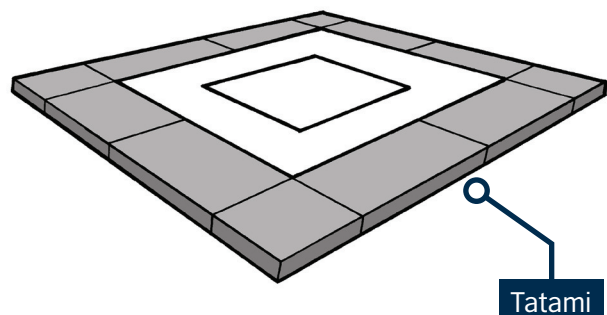
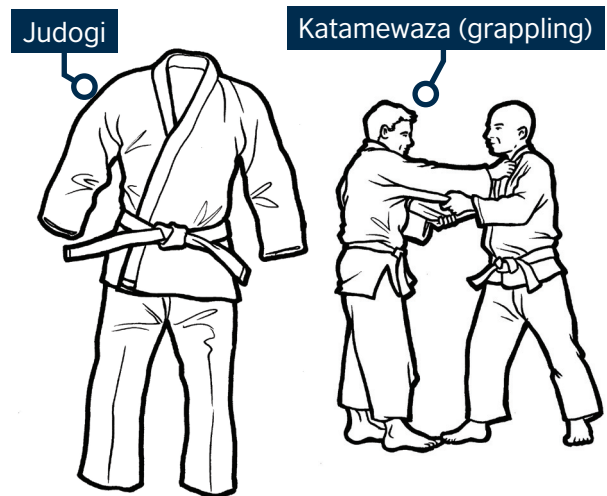
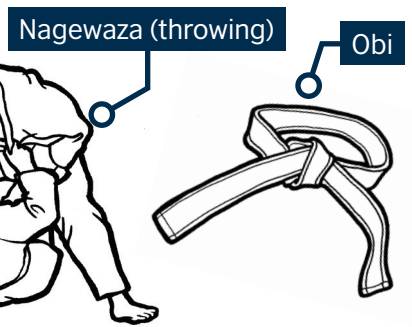
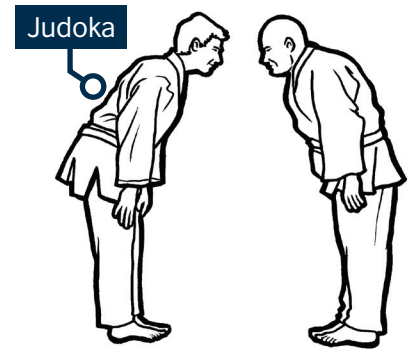
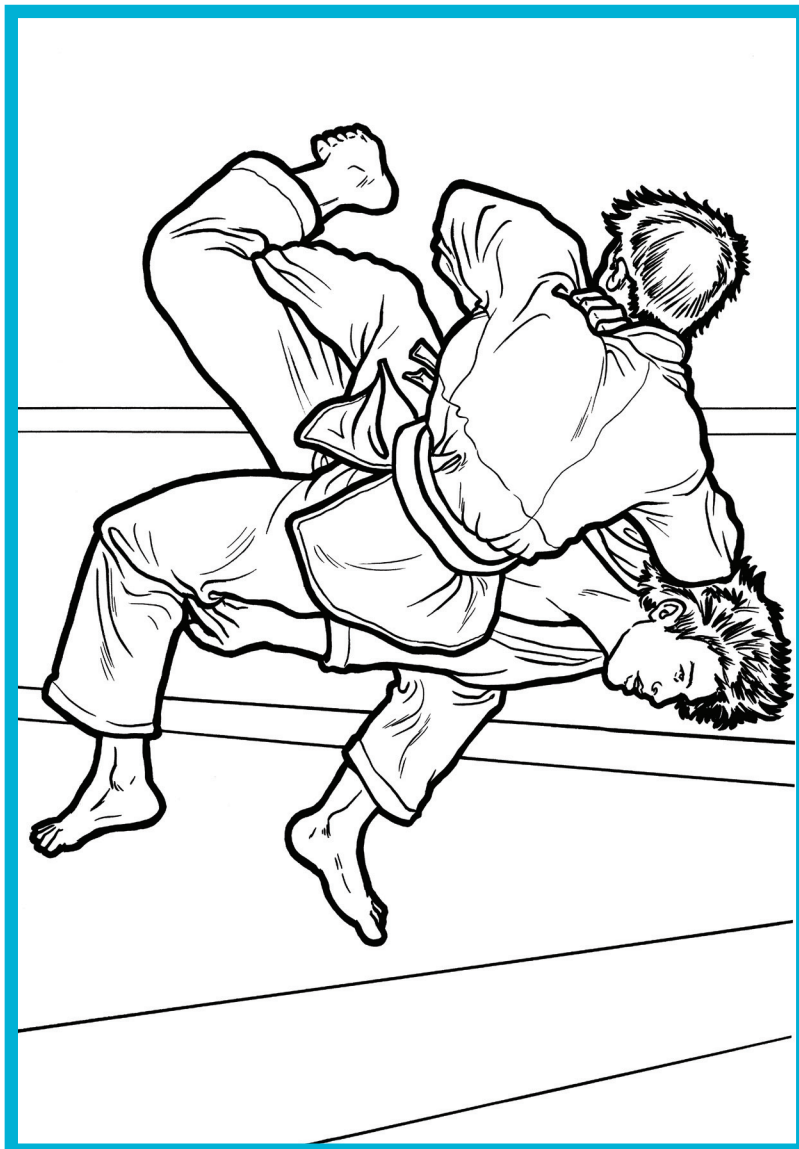


# Judo

When athletes come together from around the world to compete in the Olympic and Paralympic Games, they are fulfilling their dreams and competing at the highest level. Billions of people across the globe join in; watching, listening to and reading about the greatest global celebration of sport. To celebrate the London 2012 Games, the British Council is making a wide range of classroom resources available for learners of English worldwide.

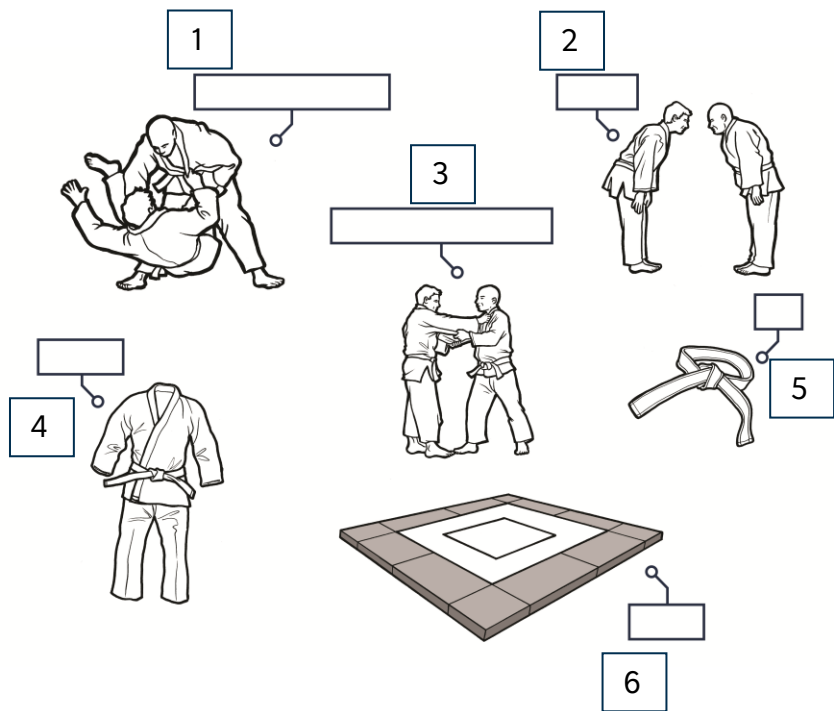
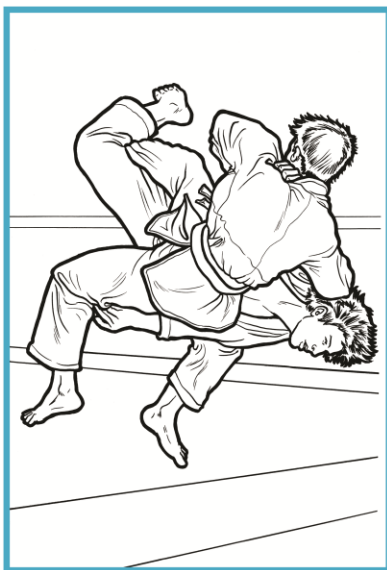
Judo means 'gentle way'. It is one of the two martial arts included in the Olympic Games. The other is Taekwondo. Do you know about the interesting history of judo? Did you know it has a complex mix of attacking and defensive moves? Have you ever practiced judo or another martial art?



**1. Vocabulary**

**a. Write the correct words in the spaces provided.**

a. Tatami	b. Judogi	c. Nagewaza (throwing)
d. Katamewaza (grappling)	e. Obi	f. Judoka



## 2. The rules of Judo

- Each judo bout lasts five minutes, except if there is an *ippon* (see below). *Ippon* ends the contest immediately.
- Scores are awarded for different throws and holds.
- An *ippon* is a winning manoeuvre (a movement or set of movements) that is awarded for throwing your opponent onto his back or for holding him for 25 seconds, or when he surrenders.
- A *waza-ari* is worth a half-point. It is awarded for certain types of throws or holding your opponent for 20 seconds.
- A *yuko* is worth less than a *waza-ari*. It is awarded for certain throws or holding your opponent for 15 to 20 seconds.
- If there is no *ippon* during the five minutes, the winner is the judoka with most points at the end of that time.
- If the scores are tied after five minutes, the contest enters a golden score period, when the first score of any sort wins.
- All the judo events are played in a knockout format, with the winners qualifying for the next round.

### a. Match the words in the table with their definitions below.

a. contest	b. ippon	c. judoka	d. waza-ari	e. yuko
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1. This is the name for a person who is taking part in a judo competition.
2. A match-up between two judo competitors.
3. A half-point, awarded for a throw or holding the opponent for 20 seconds.
4. A smaller score awarded for a throw or holding your opponent for 15 to 20 seconds.
5. The maximum score, award for a single manoeuvre, that wins a contest.

### 3. Questions & Answers

**Judo is from Japan, isn't it?**

Yes, it is. It means 'gentle way.'

**It doesn't seem very gentle to me.**

No, but its Japanese founder, Jigoro Kano, believed in the principles of *seiryoku zen'yō* (maximum efficiency, minimum effort) and *jita kyōei* (mutual welfare and benefit).

**So they demonstrate mutual welfare by gently punching and kicking each other?**

Actually, in competition judo, they're not allowed to punch or kick each other. They aren't allowed to hit each other at all. They can only use throwing and grappling techniques.

**Grappling techniques? What are they?**

When they hold each other while they're trying to gain control and get into a better position.

**So they show 'mutual benefit' by trying to gently gain control and then throw each other on the ground?**

Well, no, but the rules of judo require competitors to bow to each other at the start and end of a fight.

**Ah, so you show your respect and then attempt to gently immobilise your opponent?**

It's all about *jū yoku gō o seisu*, meaning 'gentleness controls hardness'.

**And how long have they been 'gently controlling hardness' at the Olympics?**

Judo has been an Olympic sport since 1964, making it the first martial art on the Olympic programme.

**And I suppose the Japanese win all the medals as they invented judo?**

Well, yes, Japan has won most gold medals, in fact more than three times as many as any other country. But a total of 50 nations have won medals.

**Can you tell me about one of these gentle Japanese judokas?**

How about Ryoko Tani? She competed at five Olympics and won more medals than any other judoka, male or female. She also won a record seven world titles.

**So she is an Olympic and world class 'gentlewoman'?**

You could say that.

**a. Decide if the following statements are true or false according to the text.**

1. The word 'judo' means 'maximum efficiency, minimum effort' and 'mutual welfare and benefit'.  
a. True  
b. False
2. Judo competitors cannot hit each other.  
a. True  
b. False
3. 'Grappling' is the same as 'throwing'.  
a. True  
b. False
4. The rules of judo say that competitors must be polite to each other at the beginning and end of the fight.  
a. True  
b. False
5. Judo was put on the Olympic programme before Taekwondo.  
a. True  
b. False
6. Japan has won 150 gold medals in Olympic judo.  
a. True  
b. False

**b. Write the question word(s) in the gap at the beginning of each question.**

1. .... countries have won medals?  
**Answer:** 50
2. .... does 'judo' mean?  
**Answer:** It means 'gentle way'.
3. .... did judo first appear on the Olympic programme?  
**Answer:** 1964
4. .... country has won most gold medals?  
**Answer:** Japan
5. .... has won more medals than any other judoka?  
**Answer:** Ryoko Tani

## 4. Solution

### Exercise 1a

1. c; 2. f; 3. d; 4. b; 5. e; 6. a

### Exercise 2a

1. c; 2. a; 3. d; 4. e; 5. b

### Exercise 3a

1. *False (F)*; 2. *True (T)*; 3. *F*; 4. *T*; 5. *T*; 6. *F*

### Exercise 3b

1. *How many*; 2. *What*; 3. *When*; 4. *Which*; 5. *Who*