

Judo, pp 10, 11

Jump, April 2020

1. Listen and write the answers.

- a. How old is Tereza? _____
- b. Where does she come from? _____
- c. When does she do judo? _____
- d. How long is each session? _____
- e. What colour is her belt? _____

2. Listen and choose the correct word.

How do you do judo?

A *boy/person* who does judo is called a *judogi/judoka*. First, you bow to your *friend/opponent* to thank them that you can *learn/play* with them. You use your *arms/hands* and *feet/foot* to get your opponent to the ground. You usually hold them for *12/20* seconds.

3. Listen and choose the correct word.

What do you wear?

The uniform is called a *judogi/judoka*. It can be white or *black/blue*. The parts of a judogi are a *jacket/T-shirt*, trousers, and a belt. The colour of *trousers/belt* shows how *old/good* you are! You can get white, yellow, *orange/purple*, green, blue, or brown belts. The *best/oldest* judokas wear black belts.

4. Listen and fill in the missing word.

What is judo good for?

It's _____, energetic and safe. You learn how to fall _____, and how to defend yourself. You train your _____ and your mind, too. You learn from your _____. You do judo indoors, so you can do it all _____ long!

5. Unscramble the colours.

- a. K L A C B
- b. I T W E H
- c. W R O B N
- d. E R O N A G

SOLUTIONS

1. Listen and write the answers.

- a. How old is Tereza? 15
- b. Where does she come from? Český Těšín
- c. When does she do judo? Mondays and Wednesdays
- d. How long is each session? 90 minutes
- e. What colour is her belt? yellow

2. Listen and choose the correct word.

How do you do judo?

A boy/*person* who does judo is called a *judogi/judoka*. First, you bow to your *friend/opponent* to thank them that you can *learn/play* with them. You use your *arms/hands* and *feet/foot* to get your opponent to the ground. You usually hold them for *12/20* seconds.

3. Listen and choose the correct word.

What do you wear?

The uniform is called a *judogi/judoka*. It can be white or *black/blue*. The parts of a judogi are a *jacket/T-shirt*, trousers, and a belt. The colour of *trousers/belt* shows how *old/good* you are! You can get white, yellow, *orange/purple*, green, blue, or brown belts. The *best/oldest* judokas wear black belts.

4. Listen and fill in the missing word.

What is judo good for?

It's *fun*, energetic and safe. You learn how to fall *down*, and how to defend yourself. You train your *body* and your mind, too. You learn from your *mistakes*. You do judo indoors, so you can do it all *year* long!

5. Unscramble the colours.

- b. K L A C B – **B L A C K**
- b. I T W E H – **W H I T E**
- c. W R O B N – **B R O W N**
- d. E R O N A G – **O R A N G E**