

KODOKAN JUDO & JIUJITSU OF CAPE CORAL

Judo & JiuJitsu Study Guide

Terms, Definitions & Grading Facts

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SECTION 01 · WHITE & YELLOW BELT

General Terms

Foundational vocabulary every judoka should know from day one on the mat.

Judo

Gentle Way — from "Ju" (gentle) and "Do" (way). A Japanese martial art and Olympic sport founded in 1882 by Jigoro Kano.

JiuJitsu / Jujutsu

Gentle Art — from "Ju" (gentle) and "Jitsu" (art or technique). The classical Japanese martial art from which Judo was developed. Alternate spellings include Jujutsu, Jujitsu, or Jiu-Jitsu.

Dojo

Place of the Way. A dedicated training space where Judo is practiced. Treated with deep respect — shoes are never worn on the mat.

Tori

Taker. The person performing the technique — the one throwing, pinning, choking, or locking.

Uke

Receiver. The person receiving the technique — the one being thrown, pinned, choked, or locked.

Gi / Judogi

The Judo uniform. Consists of a heavyweight woven cotton jacket (uwagi), wide-legged trousers (zubon), and a belt (obi).

Obi

Belt. Tied around the waist of the Judogi, signifying rank. Colors progress from white through yellow, orange, green, blue, and brown before black.

Tatami

Mat. The padded floor surface of the dojo. Always bow before stepping onto the tatami.

Seiza

Kneel down. The formal kneeling position used at the opening and closing ceremony of class, and during kata practice.

Joseki

Seat or Place of Honor. The side of the dojo designated as the honored front — often where a portrait of Jigoro Kano, a flag, or the dojo crest is displayed. At Cape Judo, this is the side of the dojo where the mirrors are.

Joseki ni Rei

Bow to the Place of Honor. A command given during the class opening and closing ceremony, directing students to bow toward the front of the dojo.

Sensei ni Rei

Bow to the Instructor. The command directing students to bow toward their sensei during the formal class ceremony.

Sensei

Teacher or Instructor. Literally "one who has gone before." The respectful honorific for a qualified Judo instructor, generally from 1st Dan upward.

Rei

Bow. The fundamental gesture of respect in Judo — performed when entering and leaving the dojo, before and after randori, and toward training partners.

Jigoro Kano

The founder of Judo. Created Judo in 1882 by refining and synthesizing classical Jujutsu techniques, establishing the Kodokan Dojo in Tokyo, Japan. He was also the first Asian member of the International Olympic Committee.

SECTION 02 · ALL BELT LEVELS

Competition Terms

Referee commands, scoring calls, and penalty terms used in every Judo contest.

Hajime

Begin. The referee's command to start the contest or resume it after a pause. Both competitors must be in their standing positions before Hajime is called.

Matte

Stop or Wait. The referee's command to temporarily halt the contest. Both players must immediately cease action. The contest resumes with Hajime.

Yoshi

Good or Continue. A command used most commonly in Ne Waza to signal players to continue when they have paused, or when a throw transitions into ground work.

Sore Made

That Is All. The referee's command signaling the definitive end of the contest — either time has expired or a conclusive score has been achieved.

Osaekomi

Holding. The referee's call signaling a valid pin has been established and begins the pin clock. 10–19 sec = Waza-ari; 20+ sec = Ippon.

Toketa

The Hold Has Been Broken. The referee's call stopping the pin clock when the defending player successfully escapes the hold.

Ippon

Full Point — the highest score in Judo, immediately ending the contest in victory. Awarded for a perfect throw, a pin held for 20+ seconds, or a submission from a choke or joint lock.

Waza-ari

Half Point — the second-highest score. Awarded for a near-perfect throw or a pin held 10–19 seconds. Two Waza-ari combine to equal an Ippon.

Yuko

Quarter Point — the lowest score level (note: removed from IJF rules in 2010; still used at some local/recreational levels). Yukos do not combine to equal Waza-ari or Ippon.

Shido

Penalty. Awarded for minor rule infractions such as passivity, overly defensive posture, or false attacks. Three Shido in one contest results in Hansoku-make.

Hansoku-make

Disqualification. A loss by rule violation — either for a single serious infraction, or after accumulating three Shido penalties. Immediately ends the contest.

Golden Score

Sudden-death overtime. If the contest is tied at the end of regulation, it continues until the first score or Hansoku-make, with no time limit.

SECTION 03 · ORANGE BELT & BEYOND

Intermediate Terms

Technique families, training methods, and fundamental concepts for developing judoka.

THE 3 ELEMENTS OF A THROW

Every Judo throw is built on three sequential phases. Skipping any one of them is why throws fail.

1**KUZUSHI***Breaking Balance***2****TSUKURI***Fitting In / Setup***3****KAKE***Execution***Kuzushi**

Breaking Balance — the first phase of every throw. Displacing Uke's center of gravity off their base so they cannot resist the technique. Without Kuzushi, no throw works.

Tsukuri

Fitting In / Setup — the second phase. Entering and positioning the body correctly for the throw after balance has been broken.

Kake

Execution — the third and final phase. The explosive, committed completion of the throw that sends Uke to the mat.

Shizentai

Natural Posture. The basic standing position in Judo: feet shoulder-width apart, weight balanced equally, knees slightly flexed, back upright and relaxed — ready to move in any direction.

Ukemi

Breakfalls. The essential art of falling safely. The four types are: Ushiro Ukemi (back), Yoko Ukemi (side), Mae Ukemi (front rolling), and Mae Mawari Ukemi (forward roll).

Nage Waza

Throwing Techniques. One of the two primary branches of Judo, encompassing all throws — both standing (Tachi Waza) and sacrifice (Sutemi Waza).

Tachi Waza

Standing Throwing Techniques. Throws executed while both players are upright. Sub-divided into Te Waza (hand), Koshi Waza (hip), and Ashi Waza (foot/leg).

Te Waza	Hand Techniques. Throws powered primarily by arm and shoulder mechanics, such as Seoi Nage (shoulder throw) and Tai Otoshi (body drop).
Koshi Waza	Hip Techniques. Throws driven by hip rotation and leverage, such as O Goshi (major hip) and Harai Goshi (sweeping hip throw).
Ashi Waza	Foot & Leg Techniques. Throws using sweeps, reaps, and trips, such as O Soto Gari (large outer reap) and De Ashi Barai (foot sweep).
Sutemi Waza	Sacrifice Throwing Techniques. Throws where Tori deliberately falls to the mat to execute the technique, such as Tomoe Nage or Ura Nage.
Ne Waza	Ground Techniques. All techniques performed on the mat after a throw or takedown — includes pins, chokes, and joint locks.
Osaekomi Waza	Hold-Down Techniques. Pinning techniques that control Uke on their back for a timed score, such as Kesa Gatame (scarf hold).
Shime Waza	Choking / Strangling Techniques. Techniques that restrict blood flow or airflow to force a submission.
Kansetsu Waza	Joint Locking Techniques. In competition, only elbow locks are permitted (e.g., Juji Gatame). Forces a tap for Ippon.
Tai Sabaki	Body Movement. Pivoting and rotating the body to enter throws or evade attacks. The foundation of efficient Judo footwork.
Randori	Free Practice / Live Sparring. Both partners attack and defend freely at full resistance. The heart of Judo training.
Uchi Komi	Repetition Drilling. Practicing the entry (Tsukuri) of a throw without completing it — builds muscle memory for smooth technique.
Shiai	A Contest, Match, or Competition. Conducted under official rules with a referee, scored by Ippon and Waza-ari.

SECTION 04 · GRADING PREPARATION

Facts & Info for Grading

Sensei is known to ask these questions during belt grading. Know them cold.

Q: Who invented / founded Judo?

A: Jigoro Kano

Q: What year was Judo invented?

A: 1882

Q: Where was Judo invented?

A: Tokyo, Japan

Q: What was the name of the first Judo dojo — the dojo Jigoro Kano founded?

A: The Kodokan

Q: Who is the first American medal winner in Judo at the Olympics?

A: James Bregman — won Bronze at the 1964 Tokyo Olympics

Q: Who is the only American judoka to win Gold at the Olympics?

A: Kayla Harrison — won Gold at both the 2012 London and 2016 Rio Olympics

Q: Name other Americans to win Olympic medals in Judo.

A: Travis Stevens (Silver, 2016) · Ronda Rousey (Bronze, 2008) · Jimmy Pedro (Bronze, 2004 & 1996)

Q: Who is the only undefeated judoka in the history of Judo?

A: Yasuhiro Yamashita — 4-time World Champion and Olympic Champion, won 203 consecutive contests without a single defeat

QUICK REFERENCE

Year Founded 1882	Founder Jigoro Kano	First Dojo The Kodokan	Location Tokyo, Japan
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