



Judo Theory - Orange belt

Name _____ Date completed _____

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

Tori	Player doing the technique	
Uke	Player having technique done to them	
Waza-ari-awasete- ippon	In competition to 7 point Waz-ari = Ippon	
Shido	Penalty (in competition)	
Hansoku-make	Disqualified (in competition)	
Hiki-wake	Draw (in competition)	
Yoko-shiho-gatame	Side four quarters hold down	
Kesa gatame	Scarf hold down	
Tate-shiho-gatame	Lengthways four quarters hold	
Ko-uchi-gari	Minor - inner- reap	
Tsuri-Komi-goshi	Drawing hip	
O-goshi	Major hip	
O-uchi-gari	Major-inner- reap	
O-soto- gari	Major - outer-reap	
Ko-soto-gari	Minor-outer-reap	
Ko-soto-gake	Minor-outer-hook	
Ko-uchi-gake	Minor-inner-hook	
Morote-seoi-nage	Two handed shoulder throw	
Tai-otoshi	Body drop	
Seoi-otoshi	Shoulder drop	
Ippon-Seoi-nage	One arm shoulder throw	
Migi	Right	
Hidari	Left	