

## Senior 6th Class Rank (ROKYU)

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)

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## 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 \_\_\_\_\_
16. Waist or hip \_\_\_\_\_
17. Major hip throw \_\_\_\_\_
18. Outside \_\_\_\_\_
19. Major outside reaping throw \_\_\_\_\_
20. One point! (referee's award) \_\_\_\_\_
21. Almost ippon! (1/2 point) \_\_\_\_\_
22. Scarf \_\_\_\_\_
23. Lock or hold \_\_\_\_\_
24. Scarf Lock \_\_\_\_\_
25. Modified \_\_\_\_\_
26. Modified scarf lock \_\_\_\_\_
27. Black belt grade or rank \_\_\_\_\_
28. Beginning black belt \_\_\_\_\_
- a) Kesa-gatame
- b) Waza-ari!
- c) Kuzure-kesa-gatame
- d) Koshi or Goshi
- e) Dan
- f) Soto
- g) Ippon!
- h) O
- i) Kesa
- j) Gatame
- k) Shodan
- l) Kuzure
- m) O Goshi
- n) O Soto Gari
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