

Junior Tenth Degree

General Information

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)

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)

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?

1st Degree _____

2nd Degree _____

3rd Degree _____

4th Degree _____

5th Degree _____

6th Degree _____

7th Degree _____

8th Degree _____

9th Degree _____

10th Degree _____

25. Name three of the ten men who attained tenth degree black belt while they were still alive.

1. _____

2. _____

3. _____

26. List the English for the nine kata of Kodokan.

- | | |
|------------------------------------|--------------------------|
| 1. Nage No Kata | Forms of _____ |
| 2. Katame No Kata | Forms of _____ |
| 3. Ju No Kata | Forms of _____ |
| 4. Goshinjitsu No Kata | Forms of _____ |
| 5. Kime No Kata | Forms of _____ |
| 6. Joshi Goshinjo | Forms of _____ |
| 7. Itsutsu No Kata | Forms of _____ |
| 8. Koshiki No Kata | Forms of _____ |
| 9. Seiryoku-Zen-yo Kokuimin Taiiku | Maximum Efficiency _____ |

27. What year was Judo first introduced into the summer Olympic games?

- A) 1956
- B) 1964
- C) 1934
- D) 1944

28. Who were the four men on the first US Olympic Judo team?

29. Which American was the first to win an Olympic medal and what place did he win.

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,
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
-

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 broken! (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) Kuzure Yoko-Shiho -gatame
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
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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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97. Entry methods into matwork _____ a) Shichidan
98. Slide lapel choke _____ b) Garami
99. Naked choke _____ c) Fusegi
100. Single wing choke _____ d) Judoka
101. Rear, behind (as in throwing and pinning) _____ e) Hairi Kata
102. Tournament _____ f) Uki
103. Practice hall for Judo _____ g) Dojo
104. Judo practitioner or player _____ h) Kata Ha-jime
105. Arm _____ i) Ude
106. Entangle _____ j) Okuri Eri-jime
107. Escape (as from a pin) _____ k) Shiai
108. Side of the dojo or tournament mat where
high ranking black belts sit _____ l) Joseki
109. To float or floating _____ m) Ushiro
110. Seventh Degree Black Belt _____ n) Hadaka Jime
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111. Lift _____ a) Hachidan
112. Pull _____ b) Ura-nage
113. Lift pull hip throw _____ c) Tokui Waza
114. Reverse side, back _____ d) Zarei
115. Rear throw _____ e) Tsuru
116. Dashing action done with the leg _____ f) Uki Goshi
117. Kneeling bow _____ g) Kosoto Gake
118. Standing bow _____ h) Gake or Kake
119. Minor outside dashing throw _____ i) Komi
120. Both hands _____ j) Tsurikomi Goshi
121. Two hand reap _____ k) Ritsurei
122. Floating hip throw _____ l) Morote
123. Favorite technique _____ m) Ura
124. Eight Degree Black Belt _____ n) Morote Gari
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- 125. Pivoting or turning the body _____
- 126. Judo mats (straw Japanese) _____
- 127. Instantaneous promotion _____
- 128. Formal forms of throwing _____
- 129. Formal forms of holding _____
- 130. Shout to gather inner strength _____
- 131. Avoiding or evasive action _____
- 132. Martial arts _____
- 133. Way of the warrior _____
- 134. Alternate throwing practice,
done with a partner _____
- 135. Circle _____
- 136. Circle throw _____
- 137. Ninth Degree Black Belt _____
- 138. Tenth Degree Black Belt _____

- a) Judan
- b) Bushido
- c) Tai Sabaki
- d) Budo
- e) Sukashi
- f) Batsugun
- g) Katame No Kata
- h) Kiai
- i) Tomoe Nage
- j) Sute Geiko
- k) Tomoe
- l) Kudan
- m) Nage No Kata
- n) Tatami