

# The Playing Area

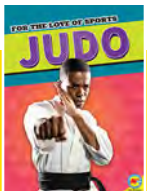
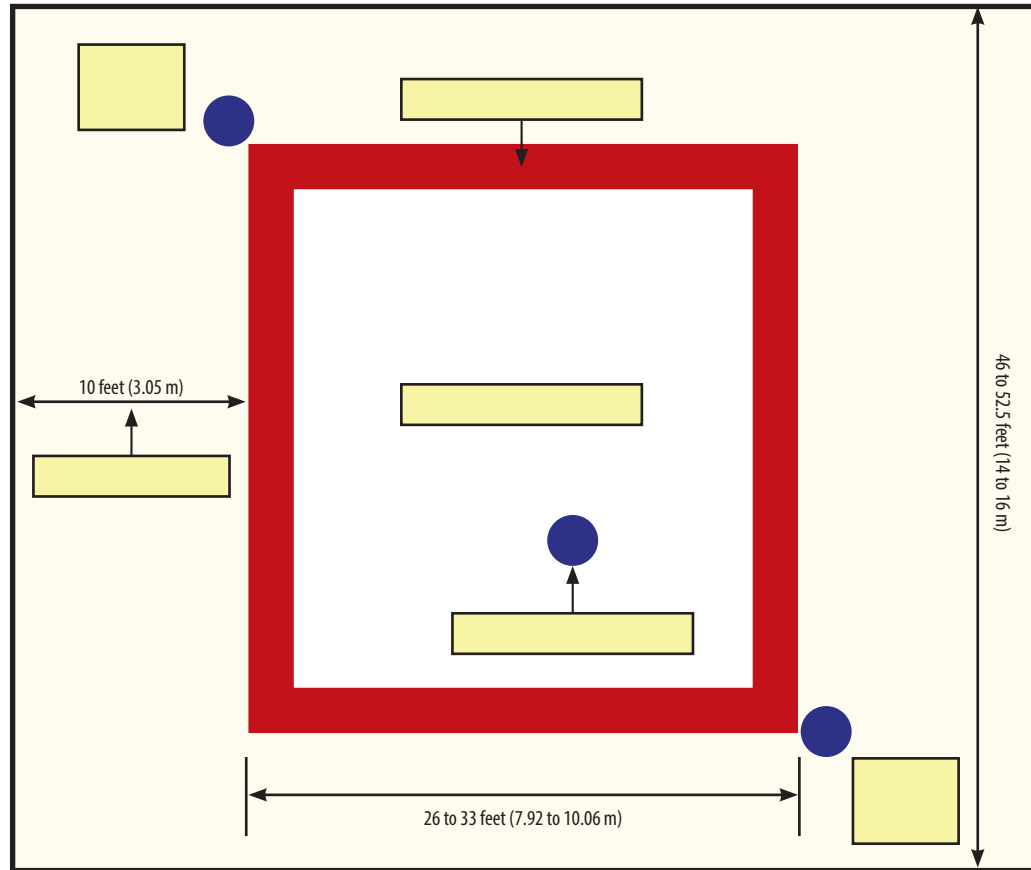
Follow the instructions to complete the activity.

NAME

DATE

Fill in the blanks in this diagram of a playing area in a dojo.

- a. Danger area
- b. Contest area
- c. Line judge
- d. Safety area
- e. Referee



## True or False

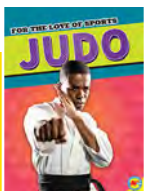
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Using the information in *Judo*, verify whether the following information is true or false. Check your answers in the book. List the page number where you found your information beside your answer.

Statement 1	The word judo is Japanese for "the gentle way." It is called this because one player can defeat another without either of them getting hurt.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 2	A judo school is called a <i>kanoryu</i> .	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 3	A judo match for juniors lasts six minutes.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 4	The goal of a judo match is to score by throwing or pinning an opponent to the mat.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 5	Teachers and students wear the same uniform, called a <i>gi</i> .	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>



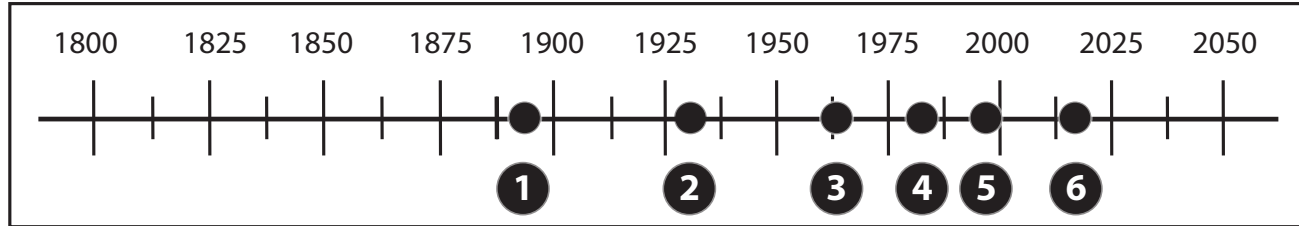
# Timeline

Follow the instructions to complete the activity.

NAME

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Number the events below in the order they should appear on the timeline. Write the number in the box beside each event. Check your answers with page 17 of the book.



Athletes from 124 countries compete in the World Judo Championships in Baku, Azerbaijan.

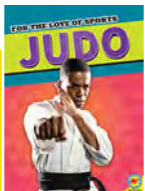
Jigoro Kano founds the Kōdōkan School of judo. This is the start of the modern form of judo.

The Olympics are held in Tokyo, Japan. Men's judo is included as an Olympic sport for the first time.

Jigoro Kano created the high-ranking red and white belt.

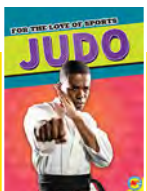
Women's judo becomes an official Olympic sport. Catherine Fleury-Vachon, from France, takes home the gold medal in Barcelona, Spain.

Judo was first played at the Paralympic Games.



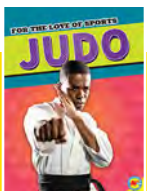
Complete the statements by writing the correct number in the box.

1. Kayla Harrison became the first American to ever win a gold medal at the Olympics for judo in this year.  **100**
2. Judo has been played for more than this many years.  **204**
3. Players cannot stay in danger area for more than this many seconds at a time.  **1923**
4. In this year, a women's section of the Kōdōkan School of judo opens. Keiko Fukuda, who trained there, goes on to become the first woman to achieve the rank of tenth-degree black belt.  **2012**
5. The International Judo Federation has this many member countries.  **5**



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 .



# Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

NAME

DATE

## KEY WORDS

disqualified

grappling

banned

fouls

pins

tori

hydrated

absorb

ippon

uke

jiu-jitsu



1.   
actions that are against the rules

7.   
holds down on the mat

2.   
a martial art in which players hit each other with their hands, feet, and elbows

8.   
the offensive judoka who does the throwing and pinning

3.   
tugging

9.   
disallowed from competing as punishment for breaking the rules or for bad behavior

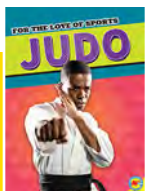
4.   
reduce the effects of something

10.   
the defensive judoka who is thrown or pinned

5.   
having enough water in the body to keep it functioning correctly

11.   
a score of ten points earned by pinning an opponent to the mat for 20 to 25 seconds or throwing an opponent to the mat forcefully

6.   
not allowed



## Quiz

Test your knowledge by answering these quiz questions.

NAME

DATE

1

Who invented Judo?

2

What does Judo mean?

3

How many Judo competitions were in the United States in 2018?

4

How many colors are used in Judo belts?

5

How often does a judoka need to move toward their opponent?

6

What is the term for falling without getting hurt?

7

How many judo medals did the United States win at the 2016 Olympics?

8

When did women's judo become an official Olympic sport?

9

When was the first U.S. Olympic medal in Judo won?

10

How many Olympic gold medals in Judo does Kayla Harrison have?

