

RANK ANSWER SHEET FOR JUDO
FOR: ___JR ORANGE 2 ___ SENIOR GOKYU

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

5. Name the three kinds of standing throwing techniques in English and Japanese:

HAND TECHNIQUES TE WAZA
HIP TECHNIQUES KOSHI WAZA
FOOT TECHNIQUES ASHI WAZA

PART TWO: TERMINOLOGY

Translate the following terms into Japanese

1	<i>Attention!</i>	KIYOTSUKE
2	<i>Bow</i>	REI
3	<i>Begin!</i>	HAJIME
4	<i>Stop!</i>	MATTE
5	<i>Practice Hall for Judo</i>	DOJO
6	<i>Teacher</i>	SENSEI
7	<i>Sitting on knees</i>	SEIZA

8	<i>Sitting cross-legged</i>	ANZA
9	<i>Big or major</i>	O
10	<i>Outside</i>	SOTO
11	<i>Waist or Hip</i>	GOSHI or KOSHI
12	<i>Shoulder</i>	SEOI
13	<i>Foot</i>	ASHI
14	<i>To reap</i>	GARI
15	<i>To sweep</i>	HARAI
16	Judo uniform	GI
17	Judo player	JUDOKA
	Player performing technique	
18		TORI
	Player receiving technique	
19		UKE
20	Right	MIGI
21	Left	HIDARI
22	Free practice	RANDORI
	The principle of giving way	
23		JU
24	Way of Life	DO
25	Gentle way	JUDO
	Fundamental natural posture	
26		SHIZEN HONTAI
	Fundamental defensive posture	
27		JIGO HONTAI
28	Sixth class judo rank	ROKYU
29	<i>Little or minor</i>	KO
30	<i>Inside</i>	UCHI
31	<i>Wheel</i>	GURUMA
	<i>Falling methods (breakfalls)</i>	
32		UKEMI
	<i>Repetitious attacks without throwing</i>	
33		UCHIKOMI
34	<i>Normal walking</i>	AYUMI ASHI
	<i>Sliding or following foot walking</i>	
35		TSUGI ASHI
	<i>Straw Japanese Judo mats</i>	
36		TATAMI
	<i>Internal force or spiritual energy</i>	
37		KI
	<i>Shout to gather inner strength</i>	
38		KIAI
39	Tournament	SHIAI
	Side of mat or hall reserved for officials or black belts	
40		JOSEKI
	Hold-down! (referee call)	
41		OSAE KOMI
	Hold-down broken! (referee call)	
42		TOKETA
43	One Point! (referee call)	IPPON
44	Half Point! (referee call)	WAZA ARI

45	Near Half-Point! (referee call)	YUKO
46	That is all! (referee call)	SORE MADE
47	Note!(referee penalty)	SHIDO
48	Loss by rule violation (referee call)	HANSAKU MAKE
49	Call for Judge Decision(referee call)	HANTEI
50	Do not move! (referee call)	SONO MAMA
51	Continue! (referee call)	YOSHI
52	Slight superiority	KINSA
53	Draw match!	HIKI WAKI
54	A full point by adding 2 half points	WAZA ARI AWASETE IPPON
55	Fifth class Judo Rank	GOKYU

PART THREE: DEMONSTRATION OF TECHNIQUES. Techniques marked with (SR) are for Seniors, (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

Hiza Guruma

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

against Uke's left rear corner

against Uke's left front corner

COMBINATIONS

Specific Throwing Combinations

De Ashi Harai to Seoi Nage

De Ashi Harai to O Uchi Gari

O Uchi Gari to O Soto Gari

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

Combinations using your favorite throw:

Any forward throw to your favorite throw

Any rear throw to your favorite throw

Your choice of combinations not previously used.

Any forward throw to rear throw

ATTACK SYSTEMS (Grip and Throw)

1. Start apart from Uke
2. Use a grip feed technique
3. Execute a throw and go to the mat
4. Execute a hold down

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

Step Away from O Soto Gari

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 /SR)

Nami Juji Jime

Gyaku Juji Jime

Basket weave defense against front cross chokes

Hadaka Jime

Basic Defense against rear 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

Any other rear 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)

Cross-Face Turnover (Uke is flat down)

Opposite side trap (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)

Swinging leg entry

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

Uphill turn from Kuzure Kesa Gatame

GENERAL SKILLS

Breakfalls

Back break fall

Right / Left side break falls

Right / Left front rolling falls

Right / Left Back rolls

Other Skills

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

Randori

Shizen Hontai

Jigo Hontai

Ayumi Ashi

Tsugi Ashi