



# Judo Theory 3

Name \_\_\_\_\_

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 or 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 your third Theory Certificate .

Gatame	Hold down/armlock	
Osea-komi	Hold down on	
Toketa	Hold down broken	
Ippon	10 points score (win)	
Waza-ari	7 points score	
Waza-ari-awasete-ippou	2 x Waza-ari = Ippon	
Yuko	5 points score	
Koka	3 points score	
Sore-made	End of contest	
Sono-mama	Freeze (in contest)	
Yoshi	Continue (in contest)	
Shido	Penalty	
Hansoku-make	Disqualified	
O	Major	
ko	minor	
Uchi	Inner	
soto	outer	
Gari	Reap	
goshi	Hip	
guruma	Wheel	
Jime	strangle	
Kata	Formal display	
Shime-waza	Strangle techniques	
Tachi-waza	Standing techniques	
Ne-waza	Grappling techniques	

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