

Senior 3rd Class Rank (SANKYU)

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)

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

13. Name the three parts of unarmed combat in Japanese.

A) Throwing:

Katame waza Atemi waza Goshi waza Nage waza

B) Grappling:

Katame waza Atemi waza Goshi waza Nage waza

C) Striking:

Katame waza Atemi waza Goshi waza Nage waza

14. Fill in the English for the three divisions of mat techniques.

Osaekomi Waza _____

Shime Waza _____

Kansetsu Waza _____

15. What is Kata?

A) A dance

B) A throw

C) A hold down

D) A formal prearranged practice routine

16. How many Kata are there in Kodokan Judo?

A) 10

B) 12

C) 7

D) 9

17. Which Kata is considered most useful for learning throwing techniques?

18. Which Kata is considered most useful for learning grappling techniques?

19. What is the ultimate goal of Judo as defined by Dr. Kano

- A) To win at any cost
- B) To become a great Judo player
- C) The harmonious development and eventual perfection of human character

20. What are Kyu ranks in Judo?

- A) Student ranks below black belt
- B) Judo ranks for junior players
- C) Black belt ranks

21. Name the six kyu ranks and color of from highest to lowest rank (do not list white)

22. Name the ten black ranks in order

1: _____	6: _____
2: _____	7: _____
3: _____	8: _____
4: _____	9: _____
5: _____	10: _____

23. Name the three black belt ranks that are considered student ranks.

1) _____

2) _____

3) _____

24. What other colored belts are black belt holders entitled to wear in the USJA Senior Rank System?

1st Degree _____

2nd Degree _____

3rd Degree _____

4th Degree _____

5th Degree _____

6th Degree _____

7th Degree _____

8th Degree _____

9th Degree _____

10th Degree _____

25. Name three of the ten men who attained tenth degree black belt while they were still alive.

1. _____

2. _____

3. _____

Judo Vocabulary

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

- | | |
|--|---------------|
| 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) _____
31. Don't move! (Referee's call) _____
32. Continue! (Referee's call) _____
33. Note! (Referee's call for slight penalty) _____
34. Reaping action done with the leg _____
35. Little or minor _____
36. Inside _____
37. Minor inside reaping throw _____
38. Hip wheel throw _____
39. Waist or hip technique _____
40. Wheel _____
41. Second degree black belt _____
- b) Gari
c) Nidan
d) Ko
e) Uchi
f) Yoshi!
g) Sono mama!
h) Kouchi Gari
i) Koshi Waza
j) Sore made!
k) Guruma
l) Shido
m) Waza-ari Awasete Ippon
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42. Shoulder hold _____
43. Upper 4 corner hold _____
44. Variant upper 4 corner hold _____
45. Side 4 corner hold _____
46 Modified side 4 corner hold _____
47. Straddling hold _____
48. Hold down! (referee's call) _____
49. Hold down! (referee's call) _____
50. Sweeping action done with the leg _____
51. Near waza-ari! (referee's award) _____
52. Sweeping hip throw _____
53. Third Degree Black Belt _____
- a) Yuko
b) Osae-komi!
c) Harai or Barai
d) Harai-goshi
e) Sandan
f) Kata- gatame
h) Yoko Shiho-gatame
i) Kuzure Kami-
Shiho-gatame
j) Toketa
k) Sandan
l) Kata-gatame
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54. Technique _____
55. Throw (noun) _____
56. Throwing technique(s) _____
57. Hand _____
58. Hand technique(s) _____
59. Foot or leg _____
60. Foot technique(s) _____
61. Holding technique(s) _____
62. Grappling technique(s) _____
63. Loss by rule violation (referee's call) _____
64. Judo uniform _____
65. Judo uniform sleeve _____
66. Judo uniform belt _____
67. Fourth Degree Black Belt _____
- a) Nage Waza
b) Yodan
c) Katame Waza
d) Judogi
e) Waza
f) Te Waza
g) Obi
h) Sode
i) Ashi Waza
j) Nage
k) Te
l) Osae-kome Waza
m) Hansoku Make
n) Ashi
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68. Judo uniform lapel _____
69. Body _____
70. To drop _____
71. Body drop _____
72. Body drop throw _____
73. Choke _____
74. Choking techniques _____
75. Normal _____
76. Reverse _____
77. Cross _____
78. Joint locking techniques _____
79. Cross arm lock _____
80. Normal Cross Choke _____
81. Half Cross Choke _____
82. Fifth Degree Black Belt _____
- a) Godan
b) Otoshi
c) Eri
d) Kata Juji-jime
e) Nami Juji-jime
f) Tai
g) Nami
h) Shime or Jime
i) Shime Waza
j) Kansetsu Waza
k) Gyaku
l) Juji
m) Godan
n) Juji gatame
o) Tai Otoshi
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83. Reverse cross choke _____
84. Knee _____
85. Knee wheel throw _____
86. Sacrifice _____
87. Side or lateral _____
88. Throwing techniques done by falling
on one's back or side
89. Side falling sacrifice throws
90. Forms of gripping an opponent _____
91. Four corners (as in pins) _____
92. Locking of the side four corners _____
93. Five stages of throwing techniques _____
94. Newly certified throwing techniques _____
95. Counter technique _____
96. Sixth Degree Black Belt _____
- a) Shimmeisho noWaza
b) Yoko Sutemi Waza
c) Gokyo No Waza
d) Gyaku Juji-jime
e) Yoko
f) Yoko Shiho Gatame
g) Rokudan
h) Kumi Kata
i) Sutemi
j) Hiza
k) Hiza Guruma
l) Sutemi Waza
m) Shiho
n) Kaeshi Waza
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97. Entry methods into matwork _____
98. Slide lapel choke _____
99. Naked choke _____
100. Single wing choke _____
101. Rear, behind (as in throwing and pinning) _____
102. Tournament _____
103. Practice hall for Judo _____
104. Judo practitioner or player _____
105. Arm _____
106. Entangle _____
107. Escape (as from a pin) _____
108. Side of the dojo or tournament mat where
high ranking black belts sit _____
109. To float or floating _____
110. Seventh Degree Black Belt _____
- a) Shichidan
b) Garami
c) Fusegi
d) Judoka
e) Hairi Kata
f) Uki
g) Dojo
h) Kata Ha-jime
i) Ude
j) Okuri Eri-jime
k) Shiai
l) Joseki
m) Ushiro
n) Hadaka Jime
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