



# Judo Theory 1

Name \_\_\_\_\_

Date completed \_\_\_\_\_

Below are Japanese words you need to learn and their meaning.

Ask an adult or older player to test you.

When you are sure you know one or more, bring the sheet to judo and ask John, Luke, Alison or to test you.

If you know a word they will sign the last column next to the word.

When you know all the words you will receive a Theory Certificate (Phonic pronunciations in brackets!)

Which country Does judo come from?	Japan	
Matte (mat ay)	Stop	
Hajime (Ha jimmy)	Go	
Rei (Ray)	Bow	
Judoka (Jew dough Ka)	Person who does judo	
Judogi (jew dough gee)	Judo suit	
Obi	Judo belt	
Zori	Judo slippers	
Dojo	Place where you practice judo	
Ukemi	Breakfalls	
Tori	Player doing technique	
Uke (ookey)	Player have technique done to them	
Ne-waza	Ground work	
Tachi waza	Standing fighting	
Randori	Free practice	
Gatame	Hold down/armlock	
Who invented Judo	Professor Jigoro Kano	