



Judo Theory - Yellow belt

Name _____ Date completed _____

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

Ukemi	Break falls	
Mae	front	
Mawari	rolling	
Tai otoshi	Body drop	
Ippon-Seoi-nage	One arm shoulder throw	
O-uchi-gari	Major inner reaping	
Yoko-shiho-gatame	Side four quarters hold down	
Kami-shiho-gatame	Upper four quarters hold down	
Tate-shiho-gatame	Lengthways four quarters hold	
Kumi kata	gripping	
Nage komi	throwing	
Osekomi waza	Groundwork 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	
Migi	Right	
Hidari	left	
Shizentai	Standing grip	