

Junior Sixth Degree

1. What is the name of your Judo organization?
 - A) United States Judo Association
 - B) United States Judo Federation
 - C) International Judo Federation

2. Who founded Judo?
 - A) Nagaoka
 - B) Mifune
 - C) Jigoro Kano
 - D) Kotani

3. What is the name of the school he founded?
 - A) Epizoundes
 - B) Kodokan
 - C) Budokan
 - D) Shudokan

4. What is the date of the founding of Judo?
 - A) 1881
 - B) 1882
 - C) 1910
 - D) 1886

5. What are the two principles of Kodokan Judo as defined by Dr. Kano?
 - A) Maximum efficiency – Seiryoku Zenyo
 - B) Mutual benefit and welfare – Jita Kyohei
 - C) Win at any cost
 - D) Never admit defeat

6. How long have unarmed combat martial arts been practiced in Japan?
 - A) 600 to 1000 years
 - B) 500 to 800 years
 - C) 600 to 1500 years

7. What was unarmed combat called in Japan before Judo?

- A) Jujitsu
- B) Kungfu
- C) Karate
- D) Boxing

8. How many degrees are there currently in the USJA junior rank system?

- A) Five
- B) Six
- C) Eight
- D) Ten

9. List the five USJA junior belt colors in order by color (do not list white)

10. Name the Japanese equivalent of the three parts of a Judo throw.

- A) Balance: Kuzushi Tsukuri Anza Kake
- B) Entry: Kuzushi Tsukuri Anza Kake
- C) Execution: Kuzushi Tsukuri Anza Kake

11. Count to ten in Japanese. (Use list to the right)

1 _____	Hachi
2 _____	San
3 _____	Shi
4 _____	Ju
5 _____	Ichi
6 _____	Roku
7 _____	Go
8 _____	Ku
9 _____	Ni
10 _____	Shichi

12. Name the two divisions of sacrifice techniques in English and Japanese.

- A) Back falling sacrifice techniques:
Ma sutemi waza Yoko sutemi waza Kesa sutemi waza
- B) Side falling sacrifice techniques:
Ma sutemi waza Yoko sutemi waza Kesa sutemi waza

13. Name the three parts of unarmed combat in Japanese.

A) Throwing:

Katame waza Atemi waza Goshi waza Nage waza

B) Grappling:

Katame waza Atemi waza Goshi waza Nage waza

C) Striking:

Katame waza Atemi waza Goshi waza Nage waza

14. Fill in the English for the three divisions of mat techniques.

Osaekomi Waza _____

Shime Waza _____

Kansetsu Waza _____

15. What is Kata?

A) A dance

B) A throw

C) A hold down

D) A formal prearranged practice routine

16. How many Kata are there in Kodokan Judo?

A) 10

B) 12

C) 7

D) 9

17. Which Kata is considered most useful for learning throwing techniques?

18. Which Kata is considered most useful for learning grappling techniques?

19. What is the ultimate goal of Judo as defined by Dr. Kano

- A) To win at any cost
- B) To become a great Judo player
- C) The harmonious development and eventual perfection of human character

20. What are Kyu ranks in Judo?

- A) Student ranks below black belt
- B) Judo ranks for junior players
- C) Black belt ranks

21. Name the six kyu ranks and color of from highest to lowest rank
(do not list white)

Judo Vocabulary

Directions: Fill in the Japanese equivalent for the following English terms from the list to the right.

- | | |
|--|---------------|
| 1. Teacher _____ | a) Randori |
| 2. Sitting on knees _____ | b) Seiza |
| 3. Sitting crossed Legged _____ | c) Tori |
| 4. Attention! _____ | d) Uchi Komi |
| 5. Bow! _____ | e) Kiyotsuke! |
| 6. Falling methods or ways _____ | f) Uke |
| 7. Off Balance _____ | g) Ukemi |
| 8. Repetition attack practice without throwing,
done with a partner _____ | h) Hajime! |
| 9. Person Receiving technique _____ | i) Matte! |
| 10. Person performing technique _____ | j) Maitta! |
| 11. Begin _____ | k) Sensei |
| 12. Stop _____ | l) Anza |
| 13. I surrender _____ | m) Rei |
| 14. Free practice _____ | n) Kuzushi |
-
- | | |
|--|-----------------------|
| 15. Big or major _____ | a) Kesa-gatame |
| 16. Waist or hip _____ | b) Waza-ari! |
| 17. Major hip throw _____ | c) Kuzure-kesa-gatame |
| 18. Outside _____ | d) Koshi or Goshi |
| 19. Major outside reaping throw _____ | e) Dan |
| 20. One point! (referee's award) _____ | f) Soto |
| 21. Almost ippon! (1/2 point) _____ | g) Ippon! |
| 22. Scarf _____ | h) O |
| 23. Lock or hold _____ | i) Kesa |
| 24. Scarf Lock _____ | j) Gatame |
| 25. Modified _____ | k) Shodan |
| 26. Modified scarf lock _____ | l) Kuzure |
| 27. Black belt grade or rank _____ | m) O Goshi |
| 28. Beginning black belt _____ | n) O Soto Gari |

29. A full point by adding two waza-ari scores _____ a) Koshi Guruma
30. That is all! (Referee's call) _____ b) Gari
31. Don't move! (Referee's call) _____ c) Nidan
32. Continue! (Referee's call) _____ d) Ko
33. Note! (Referee's call for slight penalty) _____ e) Uchi
34. Reaping action done with the leg _____ f) Yoshi!
35. Little or minor _____ g) Sono mama!
36. Inside _____ h) Kouchi Gari
37. Minor inside reaping throw _____ i) Koshi Waza
38. Hip wheel throw _____ j) Sore made!
39. Waist or hip technique _____ k) Guruma
40. Wheel _____ l) Shido
41. Second degree black belt _____ m) Waza-ari Awasete Ippon
-

42. Shoulder hold _____ a) Yuko
43. Upper 4 corner hold _____ b) Osae-komi!
44. Variant upper 4 corner hold _____ c) Harai or Barai
45. Side 4 corner hold _____ d) Harai-goshi
46. Modified side 4 corner hold _____ e) Sandan
47. Straddling hold _____ f) Kata-gatame
48. Hold down! (referee's call) _____ h) Yoko Shiho-gatame
49. Hold down! (referee's call) _____ i) Kuzure Kami-Shiho-gatame
50. Sweeping action done with the leg _____ j) Toketa
51. Near waza-ari! (referee's award) _____ k) Sandan
52. Sweeping hip throw _____ l) Kata-gatame
53. Third Degree Black Belt _____
-

54. Technique _____ a) Nage Waza
55. Throw (noun) _____ b) Yodan
56. Throwing technique(s) _____ c) Katame Waza
57. Hand _____ d) Judogi
58. Hand technique(s) _____ e) Waza
59. Foot or leg _____ f) Te Waza
60. Foot technique(s) _____ g) Obi
61. Holding technique(s) _____ h) Sode
62. Grappling technique(s) _____ i) Ashi Waza
63. Loss by rule violation (referee's call) _____ j) Nage
64. Judo uniform _____ k) Te
65. Judo uniform sleeve _____ l) Osae-kome Waza
66. Judo uniform belt _____ m) Hansoku Make
67. Fourth Degree Black Belt _____ n) Ashi
-

- 68. Judo uniform lapel _____
- 69. Body _____
- 70. To drop _____
- 71. Body drop _____
- 72. Body drop throw _____
- 73. Choke _____
- 74. Choking techniques _____
- 75. Normal _____
- 76. Reverse _____
- 77. Cross _____
- 78. Joint locking techniques _____
- 79. Cross arm lock _____
- 80. Normal Cross Choke _____
- 81. Half Cross Choke _____
- 82. Fifth Degree Black Belt _____

- a) Godan
- b) Otoshi
- c) Eri
- d) Kata Juji-jime
- e) Nami Juji-jime
- f) Tai
- g) Nami
- h) Shime or Jime
- i) Shime Waza
- j) Kansetsu Waza
- k) Gyaku
- l) Juji
- m) Godan
- n) Juji gatame
- o) Tai Otoshi