

Junior Fifth 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)

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?

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
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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 broken! (referee's call) _____ i) Kuzure Kami-
 50. Sweeping action done with the leg _____ Shiho-gatame
 51. Near waza-ari! (referee's award) _____ j) Toketa
 52. Sweeping hip throw _____ k j) Kuzure Yoko-Shiho -gatame
 53. Third Degree Black Belt _____ l) Kata-gatame
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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