

Junior Second Degree

1. What is the name of your Judo organization?
 - A) United States Judo Association
 - B) United States Judo Federation
 - C) International Judo Federation

2. Who founded Judo?
 - A) Nagaoka
 - B) Mifune
 - C) Jigoro Kano
 - D) Kotani

3. What is the name of the school he founded?
 - A) Epizoundes
 - B) Kodokan
 - C) Budokan
 - D) Shudokan

4. What is the date of the founding of Judo?
 - A) 1881
 - B) 1882
 - C) 1910
 - D) 1886

5. What are the two principles of Kodokan Judo as defined by Dr. Kano?
 - A) Maximum efficiency – Seiryoku Zenyo
 - B) Mutual benefit and welfare – Jita Kyoei
 - C) Win at any cost
 - D) Never admit defeat

6. How Long have unarmed combat martial arts been practiced in Japan?
 - A) 600 to 1000 years
 - B) 500 to 800 years
 - C) 600 to 1500 years

7. What was unarmed combat called in Japan before Judo?
- A) Jujitsu
 - B) Kungfu
 - C) Karate
 - D) Boxing
8. How many degrees are there currently in the USJA junior rank system?
- A) Five
 - B) Six
 - C) Eight
 - D) Ten
9. List the five USJA junior belt colors in order by color (do not list white)

Judo Vocabulary

Directions: Fill in the Japanese equivalent for the following English terms from the list to the right.

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| 1. Teacher _____ | a) Randori |
| 2. Sitting on knees _____ | b) Seiza |
| 3. Sitting crossed Legged _____ | c) Tori |
| 4. Attention! _____ | d) Uchi Komi |
| 5. Bow! _____ | e) Kiyotsuke! |
| 6. Falling methods or ways _____ | f) Uke |
| 7. Off Balance _____ | g) Ukemi |
| 8. Repetition attack practice without throwing,
done with a partner _____ | h) Hajime! |
| 9. Person Receiving technique _____ | i) Matte! |
| 10. Person performing technique _____ | j) Maitta! |
| 11. Begin _____ | k) Sensei |
| 12. Stop _____ | l) Anza |
| 13. I surrender _____ | m) Rei |
| 14. Free practice _____ | n) Kuzushi |
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15. Big or major _____
16. Waist or hip _____
17. Major hip throw _____
18. Outside _____
19. Major outside reaping throw _____
20. One point! (referee's award) _____
21. Almost ippon! (1/2 point) _____
22. Scarf _____
23. Lock or hold _____
24. Scarf Lock _____
25. Modified _____
26. Modified scarf lock _____
27. Black belt grade or rank _____
28. Beginning black belt _____
- a) Kesa-gatame
- b) Waza-ari!
- c) Kuzure-kesa-gatame
- d) Koshi or Goshi
- e) Dan
- f) Soto
- g) Ippon!
- h) O
- i) Kesa
- j) Gatame
- k) Shodan
- l) Kuzure
- m) O Goshi
- n) O Soto Gari
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