



Martial Arts Academy
Jujutsu Terminology

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1. General:

Eri Dori	collar grab
Hiji Dori	elbow grab
Kakae Dori	body grab
Kiba Dachi	side stance
Kokutsu Dachi	back stance
Omote	in front/forward
Ryokatate Dori	double wrist grab
Ura	behind
Zenkutsu Dachi	front stance

2. Throws:

Ashi Nage	any foot sweep
De Ashi Harai	advancing foot sweep
Gedan Ate	low-level strike
Gyaku Kubi Guruma	reverse head wheel (fish)
Gyaku Kubi Otoshi	reverse head drop
Irimi Nage	entering throw
Juji Guruma/Garami	cross arm wrapping wheel
Kaiten Nage	elliptical arm throw
Kata Guruma	shoulder wheel throw
Kuchiki Taioshi	dead tree drop
Kokyu Nage	floating throws
Koshi Nage	hip throws
Koto Gaeshi	wrist turn out throw
Kubi Guruma	head wheel
Mae Otoshi	front drop
Makikomi	inner winding (wrapping)
Morote Kubi Otoshi	double arm head drop
O Soto Gari	major outer reap
O Soto Guruma	major outer wheel
O Soto Otoshi	major outer drop
O Uchi Otoshi	major inner drop
O Uchi Gari	major inner reap

Ryote Dori Seoi Nage	double hand grabbing shoulder throw
Ryote Dori Uki Nage	double hand three step floating throw
Ryote Seoi Nage	double hand shoulder throws
Ryote Uki Nage	double hand floating throw
Sanbon Uki Nage	three step floating throw
Seoi Nage	shoulder throws
Seoi Otoshi	shoulder drop
Shiho Nage	four corner throw
Sode Tai Otoshi	sleeve body drop
Sode Tsuru Komi Goshi	double wrist lifting pulling hip throw
Soto Uki Nage	outside floating throws
Sukui Nage	scooping throws
Sumi Gaeshi	corner throw
Tai Otoshi	body drop
Tani Otoshi	valley drop sacrifice
Te Guruma	hand wheel
Tenchi Nage	“heaven and earth” throws
Tenkan Kote Gaeshi	three step wrist turn out
Tenkan Shiho Giri Nage	corner cutting throw (Kuk Sul)
Tenkan Uki Nage	turning floating throw
Tomoe Nage	circle throw
Uchi Uki Nage	inside floating throws
Ude Nage	stiff-arm elliptical throw
Ura Koshi Nage	both back hips throw
Ushiro Ate	reverse smash
Ushiro Goshi	reverse throw
Ushiro Koshi Nage	reverse hip throw
Yama Arashi	mountain storm, wrapping Seoi Nage variant
Yoko Guruma	side wheel
Yoko Otoshi	side drop
Yoko Sutemi Nage	side sacrifice trapping attacker’s foot

3. Strikes:

Ago Zuki or Ago Tsuki	uppercut
Ago Hiji Ate	upward elbow strike (smash)
Choku Zuki	straight thrust
Empi Uchi	elbow strike
Gyaku Tsuki	reverse punch/cross
Gyaku Shuto Uchi	inverted knife hand strike
Haito Uchi	ridge hand strike
Hiji Ate	elbow smash
Hiji Otoshi Ate	elbow drop smash
Kagi Tsuki	hook punch
Kaisho Uchi	open hand strike (percussion strike)

Kentsui Ate
Kizami Tsuki
Mae Empi Uchi
Naname Uchi
Nukite Uchi
Oi Zuki or Oi Tsuki
Sasae Empi Uchi
Seiken Choku Tsuki
Shuto Uchi
Tateken Tsuki
Taisho Uchi
Ushiro Hiji Empi
Yoko Empi Uchi
Yoko Shuto Uchi

hammer fist strike
jab
forward elbow strike
slanting strike
spear hand
lunge punch
augmented elbow strike
fore fist straight punch
inverted knife hand
vertical fist punch
palm heel strike
backwards elbow strike
sideways elbow strike
inverted knife hand strike

4. Kicks:

Gyaku Mawashi Geri
Hasami Mae Tobi Geri
Hiza Geri
Kagi Geri
Kakato kagi Geri
Kakato Osae Geri
Kakato Otoshi Geri
Mae Geri
Mae Geri Keage
Mae Tobi Geri
Mawashi Geri
Mikazuki Geri
Osae Kagi Geri
Tenkan kakato Kagi Geri
Tenkan Yoko Geri
Ushiro Geri
Yoko Geri Kekome
Yoko Hashiri Tobi Geri

twist kick
double jump front kick
knee kick
spinning hook kick
heel hook kick
stomp kick (heel pressing)
axe kick
front kick
front snap kick
front jump kick
roundhouse kick
crescent kick
pressing hook kick
turn back hook kick
turn backside kick
back kick
side thrust kick
flying sidekick

5. Joint Locks:

Ashi Gatame
Hara Gatame
Hiza Gatame
Hiki Taoshi
Ikkyo
Juji Gatame
Kata Gatame
Koshi Gatame

ankle lock
stomach applied elbow lock
knee locks
pull down
flat arm to the ground
cross elbow lock applied with legs
shoulder applied elbow lock
hip lock

Kote Mawashi	wrist joint lock
Kuzure Ude Gatame	modified arm applied elbow lock
Kuzuri Tenkan Kote Hineri	modified turning wristlock
Oshi Taoshi	push down
Ryohiza Garami	double knee entanglement
Sankyo	pressure at elbow (same as Tenkan Kote Hineri)
Te Gatame	hand applied elbow lock
Tenkan Kote Hineri	turning wristlock
Tenkan Yubi Nage	turning finger lock
Ubi Gatame	thumb lock
Ude Garami	arm entanglement lock (elbow)
Ude Gatame	arm applied elbow lock
Ude Hineri	arm lock
Urakaisho Gatame	single backhand hold
Waki Gatame	armpit applied elbow lock
Yubi Gatame	finger lock

6. Chokes:

Gyaku Kataude Maki Jime	reverse wrapping choke
Hadaka Jime	naked choke
Juji Jime	cross lapel choke
Kata Gatame Jime	shoulder hold choke
Kataha Jime	single wing choke
Katate Jime	wrist choke
Kataude Maki Jime	single are wrapping choke
Koko Te Gatame	tiger mouth choke
Kuzure Hadaka Jime	modified naked choke (head down from the front)
Okuri Eri Jime	sliding collar choke
Ryote Jime	double hand choke
Sode Guruma Jime	sleeve wheel choke
Urakaisho Gatame	single backhand hold

7. Blocks:

Gedan Barai	low section block
Jodan Ago Ude Uke	high section rising block
Chudan Oshi Uke	mid section push block
Chudan Soto Ude Uke	mid section inward outer forearm
Chudan Uchi Ude Uke	mid section outward outer forearm
Chudan Mae Ude Hineri Uke	mid section outward inner forearm
Chudan Ryote Shuto Uke	double knife hand block
Juji Uke	X block
Kakiwaki Uke	wedging block

Makite Shuto Uke
Yoko Shuto Uke

winding knife hand block
side knife hand block

8. Ground Techniques:

Ashi Ude Garami
Ikkyo
Kesa Gatame
Kote Mawashi
Sankaku Waza
Tate Shiho Gatame
Waki Gatame
Yoko Shiho Gatame

leg applied arm entanglement
flat arm to the ground
scarf hold
wristlock
triangular techniques
upper hold
armpit applied elbow locks
side hold

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