



Judo Theory 6

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 sixth Theory Certificate .

Shime-waza	Strangle techniques	
Jime	strangle	
kansetsu-waza	Armlock techniques	
Gatame/garami	armlock	
Te waza	Hand techniques	
Koshi waza	Hip techniques	
Ashi waza	Foot techniques	
Sutemi waza	Sacrifice techniques	
Osaekomi- waza	Hold down techniques	
Renzoku waza	Continuous attacks	
Shizen Tai	Correct stance / good posture	
Hikite-Tsurite	Fundamental grip -	
Kime	Control over Uke's landing	
Nage - No Kata	1 st 15 throws developed by Kano	
Kumi Kata	Gripping skills	
Jonai	Inside - competition area	
Jogai	Outside - competition area	
Shodan	Traditional name for 1 st Dan	
Nidan	Traditional name for 2 nd Dan	
Sandan	Traditional name for 3 rd Dan	
Sode	sleeve	
Eri	Collar / lapel	
Mune	chest	
kubi	neck	
Hara	stomach	
Hiji	elbow	
Mee Mees	Ears	

Date completed _____