

## Ishi Yama Judo Club

### Test Information

- Judo: "Gentle Way"
- Dr. Jigoro Kano developed Judo in Japan in 1882 from the Martial Art "Jujutsu".
- The headquarters of Judo is the Kodokan in Tokyo, Japan.
- The governing body of the sport of Judo is the International Judo Federation.
- The national sport governing body of Judo is Judo Canada.
- The provincial sport governing body of Judo is Judo Alberta.
- Ishi Yama: "Rocky Mountain"
- Kyotsuke: Attention!
- Seiza: formal sitting posture
- Rei: bow
- Sensei: instructor
- Seiryoko Zenyo: maximum efficiency with minimum effort.
- Jita Kyoei: mutual benefit.

- Mokuso: meditate
- Mokuso yame: stop meditating
- Hajime: begin
- Matte: stop
- Sore Made: that is all
- Ukemi: breakfalls
- Zempo Kaiten: forward rolling breakfall
- Kiai: power shout
- Hiki: pull
- Uchi Komi: practice without throwing
- Randori: free practice
- Tai Sabaki: pivoting or turning of the body.
- Kumi Kata: methods of gripping an opponent.
- Tsukuri: entering into a throw.
- Kake: execution of a throw.

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Counting

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten