

RANK ANSWER SHEET FOR JUDO
FOR: JR ORANGE 1

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

4. Name the two kinds of throwing techniques in English and Japanese:

STANDING TECHNIQUES	TACHI WAZA
SACRIFICE TECHNIQUES	SUTEMI 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
29 Little or minor	KO
30 Inside	UCHI
31 Wheel	GURUMA
32 Falling methods (breakfalls)	UKEMI
33 Repetitious attacks without throwing	UCHIKOMI
34 Normal walking	AYUMI ASHI
35 Sliding or following foot walking	TSUGI ASHI
36 Straw Japanese Judo mats	TATAMI
37 Internal force or spiritual energy	KI
38 Shout to gather inner strength	KIAI

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

THROWING TECHNIQUES:
DEMONSTRATE LEFT AND RIGHT

De Ashi Harai
O Goshi
O Soto Gari
Seoinage
Koshi Guruma
O Uchi Gari

DIRECTIONAL THROWING

(Previous throwing techniques may be used)

Execute your choice of throws:

against Uke's right rear corner
against Uke's right front corner

COMBINATIONS

Specific Throwing Combinations

De Ashi Harai to Seoi Nage

De Ashi Harai to O Uchi Gari

For the following combination(s): Tori must submit their choices to the instructor prior to testing.

Combinations using your favorite throw:

Any forward throw to your favorite throw

DEFENSES AND COUNTERS

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

Diagonal forward drive against a forward throw

GRIPS AND GRIP BREAKS

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

Swinging Arm Break against sleeve grip

GRAPPLING

Hold-downs:

Kesa Gatame
Yoko Shiho Gatame

Kuzure Kesa Gatame

Chokes and Choke Defenses:

(JR OVER 12)

Nami Juji Jime

Gyaku Juji Jime
Basket weave defense against front cross chokes

ENTRIES INTO MATWORK

Basic defense posture from a flat face-down position

Basic defense posture from a face-up position

FROM NAGE WAZA

O Soto Gari to Kesa Gatame
Seoi Nage to Kesa Gatame

Any other forward throw to a hold-down

UKE FACE DOWN / TORI ON TOP

Half Nelson from the side (Uke is flat down)

Reverse half nelson from the front (Uke is on elbows and knees)

UKE ON TOP / TORI FACE DOWN

Double arm leg grab from Uke's frontal attack

UKI FACE UP / TORI IN GUARD

Knee in Entry (same side knee)

Knee in Entry (cross knee)

TORI FACE UP / UKE IN GUARD

Block and Lift (with legs) to Kesa Gatame

HOLD-DOWN ESCAPES

Basic "shrimp" move from Kesa Gatame
Leg-entangle from Kesa Gatame
Bridge and roll from Kesa Gatame

Leg-entangle from Yoko Shiho Gatame

GENERAL SKILLS

Breakfalls

Back break fall
Right / Left side break falls

Right / Left front rolling falls

Other Skills

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

Randori

Shizen Hontai
Jigo Hontai