



Judo Theory 5

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 fifth Theory Certificate .

Migi	Right	
Hidari	Left	
Yoko ukemi	Side breakfalls	
Ushiro ukemi	Back breakfalls	
Mae ukemi	Forward breakfalls	
Goshi/koshi	Hip	
Ashi	ankle	
Mata	Thigh	
Morote	Two handed or double arm	
Tai	Body	
Kuzushi	Breaking opponents balance	
Jigotai	Defence posture	
Te	Hand	
Hiza	Knee	
Tsurikomi	Lift & pull technique	
Harai	sweep	
Seoi / kata	shoulder	
makikomi	winding	
otoshi	drop	
uki	floating	
Uchi	Inner	
Okuri	double	
De	single	
Hane	Spring	
Yoko-shiho-gatame	Side four quarters hold down	
kami-shiho-gatame	Upper four quarters hold down	
tate-shiho-gatame	Long ways locking four quarters hold down	
Shime-waza	Strangle techniques	
kansetsu-waza	Armlock techniques	
Jime	strangle	

Date completed _____