

\*\*\* JUDO TEST FOR NIKYU \*\*\*

NAME \_\_\_\_\_ TEST SCORE \_\_\_\_\_ %  
last first middle

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 Judo means \_\_\_\_\_ .
- 7) Translated the word Jujutsu means \_\_\_\_\_ .
- 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: \_\_\_\_\_ - prearranged forms and Randori - free practice.  
Name the three parts of a Judo throw and the meaning of each.
- 10) \_\_\_\_\_ - off balancing
- 11) \_\_\_\_\_ - positioning of the body
- 12) \_\_\_\_\_ - execution of the throw

-- MATCHING --

\*\*\* 1/2 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          | _____ | O) stop                   |
| 16) IPPON         | _____ | P) kneeling bow           |
| 17) RITSU REI     | _____ | Q) full point             |
| 18) ZA REI        | _____ | R) judo cry or yell       |
| 19) TOKETA        | _____ | S) standing bow           |
| 20) KIAI          | _____ | T) hold broken            |

\*\*\* JUDO TEST FOR NIKYU \*\*\*

**COMPLETE THE FOLLOWING**

\*\*\* 1 point each \*\*\*

**Mudansha Ranks are as follows:**

ROKKYU, GOKYU, YONKYU, SANKYU, NIKYU, 1) \_\_\_\_\_

**Yudansha Ranks are as follows:**

2) \_\_\_\_\_, 3) \_\_\_\_\_, 4) \_\_\_\_\_, 5) \_\_\_\_\_, GODAN, ROKUDAN

SHICHIDAN, HACHIDAN, KUDAN, JUDAN

**6) All Judoka are divided into three divisions:**

\_\_\_\_\_ - ( 17 and over years old )

\_\_\_\_\_ - ( 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. O 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 )

**DAI 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 )

\*\*\* JUDO TEST FOR NIKYU \*\*\*

**DAI YONKYO**

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

**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. \_\_\_\_\_ ( 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 )

**NAGE NO KATA**

**TE WAZA**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**KOSHI WAZA**

- 1) \_\_\_\_\_
- 2) HARAI GOSHI
- 3) TSURIKOMI GOSHI

**ASHI WAZA**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) UCHI MATA