*** JUD0 TEST FOR IKKYU ***

NAME _____ TEST
last first middle SCORE _____%

CLUB REPRESENTED _____ # WRONG _____

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

*** 1 point each ***

1) Who was the founder of Judo _____ _____ .
2) Judo was derived from the ancient art of _____.
3) What year was Judo founded _____.
4) In what city and country was Judo founded_____ _____.
5) "The school for studying the Way" is known as the
_____.
6) Translated the word Jujutsu means _____ _____.
7) Judo is more than an art of _____ and _____ it is a
way of life.
8) Judo has a basic principle which is used as a guide in and outside the Dojo. This principle is
_____ _____with _____for the_____
and _____ .
9) Name the two methods of training: Kata - prearranged forms and
_____- free practice.
10) Name the three parts of a Judo throw and the meaning of each.
_____ - _____
_____ - _____
_____ - _____

-- MATCHING --

*** 1 point each ***

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

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COMPLETE THE FOLLOWING
*** 1 point each ***

1) Mudansha Ranks are as follows:

ROKKYU, _____ , _____ , _____ , _____ , _____

2) Yudansha Ranks are as follows:
_____ , _____ , _____ , _____ , _____, ROKUDAN

SHICHIDAN , HACHIDAN **,** KUDAN, JUDAN

3) All Judoka are divided into three divisions:
SEINEN - (_____)

_____ - (16 to 13 years old)

_____ - (12 and under years old)

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 (_____)

DAI NIKYO
1.KO SOTO GARI (_____)
2. _____(minor inner reap)
3. KOSHI GURUMA (_____)
4. _____(lifting pulling hip throw)
5. _____(sliding foot sweep)
6. TAI OTOSHI (_____)
7. HARAI GOSHI (_____)
8. _____ (inner thigh throw)

DA I SANKYO
1. KO SOTO GAKE (_____)
2. _____(lifting hip throw)
3. _____(side drop)
4. ASHI GURUMA (_____)
5. _____ (springing hip throw)
6. HARAI TSURI KOMI ASHI (_____)
7. _____ (circle throw)
8. _____(shoulder wheel)

*** JUD0 TEST FOR IKKYU ***

DAI YONKYO

1. _____ (corner throw)
2._____(valley drop)
3. HANE MAKIKOMI (_____)
4. _____(scooping throw)
5. UTSURI GOSHI (_____)
6. 0 GURUMA (_____)
7. _____(outer winding throw)
8. UKI OTOSHI (_____)

DAI GOKYO

1. _____ (major outer wheel)
2. UKIWAZA (_____)
3. _____(side separation)
4._____(side wheel)
5. USHIRO GOSHI (_____)
6. _____ (rear throw)
7. SUMI OTOSHI (_____)
8. _____(side hooking drop)

OSAE-KOMI WAZA

1. _____ (scarf hold)
2. _____(pillow scarf hold)
3. USHIRO KESA GATAME (_____)
4.KUZURE KESA GATAME (_____)
5._____(shoulder hold)
6. _____(upper locking four corner hold)
7.KUZURE KAMI SHIHO GATAME (_____)
8._____(side locking four corner hold)

SHIME WAZA

1. _____(normal cross choke)
2.GYAKU JUJI JIME (_____)
3._____(half cross choke)
4._____(naked choke)
5.OKURI ERI JIME (_____)
6.KATA HA JIME (_____)
7._____(thrusting choke)
8._____(two hand choke)
9._____(sleeve wheel choke)
10._____(single hand choke)

KANSETSU WAZA

1._____(bent armlock)
2.UDE ZEMPAKU GATAME (_____)
3._____(cross armlock)
4._____(knee armlock)

*** JUD0 TEST FOR IKKYU ***

NAGE NO KATA

TE WAZA

1) _____
2) _____
3) _____

KOSHI WAZA

1) _____
2) HARAI GOSHI
3) TSURIKOMI GOSHI

ASHI WAZA

1) _____
2) _____
3) UCHI MATA

MA SUTEM I WAZA

1) _____
2) _____
3) SUMI GAESHI

YOKO SUTEMI WAZA

1) YOKO GAKE
2) _____
3) _____