

## RANK ANSWER SHEET FOR JUDO

FOR: \_\_\_JR BROWN 2 \_\_\_ SENIOR IKKYU

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

19. Explain the use of the "golden score" in tournament play. When time runs out on a match and the scores of the contestants are even, then the match goes to "Golden Score". The clock is reset to match-time and the first contestant to achieve any score, wins. If time runs out again with no further score, then the winner is decided by majority opinion of the referee and the two corner judges.

## 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>
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	<b>Third Degree Brown Judo Rank</b>	<b>SANKYU</b>
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	<b>Second Degree Brown Judo Rank</b>	<b>NIKYU</b>
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>
113	Formal forms of gentleness	JU NO KATA
114	Instantaneous decision	KIME
115	<b>First Degree Brown Judo Rank</b>	<b>IKKYU</b>

**PART THREE: DEMONSTRATION OF TECHNIQUES.** Techniques marked with (SR) are for Seniors, (JR over 12) for Juniors over age of 12  
SR6-IKKYU

## **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  
Tomoe Nage  
Kata Guruma  
Soto Maki Komi

## **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 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)  
Any three throw combination (v. 2)  
Any throw to a sacrifice throw

### **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  
Tai Otoshi against Uchi Mata  
Ushiro Goshi against Harai Goshi  
O Uchi Gaeshi against O Uchi Gari  
Round-off to a hold-down against Tomoe Nage  
Uchi Mata Sukashi against Uchi Mata  
Utsuri Goshi against Hane Goshi  
Turn out against a standing forward throw

### **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  
(SR) Ude Gatame against short waist grip  
(SR) Waki Gatame against lapel grip

### **GRAPPLING**

**Hold-downs:** 9 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 Gatme  
Tate-shiho-Gatame  
Kata-Gatame  
Kesa Gatame  
Yoko-shiho Gatame  
Kuzure-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  
Sankaku Jime  
Koshi Jime

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

Juji Gatame  
Ude Garami (down variation)  
Ude Garami (up variation)  
Waki Gatame  
Ude hishagi ude 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**

SR6-IKKYU

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)  
Elbow grab to turnover to Kata 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)  
Your choice: freeing an entangled leg when Uke is in 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

## Combination Worksheet: Junior Orange 1 and above

NAME: \_\_\_\_\_

Combination techniques are color coded for the rank belt color: Italicized techniques are required for the Jr. 1<sup>st</sup> degree in that color belt. Required combinations are listed in Table A. Create and record what combinations you will be using for Tables B and C. You may not use the same combinations from Table A, though you may use the same throws. This worksheet must be presented to the Instructor at the time of your demonstration test.

<i>Junior YELLOW 1<sup>st</sup> /Junior YELLOW 2<sup>nd</sup> /Senior ROKYU</i>
<i>Junior ORANGE 1<sup>st</sup> /Junior ORANGE 2<sup>nd</sup> /Senior GOKYU</i>
<i>Junior GREEN 1<sup>st</sup> /Junior GREEN 2<sup>nd</sup> /Senior YONKYU</i>
<i>Junior BLUE 1<sup>st</sup> /Junior BLUE 2<sup>nd</sup> /Senior SANKYU</i>
<i>Junior PURPLE 1<sup>st</sup> /Junior PURPLE 2<sup>nd</sup> /Senior NIKYU</i>
<i>Junior BROWN 1<sup>st</sup> /Junior BROWN 2<sup>nd</sup> /Senior IKKYU</i>

**TABLE A**

<i>De Ashi Harai to Seoi Nage</i>
<i>De Ashi Harai to O Uchi Gari</i>
<i>O Uchi Gari to O Soto Gari</i>
<i>O Uchi Gari to any two-legged forward throw</i>
<i>O Uchi Gari to Uchi Mata (hooking style)</i>
<i>Sasae Tsuru Komi Ashi to O Soto Gari (opposite sides)</i>
<i>Hiza Guruma to Ashi Guruma (same side)</i>

**TABLE B**

<i>Any forward throw to rear throw</i>	
<i>Any rear throw to forward throw</i>	
<i>Any three throw combination (v.1)</i>	
<i>Any three throw combination (v. 2)</i>	
<i>Any throw to a sacrifice throw</i>	

**TABLE C**

<i>Any forward throw to your favorite throw</i>	
<i>Any rear throw to your favorite throw</i>	
<i>Your favorite throw to a forward throw</i>	
<i>Your favorite throw to a rear throw</i>	