

ORANGE BELT STUDY SHEETS

A) Name 4 Crawling Techniques, 2 Yellow Belt and 2 Orange Belt Techniques

1) _____

2) _____

3) _____

4) _____

**B) Breakfalling or _____
Name 2 Yellow Belt and 3 Orange Belt Techniques**

1) _____

2) _____

3) _____

4) _____

5) _____

**C) Nage Waza or _____
Name 6 Yellow Belt and 7 Orange Belt Techniques in English or Japanese**

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

11) _____

12) _____

13) _____

D) Osaekomi Waza or _____
Name 5 Yellow Belt Techniques and 6 Orange Belt Techniques in English or Japanese

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____
- 11) _____

E) Match up the following by drawing a line from the Japanese word to the English one.

Ippon
Shai
Shido
Yoshi
Tomare
Sono Mama
Za Rei
Wazari
Koka
Almost Wazari

Yuko
Continue
Kneeling Bow
Competition
Freeze
Half Point
Small Infraction
Almost Yuko
Stop
Full Point

F) When was Jigoro Kano born? _____

G) Why did Jigoro Kano develop Judo?

H) Name 7 Dojo Rules

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____