

RANK ANSWER SHEET FOR JUDO
FOR: JR GREEN 1

TEST DATE: _____

PAYMENT DUE BEFORE TEST DATE!

Name: _____

(revised 2008 - 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

6. Name the two kinds of sacrifice techniques in English and Japanese:

SIDE SACRIFICE	YOKO SUTEMI WAZA
BACK SACRIFICE	MA SUTEMI 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
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	<i>Little or minor</i>	KO
30	<i>Inside</i>	UCHI
31	<i>Wheel</i>	GURUMA
32	<i>Falling methods (breakfalls)</i>	UKEMI
33	<i>Repetitious attacks without throwing</i>	UCHIKOMI
34	<i>Normal walking</i>	AYUMI ASHI
35	<i>Sliding or following foot walking</i>	TSUGI ASHI
36	<i>Straw Japanese Judo mats</i>	TATAMI
37	<i>Internal force or spiritual energy</i>	KI
38	<i>Shout to gather inner strength</i>	KIAI
39	Tournament	SHIAI

40	Side of mat or hall reserved for officials or black belts	JOSEKI
41	Hold-down! (referee call)	OSAE KOMI
42	Hold-down broken! (referee call)	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
56	<i>Belt</i>	<i>OBI</i>
57	<i>Jacket</i>	<i>UWAGI</i>
58	<i>Pants</i>	<i>ZUBON</i>
59	<i>Sleeve</i>	<i>SODE</i>
60	<i>Lapel</i>	<i>ERI</i>
61	<i>Knee</i>	<i>HIZA</i>
62	<i>To float or floating action</i>	<i>UKI</i>
63	<i>Ground or Mat Technique</i>	<i>NE WAZA</i>
64	<i>Favorite technique</i>	<i>TOKUI WAZA</i>
65	<i>Counter technique</i>	<i>KAESHI WAZA</i>
66	<i>Combination technique</i>	<i>RENRAKU WAZA</i>
67	<i>Side or Lateral</i>	<i>YOKO</i>
68	<i>Reverse</i>	<i>USHIRO</i>
69	<i>Four comers (in a hold-down)</i>	<i>SHIHO</i>
70	<i>Lock or Hold</i>	<i>GATAME</i>

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
Hiza Guruma

Uki Goshi
Ko Soto 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
against Uke's left rear corner
against Uke's left front corner

against Uke moving directly back

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
Any rear throw to forward 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
Hip rotation against a forward attack

GRIPS AND GRIP BREAKS

Standard Grip
High Collar Grip
Inside Sleeve Grip against High Collar Grip
Swinging Arm Break against sleeve grip
Short Waist Grip

GRAPPLING

Hold-downs:

Kesa Gatame
Yoko Shiho Gatame
Kuzure Kesa Gatame
Tate Shiho 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
Okuri En Jime

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)
Lifting leg turnover (Uke is flat down)

UKE ON TOP / TORI FACE DOWN

Double arm leg grab from Uke's frontal attack
Maki-Komi to Yoko Shiho Gatame from Uke's side attack (Uke's arm is around Tori's waist)

UKI FACE UP / TORI IN GUARD

Knee in Entry (same side knee)
Knee in Entry (cross knee)
Swinging leg entry
Leg-lift to sit-through to hold-down

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

Single roll from Kami Shiho Gatame
Head-Hook from Yoko Shiho Gatame

GENERAL SKILLS

Breakfalls

Back break fall
Right / Left side break falls
Right / Left front rolling falls
Right / Left Back rolls
Front break fall

Other Skills

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

Shizen Hontai
Jigo Hontai
Ayumi Ashi
Tsugi Ashi