

Junior Third 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 Kyoiei
 - 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)

10. Name the Japanese equivalent of the three parts of a Judo throw.

- A) Balance: Kuzushi Tsukuri Anza Kake
- B) Entry: Kuzushi Tsukuri Anza Kake
- C) Execution: Kuzushi Tsukuri Anza Kake

11. Count to ten in Japanese. (Use list to the right)

1 _____	Hachi
2 _____	San
3 _____	Shi
4 _____	Ju
5 _____	Ichi
6 _____	Roku
7 _____	Go
8 _____	Ku
9 _____	Ni
10 _____	Shichi

12. Name the two divisions of sacrifice techniques in English and Japanese.

- A) Back falling sacrifice techniques:
Ma sutemi waza Yoko sutemi waza Kesa sutemi waza
- B) Side falling sacrifice techniques:
Ma sutemi waza Yoko sutemi waza Kesa sutemi waza

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 _____ | a) Kesa-gatame |
| 16. Waist or hip _____ | b) Waza-ari! |
| 17. Major hip throw _____ | c) Kuzure-kesa-gatame |
| 18. Outside _____ | d) Koshi or Goshi |
| 19. Major outside reaping throw _____ | e) Dan |
| 20. One point! (referee's award) _____ | f) Soto |
| 21. Almost ippon! (1/2 point) _____ | g) Ippon! |
| 22. Scarf _____ | h) O |
| 23. Lock or hold _____ | i) Kesa |
| 24. Scarf Lock _____ | j) Gatame |
| 25. Modified _____ | k) Shodan |
| 26. Modified scarf lock _____ | l) Kuzure |
| 27. Black belt grade or rank _____ | m) O Goshi |
| 28. Beginning black belt _____ | n) O Soto Gari |

29. A full point by adding two waza-ari scores _____ a) Koshi Guruma
30. That is all! (Referee's call) _____ b) Gari
31. Don't move! (Referee's call) _____ c) Nidan
32. Continue! (Referee's call) _____ d) Ko
33. Note! (Referee's call for slight penalty) _____ e) Uchi
34. Reaping action done with the leg _____ f) Yoshi!
35. Little or minor _____ g) Sono mama!
36. Inside _____ h) Kouchi Gari
37. Minor inside reaping throw _____ i) Koshi Waza
38. Hip wheel throw _____ j) Sore made!
39. Waist or hip technique _____ k) Guruma
40. Wheel _____ l) Shido
41. Second degree black belt _____ m) Waza-ari Awasete Ippon
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