

*** JUDO TEST FOR SHODAN ***

NAME _____ TEST SCORE _____ %
 last first middle

CLUB REPRESENTED _____ # WRONG _____

-- FILL IN THE BLANKS --

*** 1 point each ***

- 1) Who was the founder of Judo JIGORO KANO .
- 2) Judo was derived from the ancient art of JUJUTSU .
- 3) What year was Judo founded 1882 .
- 4) In what city and country was Judo founded TOKYO, JAPAN .
- 5) "The school for studying the Way" is known as the KODOKAN .
- 6) Translated the word Judo means GENTLE WAY .
- 7) Judo is more than an art of attack and defense 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 MAXIMUM EFFICIENCY with MINIMUM EFFORT for the MUTUAL WELFARE and BENEAT .
- 9) Name the two methods of training: KATA - prearranged forms and RANDORI - free practice.
- 10) Name the three parts of a Judo throw and the meaning of each.

<u>KUZUSHI</u>	-	<u>OFF BALANCING</u>
<u>TSUKURI</u>	-	<u>BODY POSITION</u>
<u>KAKE</u>	-	<u>EXECUTION OF THROW</u>

-- MATCHING --

*** 1/2 point each ***

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|--|--|--|
| <ol style="list-style-type: none"> 1) SHIZEN HONTAI 2) JIGO HONTAI 3) SHINTAI 4) KUMI KATA 5) TAI SABAKI 6) MIGI SHIZENTAI 7) KUZUSHI 8) HIDARI JIGOTAI 9) TSUKURI 10) SHIMMEISHO NO WAZA 11) TSUGI ASHI 12) AYUMI ASHI 13) GOKYO NO WAZA 14) UKEMI 15) NAGE WAZA 16) KATAME WAZA 17) ATEMI WAZA 18) TACHI WAZA 19) TE WAZA 20) KOSHI WAZA | <u>J</u>
<u>L</u>
<u>K</u>
<u>A</u>
<u>B</u>
<u>O</u>
<u>M</u>
<u>Q</u>
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<u>D</u>
<u>F</u>
<u>H</u>
<u>I</u>
<u>F</u>
<u>N</u>
<u>R</u> | <ol style="list-style-type: none"> A) holding methods B) turning movement C) hand techniques D) 40 basic throws E) breakfall F) striking techniques G) positioning of body H) grappling techniques I) throwing techniques J) natural posture K) movement L) defensive posture M) breaking balance N) standing techniques O) right natural posture P) new throws post 1920 Q) left defensive posture R) hip techniques S) trailing foot T) natural movement |
|--|--|--|

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

1) All Judo techniques are divided into three categories:

NAGE WAZA (throwing techniques)
KATAME WAZA (grappling techniques)
ATEMI WAZA (STRIKING TECHNIQUES)

2) Nage Waza is divided into the following:

TACHI WAZA (STANDING TECHNIQUES)
TE WAZA (HAND TECHNIQUES)
KOSHI WAZA (hip throws)
ASHI WAZA (foot or leg throws)

3) SUTEMI WAZA (sacrifice techniques)
MA SUTEMI WAZA (BACK SACRIFICE)
YOKO SUTEMI WAZA (side sacrifice)

4) Katame Waza is divided into the following:

OSAE-KOMI WAZA (HOLD-DOWN TECHNIQUES)
SHIME WAZA (strangling techniques)
KANSETSU WAZA (JOINT LOCKING TECHNIQUES)

5) Atemi Waza is divided into the following:

UDE ATE (ARM strikes)
ASHI ATE (foot or leg strikes)

6) Mudansha Ranks are as follows:

ROKKYU, GOKYU, YONKYU, SANKYU, NIKYU, IKKYU

7) Yudansha Ranks are as follows:

SHODAN, NIDAN, SANDAN, YODAN, GO DAN, ROKUDAN
SICHI DAN, HACHIDAN, KUDAN, JUDAN

8) All Judoka are divided into three divisions:

SEINEN (OVER 16 YEARS) SHONEN (16 to 13 years old)
YONEN (12 and under years old)

NAGE WAZA

DAI IKKYO

1. DE ASHI HARAI (ADVANCED FOOT SWEEP)
2. HIZA GURUMA (knee wheel)
3. SASE TSURIKOMI ASHI (LIFTING, PULLING, PROPPING ANKLE THROW)
4. UKI GOSHI (floating hip throw)
5. O SOTO GARI (major outer reap)
6. O GOSHI (major hip throw)
7. O UCHI GARI (MAJOR INNER REAP)
8. SEOI NAGE (SHOULDER THROW)

DAI NIKYO

1. KO SOTO GARI (MINOR OUTER REAP)
2. KO UCHI GARI (minor inner reap)
3. KOSHI GURUMA (HIP WHEEL)
4. TSURIKOMI GOSHI (lifting pulling hip throw)
5. OKURI ASHI HARAI (sliding foot sweep)
6. TAI OTOSHI (BODY DROP)
7. HARAI GOSHI (SWEEPING HIP)
8. UCHI MATA (inner thigh throw)

DAI SANKYO

1. KO SOTO GAKE (MINOR OUTER HOOK)
2. TSURI GOSHI (lifting hip throw)
3. YOKO OTOSHI (side drop)
4. ASHI GURUMA (LEG WHEEL)
5. HANE GOSHI (springing hip throw)
6. HARAI TSURIKOMI ASHI (LIFTING, PULLING FOOT SWEEP)
7. TONOE NAGE (circle throw)
8. KATA GURUMA (shoulder wheel)

DAI YONKYO

1. SUMI GAESHI (corner throw)
2. TANI OTOSHI (valley drop)
3. HANE MAKIKOMI (SPRINGING WINDING THROW)
4. SUKUI NAGE (scooping throw)
5. UTSURI GOSHI (CHANGING HIP THROW)
6. O GURUMA (MAJOR WHEEL)
7. SOTO MAKIKOMI (outer winding throw)
8. UKI OTOSHI (FLOATING DROP)

DAI GOKYO

1. O SOTO GURUMA (major outer wheel)
2. UKI WAZA (FLOATING THROW)
3. YOKO WAKABE (side separation)
4. YOKO GURUMA (side wheel)
5. USHIRO GOSHI (BACKWARD HIP THROW)
6. URA NAGE (rear throw)
7. SUMI OTOSHI (CORNER DROP)
8. YOKO GAKE (side hooking drop)

OSAE-KOMI WAZA

1. KESA GATAME (scarf hold)
2. MAKURA KESA GATAME (pillow scarf hold)
3. USHIRO KESA GATAME (BACKWARD SCARF HOLD)
4. KUZURE KESA GATAME (BROKEN SCARF HOLD)
5. KATA GATAME (shoulder hold)
6. KAMI SHIHG GATAME (upper locking four corner hold)
7. YOKO SHIHG GATAME (side locking four corner hold)
8. IATE SHIHG GATAME (straight locking four corner hold)

SHIME WAZA

1. UAMI JUJI JIME (normal cross choke)
2. GYAKU JUJI JIME (REVERSE CROSS CHOKER)
3. KATA JUJI JIME (half cross choke)
4. HADAKA JIME (naked choke)
5. OKURI ERI JIME (SLIDING LABEL CHOKER)
6. KATA HA JIME (SINGLE WING CHOKER)
7. TSUKKOMI JIME (thrusting choke)
8. RYOTE JIME (two hand choke)
9. SODE GURUMA JIME (sleeve wheel choke)

KANSETSU WAZA

1. UDE GARAMI (bent armlock)
2. UDE ZEMPAKU GATAME (STRAIGHT FOREARM ARMLOCK)
3. UDE JUJI GATAME (cross armlock)
4. UDE HIZA GATAME (knee armlock)
5. UDE WAKI GATAME (armpit armlock)

NAGE NO KATA

TE WAZA

- 1) UKI GOSHI
- 2) SEOI NAGE
- 3) KATA GURUMA

KOSHI WAZA

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

ASHI WAZA

- 1) OKURI ASHI HARAI
- 2) SASETSURIKOMI ASHI
- 3) UCHI MATA

MA SUTEMI WAZA

- 1) TOMOE NAGE
- 2) URA NAGE
- 3) SUMI GAESHI

YOKO SUTEMI WAZA

- 1) YOKO GAKE
- 2) YOKO GURUMA
- 3) UKI WAZA