



Judo Theory - Green belt

Name _____ Date completed _____

Below are Japanese words you need to learn and their meaning.
 You need to complete this as part of your Green 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 Green belt theory
 Certificate (Phonic pronunciations in brackets).

Kansetsu-waza	Armlock techniques	
Kumi-kata	Gripping	
Kaeshi-waza	Counters	
Renzoku-waza	Combinations in the same direction	
Renraku-waza	Combinations in different directions	
Harai-goshi	Sweeping hip throw	
Hane-goshi	Spring hip throw	
Uchi-mata	Inner- thigh throw	
Okuri-ashi-bari	Double foot sweep throw	
Morote-eri-seoi-nage	Two handed shoulder throw	
Kesa gatame	Scarf hold down	
Ude - gatame	Arm lock	
Waki- gatame	Armpit lock	
Hiza-guruma	Knee wheel throw	
Sasae-tsuru-komi-ashi	Propping drawing ankle throw	
Hiza-gatame	Knee-lock	
Jugi-gatame	Cross armlock	