

## Junior Seventh 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 Kyoei
  - 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)

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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)

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22. Name the ten black ranks in order

1: _____	6: _____
2: _____	7: _____
3: _____	8: _____
4: _____	9: _____
5: _____	10: _____

23. Name the three black belt ranks that are considered student ranks.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

24. What other colored belts are black belt holders entitled to wear in the USJA Senior Rank System?

1<sup>st</sup> Degree \_\_\_\_\_

2<sup>nd</sup> Degree \_\_\_\_\_

3<sup>rd</sup> Degree \_\_\_\_\_

4<sup>th</sup> Degree \_\_\_\_\_

5<sup>th</sup> Degree \_\_\_\_\_

6<sup>th</sup> Degree \_\_\_\_\_

7<sup>th</sup> Degree \_\_\_\_\_

8<sup>th</sup> Degree \_\_\_\_\_

9<sup>th</sup> Degree \_\_\_\_\_

10<sup>th</sup> Degree \_\_\_\_\_

## Judo Vocabulary

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

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|--|---------------|
| 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,<br>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    |
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- |  |                       |
|--|-----------------------|
| 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
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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 \_\_\_\_\_
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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
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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
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83. Reverse cross choke \_\_\_\_\_  
84. Knee \_\_\_\_\_  
85. Knee wheel throw \_\_\_\_\_  
86. Sacrifice \_\_\_\_\_  
87. Side or lateral \_\_\_\_\_  
88. Throwing techniques done by falling  
on one's back or side  
89. Side falling sacrifice throws  
90. Forms of gripping an opponent \_\_\_\_\_  
91. Four corners (as in pins) \_\_\_\_\_  
92. Locking of the side four corners \_\_\_\_\_  
93. Five stages of throwing techniques \_\_\_\_\_  
94. Newly certified throwing techniques \_\_\_\_\_  
95. Counter technique \_\_\_\_\_  
96. Sixth Degree Black Belt \_\_\_\_\_
- a) Shimmeisho noWaza  
b) Yoko Sutemi Waza  
c) Gokyo No Waza  
d) Gyaku Juji-jime  
e) Yoko  
f) Yoko Shiho Gatame  
g) Rokudan  
h) Kumi Kata  
i) Sutemi  
j) Hiza  
k) Hiza Guruma  
l) Sutemi Waza  
m) Shiho  
n) Kaeshi Waza
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