

RANK ANSWER SHEET FOR JUDO

FOR: ___JR PURPLE 2 ___ SENIOR NIKYU

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.

13. Name the 6 Senior ranks below black belt in order:

- | | | |
|-----------|----------|-----------|
| 1. ROKYU | 2. GOKYU | 3. YONKYU |
| 4. SANKYU | 5. NIKYU | 6. IKKYU |

14. Name the 10 Black Belt ranks in order:

- | | | |
|--------------|-------------|------------|
| 1. SHODAN | 2. NIDAN | 3. SANDAN |
| 4. YODAN | 5. GODAN | 6. ROKUDAN |
| 7. SHICHIDAN | 8. HACHIDAN | 9. KUDAN |
| 10. JUDAN | | |

15. What year did men's Judo become a medal sport in the Summer Olympics? 1964

16. What year did women's Judo become a medal sport in the Summer Olympics? 1992

17. What is the name of the International Judo governing body? INTERNATIONAL JUDO FEDERATION (IJF)

18. Draw a diagram of a regulation tournament area.

Include the following:

- Contest area with proper dimensions marked
- Location of judges' chairs
- Standing marks for Blue and White contestants
- Referee location at the start of the match
- Timer and scorekeeper table

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>
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	Fourth class judo rank	YONKYU
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>
91	I surrender!	MAITTA!
92	Forms of gripping	KUMI KATA
93	Five stages of throwing (Judo's basic Syllabus)	GO KYU NO WAZA
94	Lifting-pulling action	TSURI KOMI
95	Winding-pulling action	MAKI-KOMI
96	Illegal scissoring of the torso	DOJIME
97	Third Degree Brown Judo Rank	SANKYU
98	<i>To entangle</i>	<i>GARAMI</i>
99	<i>To lock</i>	<i>GATAME</i>
100	<i>Back reverse</i>	<i>URA</i>
101	<i>Triangle</i>	<i>SANKAKU</i>
102	<i>Pivot or turn one's body</i>	<i>TAI SABAKI</i>
103	Escape from a pin	FUSEGI
104	Entries to mat work	HAIRI KATA
105	Evasive action	SUKASHI
106	Pulling or locking hand	HIKITE
107	Power or drawing hand	TSURITE
108	Illegal entwining of opponent's leg	KAWAZU GAKE
109	Second Degree Brown Judo Rank	NIKYU

PART THREE: DEMONSTRATION OF TECHNIQUES. Techniques marked with (SR) are for Seniors, (JR over 12) for Juniors over 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
O Uchi Gari to Uchi Mata (hooking style)
Sasae Tsuru Komi Ashi to O Soto Gari (opposite sides)
Hiza Guruma to Ashi Guruma (same side)

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

Fill out the attached worksheet and bring to the instructor.

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)
Any three throw combination (v. 2)

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

Turn out against O Uchi Gari

Two-leg jump around to a hold-down or choke against drop Seoi Nage

Te Guruma 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

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

Over the back grip with belt

Cross grip feed to standard grip (bait and switch)

GRAPPLING

Hold-downs:

Kesa Gatame

Yoko Shiho Gatame

Kuzure Kesa Gatame

Tate Shiho Gatame

Kami Shiho Gatame

Ushiro Kesa Gatame

Kata 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

Sankaku Jime

Armlocks: (Seniors only)

Juji Gatame

Ude Garami (down variation)

Ude Garami (up variation)

Waki 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

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
Safe switch from Tori face down to Tori face up with Uke in the guard

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
Head Hook to Juji Gatame (SR)

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
Uphill turn against Yoko Shiho Gatame
Press out against Kami Shiho Gatame
Legs-over shoot against Kata 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