

# RANK ANSWER SHEET FOR JUDO

FOR: JR BLUE 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

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

HOLDING TECHNIQUES        OSAEKOMI WAZA  
STRANGLE TECHNIQUES       SHIME WAZA  
JOINTLOCK TECHNIQUES      KANSETSU WAZA

8. What martial art does Judo come from? JUJITSU

9. Who is the founder of Kodokan Judo?

DR. JIGARO KANO

10. What year was Kodokan Judo founded? 1882

## **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	<b>Sixth class judo rank</b>	<b>ROKYU</b>
29	<i>Little or minor</i>	KO
30	<i>Inside</i>	UCHI
31	<i>Wheel</i>	GURUMA

32	<i>Falling methods (breakfalls)</i>	<i>UKEMI</i>
33	<i>Repetitious attacks without throwing</i>	<i>UCHIKOMI</i>
34	<i>Normal walking</i>	<i>AYUMI ASHI</i>
35	<i>Sliding or following foot walking</i>	<i>TSUGI ASHI</i>
36	<i>Straw Japanese Judo mats</i>	<i>TATAMI</i>
37	<i>Internal force or spiritual energy</i>	<i>KI</i>
38	<i>Shout to gather inner strength</i>	<i>KIAI</i>
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	<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>
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>
83	<i>Normal</i>	<i>NAMI</i>
84	<i>Reverse (as in choke)</i>	<i>GYAKU</i>
85	<i>To cross</i>	<i>JUJI</i>
86	<i>Body</i>	<i>TAI</i>
87	<i>To drop one's body</i>	<i>OTOSHI</i>
88	<i>Arm</i>	<i>UDE</i>
89	<i>Dashing</i>	<i>GAKE</i>
90	<i>Springing</i>	<i>HANE</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  
Ko Uchi Gari

Sasea Tsuru Komi Ashi  
Tai Otoshi

## **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
- against Uke moving to your right

## **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 favorite throw to a forward throw

### **Your choice of combinations not previously used.**

- Any forward throw to rear throw
- Any rear throw to forward throw
- Any three throw combination (v.1)

## **ATTACK SYSTEMS (Grip and Throw)**

Version 1

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

Version 2 - Different grip feed, different throw from v1

1. Start apart from Uke
2. Use a grip feed technique
3. Execute a throw and go to the mat
4. Execute a submission technique (choke - Jr. over 12)

## **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

Tani Otoshi against Seoi Nage  
Tani Otoshi against Koshi Guruma

## **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)

Throw favorite throw with a different grip (v. 2)  
Double sleeve grip  
Double sleeve counter grip  
Cross grip feed to lapel and sleeve (same side)

## **GRAPPLING**

### **Hold-downs:**

Kesa Gatame  
Yoko Shiho Gatame  
Kuzure Kesa Gatame  
Tate Shiho Gatame  
Kami Shiho Gatame  
Ushiro 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  
Okuri En Jime  
Kata Juji Jime  
Kataha 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  
Any sacrifice 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)  
Heel insert 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)

Seoi Nage pull through against back choke attack

### **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

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

Knee-in turnover 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  
Sit-up from Kesa Gatame  
Leg-entangle escape against Tate Shiho Gatame

Bridge and roll from Yoko Shiho Gatame  
Your choice: freeing an entangled leg when Uke is in Kesa Gatame

### **GENERAL SKILLS**

#### **Break falls**

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