*** JUD0 TEST FOR SH0DAN ***

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 Judo means _____ _____.
7) Judo is more than an art of attack and defense it is a
_____ of _____.
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
_____- free practice.
10) Name the three parts of a Judo throw and the meaning of each.
_____ - _____
_____ - _____
_____ - _____

-- MATCHING --

*** 1/2 point each ***

1) SHIZEN HONTAI	_____	A) holding methods
2) JIGO HONTAI	_____	B) turning movement
3) SHINTAI	_____	C) hand techniques
4) KUMI KATA	_____	D) 40 basic throws
5) TAI SABAKI	_____	E) breakfall
6) MIGI SHIZENTAI	_____	F) striking techniques
7) KUZUSHI	_____	G) positioning of body
8) HIDARI JIGOTAI	_____	H) grappling techniques
9) TSUKURI	_____	I) throwing techniques
10) SHIMMEISHO NO WAZA	_____	J) natural posture
11) TSUGI ASHI	_____	K) movement
12) AYUMI ASHI	_____	L) defensive posture
13) GOKYO NO WAZA	_____	M) breaking balance
14) UKEMI	_____	N) standing techniques
15) NAGE WAZA	_____	0) right natural posture
16) KATAME WAZA	_____	P) new throws post 1920
17) ATEMI WAZA	_____	Q) left defensive posture
18) TACHI WAZA	_____	R) hip techniques
19) TE WAZA	_____	S) trailing foot
20) KOSHI WAZA	_____	T) natural movement

*** JUD0 TEST FOR SH0DAN ***

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

1) Al I Judo techniques are divided into three categories:

_____WAZA (throwing techniques)

_____WAZA (grappling techniques)

ATEMI WAZA (_____)

2) Nage Waza is divided into the following:

TACHI WAZA (_____)

TE WAZA (_____)

_____(hip throws)

_____ _____(foot or leg throws)

3) _____**WAZA (sacrifice techniques)**

MA SUTEMI WAZA (_____)

_____ (side sacrifice)

4) Katame Waza is divided into the following:

OSAE-KOMI WAZA (_____)

_____ (strangling techniques)

KANSETSU WAZA (_____)

5) Atemi Waza is divided into the following:

UDE ATE (_____ strikes)

_____ATE (foot or leg strikes)

6) Mudansha Ranks are as follows:

ROKKYU, _____ , _____ , _____ , _____ , _____

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

SHICHIDAN , HACHIDAN **,** _____ , _____

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

_____ - (16 to 13 years old)

_____ - (12 and under years old)

*** JUD0 TEST FOR SH0DAN ***

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)

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)

*** JUD0 TEST FOR SH0DAN ***

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)
8._____(straight 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)

KANSETSU WAZA

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

MA SUTEM I WAZA

1) _____
2) _____
3) SUMI GAESHI

YOKO SUTEMI WAZA

1) YOKO GAKE
2) _____
3) _____