

**RANK ANSWER SHEET FOR JUDO**  
 FOR: \_\_\_JR GREEN 2 \_\_\_ SENIOR YONKYU

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

7. Name the three divisions of mat technique in English and Japanese:

HOLDING TECHNIQUES        OSAEKOMI WAZA  
 STRANGLE TECHNIQUES       SHIME WAZA  
 JOINTLOCK TECHNIQUES       KANSETSU 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	<b>Sixth class judo rank</b>	<b>ROKYU</b>
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
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	<b>Fifth class Judo Rank</b>	<b>GOKYU</b>
56	Belt	OBI
57	Jacket	UWAGI
58	Pants	ZUBON
59	Sleeve	SODE
60	Lapel	ERI
61	Knee	HIZA
62	To float or floating action	UKI
63	Ground or Mat Technique	NE WAZA
64	Favorite technique	TOKUI WAZA
65	Counter technique	KAESHI WAZA
66	Combination technique	RENRAKU WAZA
67	Side or Lateral	YOKO
68	Reverse	USHIRO
69	Four comers (in a hold-down)	SHIHO
70	Lock or Hold	GATAME
71	Variation of a technique	KUZURE
72	Kneeling bow	ZAREI
73	Standing bow	RITSUREI

74	Alternate throwing practice without resistance	SUTE GEIKO
75	Practice in pairs	SOTARENSHU
76	Degree in Black belt	DAN
77	Degree below black belt	KYU
78	Formal eight directions of off-balance	HAPPO NO KUZUSHI
79	Gentle arts	JUJITSU
80	Way of the Warrior	BUSHIDO
81	Martial arts	BUDO
82	<b>Fourth class judo rank</b>	<b>YONKYU</b>

**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

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

against Uke moving directly back  
against Uke moving directly forward

## **COMBINATIONS**

### **Specific Throwing Combinations**

De Ashi Harai to Seoi Nage  
De Ashi Harai to O Uchi Gari  
O Uchi Gari to O Soto Gari

O Uchi Gari to any two-legged forward throw

**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  
Tsubami Gaeshi against De Ashi Hari

## **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  
Drive through break (to the opposite side) against High Collar Grip  
Throw favorite throw with a different grip(v. 1)

## **GRAPPLING**

### **Hold-downs:**

Kesa Gatame  
Yoko Shiho Gatame  
Kuzure Kesa Gatame  
Tate Shiho Gatame  
Kami 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

### **Armlocks: (Seniors only)**

Juji Gatame

## **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 sit-through to a hold-down

## **TORI FACE UP / UKE IN GUARD**

Block and Lift (with legs) to Kesa Gatame

(JR over 12/ SR) Any cross front choke to turnover to Tate Shiho 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

Sit-up from Kesa Gatame

Leg-entangle escape against Tate 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

Cart wheel