

*** JUDO TEST FOR YONKYU ***

NAME _____ TEST SCORE _____ %
last first middle

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 --
*** 1/2 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 | _____ | O) left defensive posture |

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

1) Mudansha Ranks are as follows:

ROKKYU, _____, _____, _____, NIKYU, IKKYU

2) Yudansha Ranks are as follows:

_____, NIDAN, SANDAN, YODAN, GODAN, ROKUDAN

SHICHIDAN, HACHIDAN, KUDAN, JUDAN

NAGE WAZA

***** 3 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)

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 (_____)
5. _____ (half cross choke)

KANSETSU WAZA

1. _____ (bent armlock)