



Judo Competition Theory

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 /signal they will sign the last column next to the word. When you know all the words you will receive your Competition Theory Certificate.

Shai	Contest	
Tachi waza (taki)	Standing fighting	
Ne-waza	Ground work	
Shime-waza	Strangle techniques	
Fusen-Gachi	Win by default - non appearance	
Kiken-Gachi	Win by withdrawal of opponent	
Yusei gachi	Decision win (following Han tai)	
Sogo gachi	Compound win	
Sore-made	End of contest	
Hold down times	Koka 10 - 14 secs Yoko 15-19sec Waza-ari 20 -24 secs Ippon 25sec	
<u>Hand signals</u>	<u>For the following</u>	
Matte (mat ay)	Stop	
Osea-komi	Hold down on	
Toketa	Hold down broken	
Ippon	10 points score (win)	
Waza-ari	7 points score	
Waza-ari- awasete-ippon	2 x Waza-ari = Ippon	
Yuko	5 points score	
Koka	3 points score	
Sono-mama	Freeze (in contest)	
Yoshi	Continue (in contest)	
Shido	Penalty	
4 x shido (in 1 fight)	= Hansoku - make	
Hansoku-make	Disqualified	
Hiki Wak	Draw (in contest- teams only)	
Han Tai	Judges use flags to decide winner of contest	

Date completed _____