



Judo Theory - Red belt

Name _____ Date completed _____

Below are Japanese words you need to learn and their meaning. You need to complete this as part of your Red belt grading. Ask a coach to test you, they will tick in the box when you know it. When you know all the words you will receive your Red belt Theory Certificate. (Phonic pronunciations in brackets)

Judoka (Jew dough Ka)	Person who does judo	
Judogi (Jew dough gee)	Judo suit	
Dojo	Place where you practice judo	
Zori	Judo slippers	
Ukemi	Break falls	
Mae	front	
Yoko	Side	
Ushiro	Backwards	
Tori	Player doing the throw	
Uke (ookey)	Player being thrown	
Ne-waza	Ground techniques	
Tachi waza (taki)	Standing techniques	
Randori	Free practice	
Tachi rei	Standing bow	
Za rei	Kneeling bow	
Osea-komi	Hold down on	
Toketa	Hold down broken	
Obi	Belt	
Gatame	Hold down	
Kesa	Scarf	
Kesure kesa	Broken scarf	
Mune	Chest	
O Soto otoshi	Major outer drop	
De ashi bari	Advancing footsweep	
Uki goshi	Floating hip	
Who invented Judo?	Professor Jigoro Kano	