

RANK ANSWER SHEET FOR JUDO
FOR: ___JR YELLOW 2 ___ SENIOR ROKYU

TEST DATE: _____

PAYMENT DUE BEFORE TEST DATE!

Name: _____

(revised 2005 - disregard previous versions)

PART ONE: GENERAL JUDO INFORMATION

Fill in the blank:

1. Name the three parts of a Judo throw in English and Japanese:

OFF BALANCE	KUZUSHI
ENTRY	TSUKURI
COMPLETION	KAKE

2. What are the Japanese names for the numbers 1 through 10:

1. ICHI	2. NI	3. SAN	4. CHI
5. GO	6. ROKU	7. SHICHI	8. HACHI
9. KU	10. JU		

3. Name the three parts of unarmed combat in English and Japanese:

THROWING TECHNIQUES	NAGE WAZA
GRAPPLING TECHNIQUES	KATAME WAZA
STRIKING TECHNIQUES	ATEMI WAZA

PART TWO: TERMINOLOGY

Translate the following terms into Japanese

1 Attention!	KIYOTSUKE
2 Bow	REI
3 Begin!	HAJIME
4 Stop!	MATTE
5 Practice Hall for Judo	DOJO
6 Teacher	SENSEI
7 Sitting on knees	SEIZA
8 Sitting cross-legged	ANZA
9 Big or major	O
10 Outside	SOTO
11 Waist or Hip	GOSHI or KOSHI
12 Shoulder	SEOI
13 Foot	ASHI
14 To reap	GARI

15 To sweep	HARAI
16 Judo uniform	GI
17 Judo player	JUDOKA
18 Player performing technique	TORI
19 Player receiving technique	UKE
20 Right	MIGI
21 Left	HIDARI
22 Free practice	RANDORI
23 The principle of giving way	JU
24 Way of Life	DO
25 Gentle way	JUDO
26 Fundamental natural posture	SHIZEN HONTAI
27 Fundamental defensive posture	JIGO HONTAI
28 Sixth class judo rank	ROKYU

PART THREE: DEMONSTRATION OF TECHNIQUES. Techniques marked with (SR) are for Seniors, (JR over 12) for Juniors over the age of 12

A.) THROWING TECHNIQUES:
THROWS TO BE DONE LEFT AND RIGHT

De Ashi Harai
O Goshi
O Soto Gari
Seoinage

B.) DIRECTIONAL THROWING TECHNIQUES

None for this test

C.) COMBINATIONS

Specific throws:

De Ashi Harai to Seoi Nage

D.) ATTACK SYSTEMS

None for this test

E.) DEFENSES AND COUNTERS

Outside Leg Over against forward throw
Inside Leg Over against forward throw
O Soto Gaeshi against O Soto Gari

F.) GRIPS AND GRIP BREAKS

Standard Grip
High Collar Grip
Inside Sleeve Grip against High Collar Grip

G.) GRAPPLING

Hold-downs:

Kesa Gatame

Yoko Shiho Gatame

Chokes:(JR OVER 12 /SR)

Nami Juji Jime

H.) ENTRIES INTO MATWORK

Basic defense posture from a flat face down position

From Nage Waza (Throwing techniques)

O Soto Gari to Kesa Gatame

Seoi Nage to Kesa Gatame

UKE IS FACE DOWN/TORI IS ON TOP

Half Nelson from the side (uke is flat down)

UKE FACE UP/TORI IN UKI'S GUARD

Knee in Entry (same side knee)

I.)ESCAPES

Basic "shrimp" move from kesa gatame

Bridge and roll from kesa Gatame

Leg-entangle from kesa gatame

J.)GENERAL SKILLS-

Breakfalls:

Back break fall

Right/Left side break falls

Other Skills

Proper uniform (lapels left over right, correct belt tying)

Randori