

Directions

Hō - 方 (ほう) [ho]: direction (example: shi-hō-nage = four-direction-throw)

Mae - 前 (まえ): front, before

Ushiro - 後 (うしろ): back, behind

Migi - 右 (みぎ): right

Hidari - 左 (ひだり): left

Omote - 表 (おもて): forward direction, or in the front side of the opponent

Ura - 裏 (うら): backward direction or in the rear side of the opponent