

Orange Belt GENERAL KNOWLEDGE

12. What are the two divisions of throwing techniques, in English and Japanese
Standing Techniques - Tachi Waza Sacrificing Techniques - Sutemi Waza
13. What are the 3 divisions of standing throwing techniques, in English and Japanese?
Hand Techniques - Te Waza, Hip Techniques - Goshi Waza, Foot & Leg Techniques - Ashi Waza
14. What are the 2 divisions of sacrifice throwing techniques, in English and Japanese?
Back Sacrificing Techniques - Ma Sutemi Waza and Side Sacrificing Techniques - Yoko Sutemi Waza
15. What are the ordinal numbers between and including one and ten, in Japanese?
 1. *Ichi* 2. *Ni* 3. *San* 4. *Shi* 5. *Go*
 6. *Roku* 7. *Sichi* 8. *Hachi* 9. *Ku* 10. *Ju*

JAPANESE VOCABULARY

<u>#</u>	<u>English</u>	<u>Japanese</u>
35.	Note! (referee's call for slight penalty)	<i>Shido!</i>
36.	Loss by rule violation (referee's call)	<i>Hansoku Make!</i>
37.	Decision! (call by referee for judges' decision)	<i>Hantei!</i>
38.	Don't move! (referee's call)	<i>Sono Mama!</i>
39.	Continue! (referee's call)	<i>Yoshi!</i>
40.	Fundamental natural posture	<i>Shizen Hontai</i>
41.	Fundamental defensive posture	<i>Jigo Hontai</i>
42.	Sweeping action done with the leg	<i>Harai/Barai</i>
43.	Reaping action done with the leg	<i>Gari</i>
44.	Dashing action done with the leg	<i>Gake/Kake</i>
45.	Springing action done with the leg	<i>Hane</i>
46.	Throw (noun)	<i>Nage</i>
47.	Technique(s)	<i>Waza</i>
48.	Throwing Technique(s)	<i>Nage Waza</i>
49.	Hand	<i>Te</i>
50.	Hand Techniques	<i>Te Waza</i>
51.	Foot or Leg	<i>Ashi</i>
52.	Foot techniques	<i>Ashi Waza</i>
53.	Big or major	<i>O</i>
54.	Little or minor	<i>Ko</i>
55.	Waist or hip	<i>Goshi/Koshi</i>
56.	Waist or hip techniques	<i>Koshi Waza</i>
57.	Outside	<i>Soto</i>
58.	Inside	<i>Uchi</i>
59.	Internal force or spiritual energy	<i>Ki</i>
60.	Shout to gather inner strength	<i>Kiai</i>