

Judo no Nihongo (Judo Japanese language)

Numbers	General words	Nage-Waza aka Tachiwaza Tachi, Tate, Tatsu- Stand	Katame-waza aka Newaza Ne- Sleep (lying down)
Ichi- 1 Ni- 2 San- 3 Yon, Shi- 4 Go- 5 Roku- 6 Nana, Shichi- 7 Hachi- 8 Ku, Kyu- 9 Jyu- 10 Ni Jyu- 20 San Jyu- 30 Yon Jyu- 40 (no shi jyu) Nana Jyu- 70 (no shichi jyu) Hyaku- 100	Sensei- teacher Seiza- seated position with feet folded under legs Rei- bow Matte- wait Hajime- Begin Waza- Technique Kata- form Migi- right Hidari – Left Mae- front Ushiro- back Sonomama- pause Yoshi- un-pause Tori- grab Uke- receive Randori- “free practice” Shiai- Match	Te- hand Ashi- foot, leg Koshi, goshi- hip Hiza- knee Dai, Tai- Large Oo- Big Ko- Small Uchi- House Soto- Outside Hiki, Hiku- Pull (Hikite) Guruma- Wheel	Osaekomi- pinning Kesa- scarf Yoko- side Kami- upper Shiho (4 corners) Ushiro- back(side, ward) Shime, jime- choke Eri- collar Kansetsu- joint locks

Colors-Iro

Shiro- white
Kiro- yellow
Momoiro, orengi- orange
Aoi- blue
Midori- green
Murasaki iro- purple
Chya iro- brown
Kuro- black
Aka- red