



# Sho 1 & 2 theory

Name \_\_\_\_\_ Date completed \_\_\_\_\_

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. If you know a word they will sign the last column next to the word.

When you know all the words you will receive a Theory Certificate  
(Phonic pronunciations in brackets)

Which country Does judo come from?	Japan	
Matte (mat ay)	Stop	
Hajime (Ha jimmy)	Go	
Tachi Rei (Ray)	Standing bow	
Za Rei	Kneeling bow	
Judoka (Jew dough Ka)	Person who does judo	
Judogi (jew dough gee)	Judo suit	
Obi	Judo belt	
Zori	Judo slippers	
Dojo	Place where you practice judo	
Ukemi	Breakfalls	
Ushiro	Backwards	
Yoko	Side	
Ippon	Full score - 10 points (partner fully on back)	
Who invented Judo	Professor Jigoro Kano	