



# Sho 3 & 4 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)

O	Major	
Soto	Outer	
otoshi	Drop	
Kesa	Scarf	
Gatame	Hold	
Mae	Front	
Ukemi	Breakfall	
Yoko	Side	
Waza -ari	7 point score (mainly on back)	
Waza-ari-awasete-ippon	2 x Waza ari = Ippon win	
Shido	Penalty	
Tori	Player doing the throw	
Uke (ookey)	Player being thrown	