

## RANK ANSWER SHEET FOR JUDO

FOR: \_\_\_JR BLUE 2 \_\_\_ SENIOR SANKYU

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

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

11. What are the two principles of Kodokan Judo?

A. MUTUAL BENEFIT AND WELFARE  
B. MAXIMUM EFFICIENCY

12. What is the ultimate goal of Judo?

THE HARMONIOUS DEVELOPMENT AND  
EVENTUAL PERFECTION OF THE HUMAN  
CHARACTER.

### 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>	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	<b>Fifth class Judo Rank</b>	<b>GOKYU</b>
56	<i>Belt</i>	OBI
57	<i>Jacket</i>	UWAGI
58	<i>Pants</i>	ZUBON
59	<i>Sleeve</i>	SODE
60	<i>Lapel</i>	ERI
61	<i>Knee</i>	HIZA
62	<i>To float or floating</i>	UKI

	<i>action</i>	
63	<i>Ground or Mat Technique</i>	NE WAZA
64	<i>Favorite technique</i>	TOKUI WAZA
65	<i>Counter technique</i>	KAESHI WAZA
66	<i>Combination technique</i>	RENRAKU WAZA
67	<i>Side or Lateral</i>	YOKO
68	<i>Reverse</i>	USHIRO
69	<i>Four comers (in a hold-down)</i>	SHIHO
70	<i>Lock or Hold</i>	GATAME
71	<i>Variation of a technique</i>	KUZURE
72	<i>Kneeling bow</i>	ZAREI
73	<i>Standing bow</i>	RITSUREI
74	<i>Alternate throwing practice without resistance</i>	SUTE GEIKO
75	<i>Practice in pairs</i>	SOTARENSHU
76	<i>Degree in Black belt</i>	DAN
77	<i>Degree below black belt</i>	KYU
78	<i>Formal eight directions of off-balance</i>	HAPPO NO KUZUSHI
79	<i>Gentle arts</i>	JUJITSU
80	<i>Way of the Warrior</i>	BUSHIDO
81	<i>Martial arts</i>	BUDO
82	<b>Fourth class judo rank</b>	<b>YONKYU</b>
83	<i>Normal</i>	NAMI
84	<i>Reverse (as in choke)</i>	GYAKU
85	<i>To cross</i>	JUJI
86	<i>Body</i>	TAI
87	<i>To drop one's body</i>	OTOSHI
88	<i>Arm</i>	UDE
89	<i>Dashing</i>	GAKE
90	<i>Springing</i>	HANE
91	<i>I surrender!</i>	MAITTA!
92	<i>Forms of gripping</i>	KUMI KATA
93	<i>Five stages of throwing (Judo's basic Syllabus)</i>	GO KYU NO WAZA
94	<i>Lifting-pulling action</i>	TSURI KOMI
95	<i>Winding-pulling action</i>	MAKI-KOMI
96	<i>Illegal scissoring of the torso</i>	DOJIME
97	<b>Third Degree Brown Judo Rank</b>	<b>SANKYU</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  
Sasea Tsuru Komi Ashi  
Tai Otoshi  
Tsuru Komi Goshi  
Harai Goshi  
Okuri Ashi Harai

### **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  
against Uke moving to your left

### **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. Use the Combination Worksheet to record your choices.

#### **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 favorite throw to a rear 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 and Seniors or arm lock - Seniors only)

### **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  
Turn out against O Soto Gari  
Ushiro Goshi 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)  
Swinging elbow break against lapel grip  
Low Lapel Grip  
Snap-out break against Low Lapel Grip

### **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

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

Juji Gatame  
Ude Garami (down variation)  
Ude Garami (up variation)

### **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)  
(JR over 12) Forward roll to back choke (Uke is on elbows and knees)

### **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  
Double leg push/pull under to Tate Shiho Gatame

### **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  
Double bridge and roll from Kami 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