

*** JUDO TEST FOR SANKYU ***

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.
- 10) Name the three parts of a Judo throw and the meaning of each.
_____ - off balancing
_____ - positioning of the body
_____ - execution of the throw

-- 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 | _____ | 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 SANKYU ***

COMPLETE THE FOLLOWING

*** 1 point each ***

Mudansha Ranks are as follows:

ROKKYU, GOKYU, YONKYU, SANKYU, 1) _____, 2) _____

Yudansha Ranks are as follows:

3) _____, 4) _____, SANDAN, YODAN, GODAN, ROKUDAN

SHICHIDAN, HACHIDAN, KUDAN, JUDAN

5) All Judoka are divided into three divisions:

_____ - (17 and over years old)

_____ - (16 to 13 years old)

_____ - (12 and under years old)

NAGE WAZA

*** 2 points each ***

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)

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)

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*** 1 point each ***

OSAE-KOMI WAZA

1. _____ (scarf hold)
2. MAKURA KESA GATAME (_____)
3. _____ (shoulder hold)
4. _____ (upper locking four corner hold)
5. YOKO SHIHO GATAME (. _____)

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)

KANSETSU WAZA

1. _____ (bent armlock)
2. UDE ZEMPAKU GATAME (_____)

NAGE NO KATA

TE WAZA

- 1) _____
- 2) _____
- 3) _____

KOSHI WAZA

- 1) UKI GOSHI
- 2) HARAI GOSHI
- 3) TSURIKOMI GOSHI