*** JUD0 TEST FOR GOKYU ***

NAME _____ TEST
last first middle SCORE _____%

CLUB REPRESENTED _____ # WRONG _____

******* FILL IN THE BLANKS *******

*** 1 point each ***

1) Who was the founder of Judo _____ _____ .
2) What year was Judo founded _____.
3) In what city and country was Judo founded_____ _____.
4) Translated the word Judo means _____ _____.
5) Name the three parts of a Judo throw and the meaning of each.

KUZUSHI - _____
TSUKURI - _____
KAKE - _____

**-- MATCHING --**

*** 1 point each ***

| | | |
|---|---|---|
| 1) SHIZEN HONTAI | _____ | A) holding methods |
| 2) JIGO HONTAI | _____ | B) turning movement |
| 3) SHINTAI | _____ | C) left natural posture |
| 4) KUMI KATA | _____ | D) right defensive posture |
| 5) TAI SABAKI | _____ | E) breakfall |
| 6) MIGI SHIZENTAI | _____ | F) kneeling bow |
| 7) KUZUSHI | _____ | G) positioning of body |
| 8) HIDARI JIGOTAI | _____ | H) right natural posture |
| 9) TSUKURI | _____ | I) normal movement |
| 10) TSUGI ASHI | _____ | J) movement |
| 11) AYUMI ASHI | _____ | K) defensive posture |
| 12) UKEMI | _____ | L) natural posture |
| 13) MIGI JIGOTAI | _____ | M) off balancing |
| 14) HIDARI SHIZENTAI | _____ | N) trailing foot |
| 15) ZA REI | _____ | 0) left defensive posture |

*** JUD0 TEST FOR GOKYU ***

**COMPLETE THE FOLLOWING**
***** 3 points each *****

## NAGE WAZA

**DAI IKKYO**

1. DE ASHI HARAI ( _____)

2. _____( knee wheel )

3. SASE TSURIKOMI ASHI ( _____)

4. _____ ( floating hip throw )

5. _____( major outer reap )

6. _____( major hip throw )

7. 0 UCHI GARI ( _____)

8. SEOI NAGE (_____)

**OSAE-KOMI WAZA**

1. _____ ( scarf hold )

2. KATA GATAME _____

3. _____( upper locking four corner hold )

4 YOKO SHIHO GATAME (._____)

**SHIME WAZA**

1. _____( normal cross choke )

2.GYAKU JUJI JIME ( _____ )

3._____( naked choke )

4.OKURI ERI JIME ( _____ )