

RANK ANSWER SHEET FOR JUDO

FOR: JR BROWN 1

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)

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	<i>Shoulder</i>	<i>SEOI</i>
13	<i>Foot</i>	<i>ASHI</i>
14	<i>To reap</i>	<i>GARI</i>
15	<i>To sweep</i>	<i>HARAI</i>
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>	<i>KO</i>
30	<i>Inside</i>	<i>UCHI</i>
31	<i>Wheel</i>	<i>GURUMA</i>
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	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
110	<i>Formal pre-arranged routine practice</i>	<i>KATA</i>
111	<i>Formal forms of throwing</i>	<i>NAGE NO KATA</i>
112	<i>Formal forms of grappling</i>	<i>KATAME NO KATA</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

Tsuru Komi Goshi

Harai Goshi
Okuri Ashi Harai

Uchi Mata
Ko Soto Gake
Tsuru Goshi
Yoko Otoshi
Ashi Guruma
Hane Goshi

Harai Tsuru Komi Ashi
Sumi Gaeshi
Sukui Nage

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. See Combination Worksheet

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 only for - 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

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

Tai Otoshi against Uchi Mata

Ushiro Goshi against Harai Goshi

O Uchi Gaeshi against O Uchi Gari

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) (JR over 12) Any standing choke

GRAPPLING

Hold-downs: 8 HOLD-DOWN SEQUENCE: Tori must smoothly move from hold-down to hold-down without breaking contact with Uki. in this sequence.

Kami-shiho Gatame

Kuzure Kami-shiho Gatame

Ushiro Kesa Gatame

Kuzure Yoko-shiho Gatame

Tate-shiho-Gatame

Kata-Gatame

Kesa Gatame

Yoko-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

Kata Juji Jime

Kataha Jime

Sankaku Jime

Koshi 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)
(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) 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
Uphill turn against Yoko Shiho Gatame
Press out against Kami Shiho Gatame
Legs-over shoot against Kata Gatame
Uphill turn with leg scoop against Tate Shiho Gatame (hand-in-the-pocket)

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