

Use the information found in *Judo* to help you complete the following activity.

1. Students training in judo are called
and the teacher is called .
2. Belts are wrapped around the student's waist twice and tied in a knot.
The shows what level the student is.
3. The goal of a judo match is to score by an opponent to
the mat.
4. One of the most important parts of judo is learning how to without
being hurt.
5. Athletes need to drink plenty of water while exercising, as well as before and after.
The body should always be properly .
6. Judo is a sport of and .

