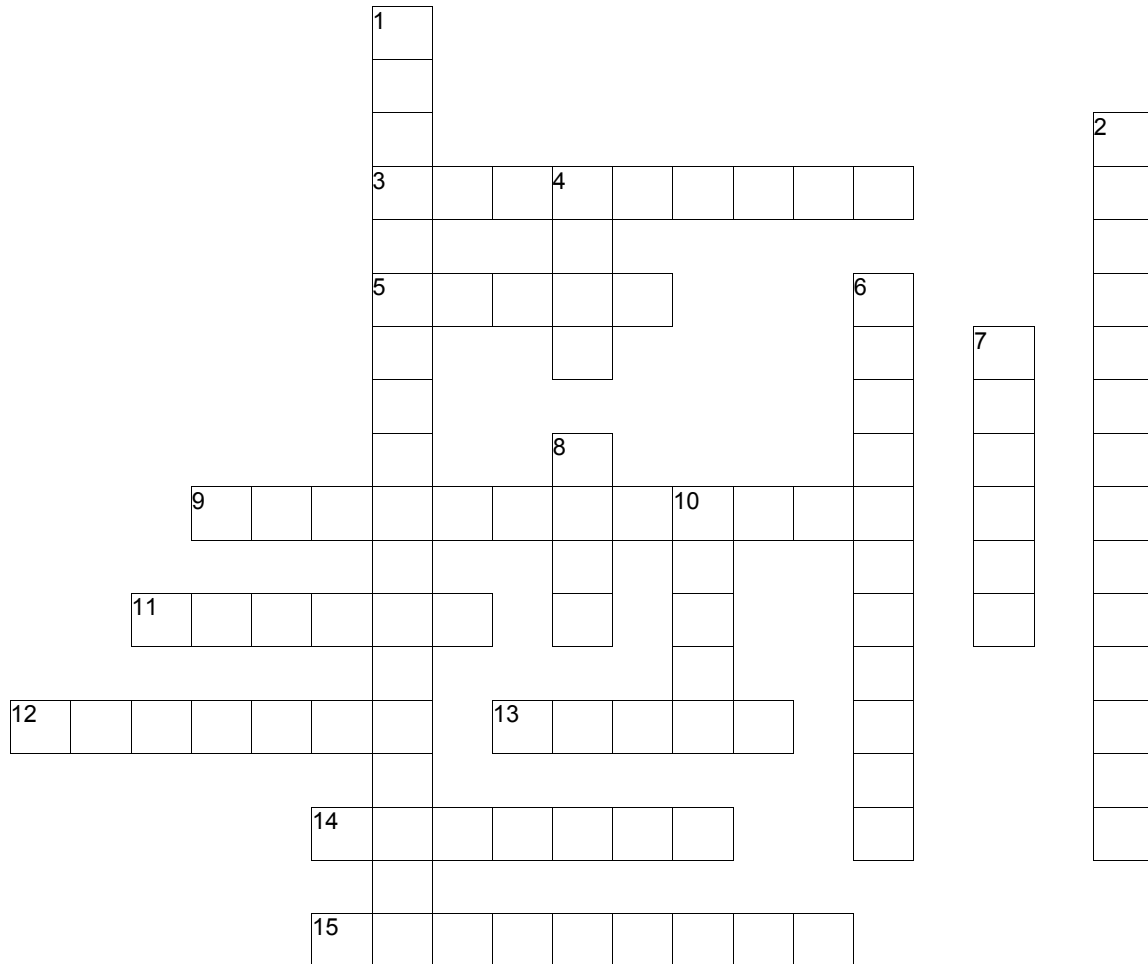


Name: _____

All about Tachiwaza



Across

- 3. Major inside sweep
- 5. _____ seoi nage
- 9. Randori means
- 11. Major hip throw
- 12. 2 _____ equal an ippon
- 13. Koshi guruma means hip _____
- 14. The word used for breaking balance
- 15. Major outside sweep

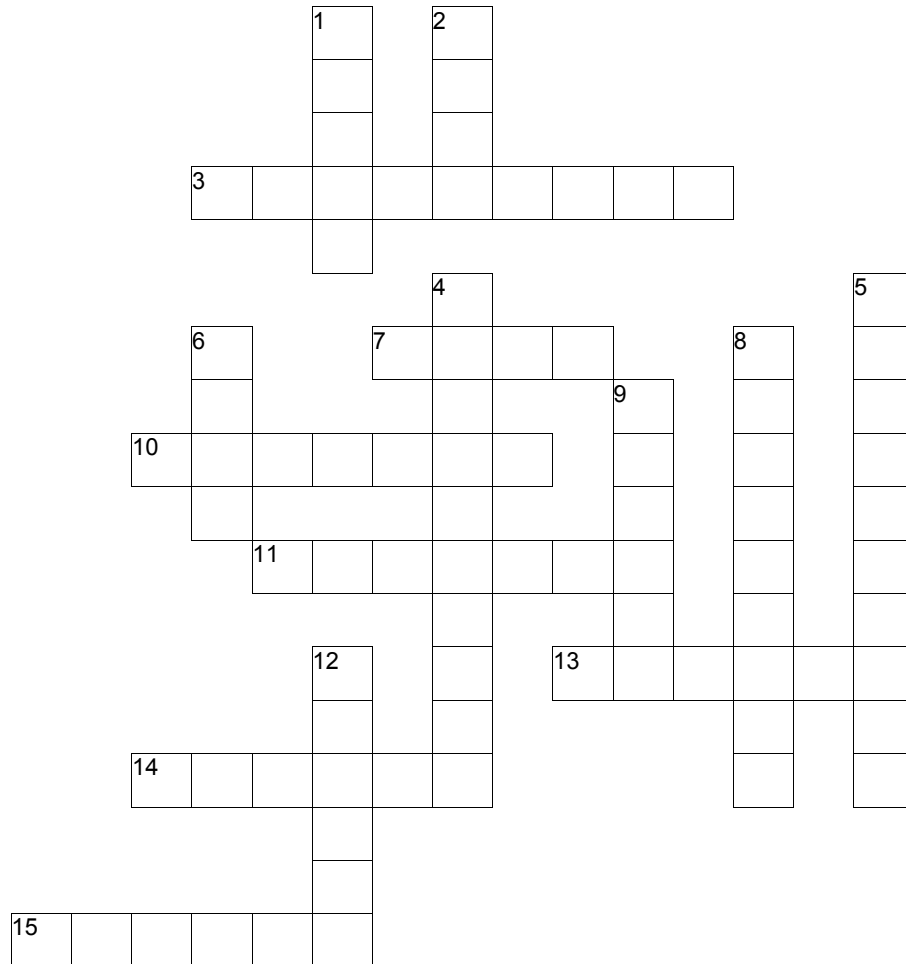
Down

- 1. Nage waza
- 2. 8 directions of off balancing
- 4. 'Gake' means to _____
- 6. Shiai means
- 7. Ground techniques
- 8. The word 'sweep' can be translated to
- 10. There are _____ elements to a throw

Free Practice Competition Uouchigari Wheel gari Hook
 Kuzushi Three Osoto gari Ogoshi Happo no Kuzushi
 Throwing techniques newaza wazaari Ippon

Name: _____

All about Judo



Across

3. Major outside sweep
7. The obi is your
10. First dojo invented
11. 2 _____ equal an ippon
13. Ground techniques
14. Judo means the _____ way
15. Major hip throw

Down

1. Word for pants
2. Japanese word for training hall
4. Scarf hold
5. Who invented of Judo
6. Matte means _____
8. Standing techniques
9. How do you say begin/go in Japanese
12. Japanese word for mats

Jigoro Kano Kodokan Hajime Stop Dojo Gentle Tatami
 Belt Osoto gari Ogoshi kesa gatame tachiwaza newaza
 wazaari Zubon

Connect the answers

- | | |
|--------------------------------------|---------------------|
| 1. Judo was invented in: | A. Osaekomi waza |
| 2. Tai sabaki | B. Rei |
| 3. Training hall | C. Dojo |
| 4. Judo was first at the Olympics in | D. Morote seoi nage |
| 5. The Highest belt is a: | E. Hiza Guruma |
| 6. A sho dan is a | F. Back breakfall |
| 7. knee wheel | G. Newaza |
| 8. Minor inside reap | H. 1964 |
| 9. Two hand shoulder throw | I. Tachiwaza |
| 10. Tai otoshi means | J. Nogarewaza |
| 11. Ukemi means | K. Kodokan |
| 12. The first dojo was the | L. Kouchi gari |
| 13. Hold down techniques | M. Red belt |
| 14. Standing techniques | N. Body drop |
| 15. Ground techniques | O. Tokyo, Japan |
| 16. Escape techniques | P. Black belt |
| 17. The mats are called | Q. Body movement |
| 18. Bow | R. Tatami |

Judo Basics

J I G O R O K A N O
G E N T L E W A Y V
Z U K O J U D O G I
H K O M A T T E M T
A E D D Z E N O E N
J M O O V S L W J W
I I K J T E A N O B
M R A O I P P O N M
E E N B L L Q U S Z
V I R T A T A M I Z

Kodokan Ukemi Tatami

Rei Matte Hajime

Gentleway Judogi Dojo

Ippon Jigorokano

Name: _____

Date: _____

Judo Terminology

F J S A A C M I E N E W A Z A P R
 N D A Z A W I H S A F K O F Z Y J
 A Y D J H Y T N D J P W I R A I O
 G J T F Z N C K R T G P M H E Q H
 E H A Z W L S U G L S I O A O D A
 W A C A L N N Z Z A U M K Z N K P
 A I H R V B Y U O Z T O I A A W P
 Z K I K A K E S Z A E K H W K Y O
 A G W H E A C H K W M E C E O J N
 F P A N N E I I B E I G U R R U O
 K Z Z Q L S S J X T W A N A O D K
 Z G A W B H Y O L W A N P G G O U
 Q Z T Q D I X H J G Z F Y O I G Z
 G O K Y O W W W I O A S Y N J I U
 O Y J J A A G R I M O K E A S O S
 Q G O X R Z U H O T S U K U R I H
 O E E A Z A W I H S O K H Z J F I

Jigorokano Tewaza Sutemiwaza Ashiwaza

Koshiwaza Kuzushi Tsukuri Kake

Happo no kuzushi Gokyo Uchikomi Nogarewaza

Kaeshiwaza Judogi Nagewaza Nagekomi

Tachiwaza Newaza Osaekomi

Match the Judo terms (advanced)

- | | |
|-----------------------------------|------------------------------|
| 1. Tachiwaza | A. Jacket |
| 2. Newaza | B. Hip techniques |
| 3. Nogare waza | C. Body movement |
| 4. Koshiwaza | D. Ground techniques |
| 5. Side sacrifice techniques | E. Leg techniques |
| 6. Ashiwaza | F. Standing techniques |
| 7. Sutemi waza | G. Escape techniques |
| 8. Migi | H. Back breakfall |
| 9. Hidari | I. Front breakfall |
| 10. Ushiro Ukemi | J. jitakyoei |
| 11. Mae Ukemi | K. Sacrifice techniques |
| 12. Mae Mawari Ukemi | L. Pants |
| 13. Yoko ukemi | M. Yoko sutemi waza |
| 14. Tai Sabaki | N. Throwing techniques |
| 15. Nage waza | O. Pants |
| 16. Competition | P. Shiai |
| 17. Judogi | Q. Side breakfall |
| 18. Mutual welfare mutual benefit | R. Forward rolling breakfall |
| 19. Zubon | S. Right |
| 20. Uwagi | T. Left |
| 21. Obi | U. Judo uniform |