



Judo Theory 4

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 fourth Theory Certificate .

Guruma	Wheel	
Goshi/Koshi	Hip	
Gaki	Hook	
Hon	Basic	
Hadaka	Naked	
Jime	Strangle	
Yoko	Side	
Kuzushi	Breaking opponents balance	
Jigotai	Defence posture	
Sona- mama	Freeze (in contest)	
Sore-made	End of contest	
Gatame	Hold down/armlock	
Osea-komi	Hold down on	
Toketa	Hold down broken	
Shime-waza	Strangle techniques	
Kata	Formal display	
Shido	Penalty	
Hansoku-make	Disqualified	
O-Goshi	Major-hip-throw	
Kesa gatame	Hold down - scarf hold	
Kuzure -kesa -gatame	Hold down- Broken scarf hold	
Migi	Right	
Hidari	Left	
Ashi	Foot /leg	
Hiki Wak	Draw (in contest)	
Han Tai	Judges use flags to decide winner of contest	

Date completed _____