gatame

Broken lengthwise four quarters hold

Kuzure-yoko-shiho-gatame

Broken Side Four Quarters Hold

Makura-kesa-gatame

Pillow Scarf Holding

Mune-gatame

Chest hold

Sangaku-gatame

Triangular Hold

Sangaku-osae-gatame

Triangular strangle and hold down

Shiho-Gatame

Four Quarter Hold

Tate-sangaku-gatame

Lengthwise Triangular Holding

Hon-Tate-shiho-gatame

Lengthwise four quarters hold

uki-gatame

Floating Holding

ura-gatame

Rear Holding

Ura-Kesa-Gatame

Rear Scarf Hold

Ushiro-kesa-gatame

Reverse Scarf Holding

Yoko-shiho-gatame

Side four quarters hold



Ude-Kansetsu-Waza (Arm Lock Techniques)

Ashi-Garami

Leg lock

Ashi-Gatame

Leg armlock

Ashi-Hara-Gatame

Leg Stomach Arm Lock

Ashi-Sangaku-Garami

Leg Triangle Entangled Armlock

Gyaki-Tekubi

Reverse Wrist

Gyaku-Kesa-Gaami

Reverse Scarf Entangled Armlock

Hantai-Ude-Kujiiki

Reverse Arm Crush

Hiji-Makikomi

Elbow Coiling

Hiza-Gatame

Knee Lock

Juji-Gatame

Cross armlock

Kami-Hiza-Gatame

Upper Knee Lock

Kannuki-Gatame

Bolt Lock

Katsugi-Gatame

Shoulder Carry Lock

Kesa-Garami

Scarf Hold Lock

Kuzure-Kami-Shiho-Gatame

Broken Upper Four Quarters Lock

Mune-Gyaku

Chest Lock

Ryo-Hiza-Gatame

Double Knee Armlock

Ude-Garami

Entangled armlock

Ude-Gatame

Arm lock

Waki-Gatame

Armpit Lock



Shime-Waza (Strangles Techniques)

Ashi-Jime

Leg Strangle

Ebi-Garami

Lobster Entanglement

Gyaku-juji -jime

Reverse Cross Strangle

Gyaku-Okuri-Eri-Jime

Reverse Sliding Colloar Choke

Hadaka-jime

Naked Strangle

Hasami-Jime

Scissor Strangle

Hidari-Ashi-Jime

Left Leg Strangle

Jigoku-Jime

Hell Strangle

Kaeshi-Jime

Overtur Strangle

Kakato-Jime

Heel Strangle

Kami-Shiho-Ashi-Jime

Upper Four Quarter Hold Leg Strangle

Kami-Shiho-Basami

Upper Four Quarter Hold Scissors

Kani-Jime

Crab Strangle

Kata-Eri-Jime

Single collar strangle

Kata-ha-jime

Single collar strangle

Kata-juji-jime

Single Cross Strangle

Kata-te-ashi-koshi -jime

Single hand leg hip strangle

Kata-te-jime

Single Hand Strangle

Kata-Te-Kata-Ashi-Jime

One Hand One Leg Strangle

Katsugi-Jime

Shoulder Carry Strangle

Kensui-Jime

Hanging Strangle

Koshi-jime

Hip Strangle

Mae-sode-jime

Facing Sleeve Strangle

Nami -juji-jime

Normal cross strangle

Okuri-eri -jime

Sliding collar strangle

Ryo-te-jime

Double Hand Strangle

San-gaku-jime

Triangular strangle

Sode-guruma-jime

Sleeve Wheel

Tawara-Jime

Rice Bale Strangle

Tsuki-komi-jime

Thrusting Strangle

Ura-Juji-Jime

Rear Cross Strangle

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