

Kettering Rec Center Judo Club WRITTEN EXAMINATION – Judo Promotion

YELLOW

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| 1. Attention _____ <i>Kiyotsuke</i> _____ | 2. Bow _____ <i>Rei</i> _____ |
| 3. Begin _____ <i>Hajime</i> _____ | 4. Stop _____ <i>Matte</i> _____ |
| 5. Big (Major) _____ <i>O</i> _____ | 6. Teacher _____ <i>Sensei</i> _____ |
| 7. Hip (Waist) _____ <i>Goshi</i> _____ | 8. Outside _____ <i>Soto</i> _____ |
| 9. Reap _____ <i>Gari</i> _____ | 10. Lock (Hold) _____ <i>Gatame</i> _____ |
| 11. Founder of Judo _____ <i>Dr. Jigoro Kano</i> _____ | 12. Year Judo Was Founded _____ <i>1882</i> _____ |

YELLOW WITH STRIPE

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| 13. Attacker _____ <i>Tori</i> _____ | 14. Defender _____ <i>Uke</i> _____ |
| 15. Falling Ways _____ <i>Ukemi</i> _____ | 16. Free Practice _____ <i>Randori</i> _____ |
| 17. Form Practice _____ <i>Kata</i> _____ | 18. Repetitive Attacks _____ <i>Uchi Komi</i> _____ |
| 19. Scarf _____ <i>Kesa</i> _____ | 20. Shoulder _____ <i>Seio</i> _____ |
| 21. Throw _____ <i>Nage</i> _____ | 22. Inside _____ <i>Uchi</i> _____ |
| 23. First School of Judo _____ <i>Kodokan</i> _____ | 24. Location of 1 st School _____ <i>Tokyo, Japan</i> _____ |

ORANGE

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| 25. Sitting on Knees _____ <i>Seiza</i> _____ | 26. Almost ½ Point _____ <i>Yuko</i> _____ |
| 27. Half Point _____ <i>Waza-ari</i> _____ | 28. Full Point _____ <i>Ippon</i> _____ |
| 29. Body _____ <i>Tai</i> _____ | 30. Drop _____ <i>Otoshi</i> _____ |
| 31. Sitting Cross Legged _____ <i>Anza</i> _____ | 32. Little (Minor) _____ <i>Ko</i> _____ |
| 33. Basic Natural Posture _____ <i>Shizen Hon Tai</i> _____ | 34. Basic Defensive Posture _____ <i>Jigo Hon Tai</i> _____ |
| 35. Unarmed Arts Before Judo _____ <i>Ju Jitsu</i> _____ | 36. These arts been practiced for? _____ <i>600-1,000 years</i> _____ |

ORANGE WITH STRIPE

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| 37. Note! (smallest penalty) _____ <i>Shido</i> _____ | 38. Right _____ <i>Migi</i> _____ |
| 39. Left _____ <i>Hidari</i> _____ | 40. Disqualification _____ <i>Hansoku Make</i> _____ |
| 41. Knee _____ <i>Hiza</i> _____ | 42. Wheel _____ <i>Guruma</i> _____ |
| 43. Sweep _____ <i>Harai</i> _____ | 44. Side _____ <i>Yoko</i> _____ |
| 45. Hand _____ <i>Te</i> _____ | 46. Technique _____ <i>Waza</i> _____ |
| 47. Ultimate Goal of Judo _____ <i>The harmonious development and eventual perfection of human character</i> _____ | |

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48. 2 Principles of Judo: 1) _____ *Maximum Efficiency* _____ 2) _____ *Mutual Welfare and Benefit* _____

GREEN

49. Hold down ____ *Osae Komi* _____ 50. Broken (Ref. call) ____ *Toketa* _____
51. Smothering Hold ____ *Kami Shiho Gatame* ____ 52. Choking Techniques ____ *Shime Waza* _____
53. "Don't Move!" ____ *Sono Mama!* _____ 54. To Send or Slide ____ *Okuri* _____
55. Foot ____ *Ashi* _____ 56. Spring ____ *Hane* _____
57. Modified ____ *Kuzure* _____ 58. "That is all!" ____ *Sore Made!* _____
59. Hold down time for IPPON ____ *20 seconds* ____ 60. 3 Parts of a Throw 1) *Kuzushi* 2) *Tsukuri* 3) *Kake*

GREEN WITH STRIPE

61. 2 Half Points Add to Full Point ____ *Waza-ari awasete Ippon* ____ 62. Blue ____ *Ao* _____
63. Straddling Hold ____ *Tate Shiho Gatame* ____ 64. White ____ *Shiro* _____
65. Circle ____ *Tomoe* _____ 66. Lower Prop ____ *Sasae* _____
67. Lifting ____ *Tsuri* _____ 68. Pulling ____ *Komi* _____
69. Continue ____ *Yoshi* _____ 70. Lapel ____ *Eri* _____
71. World Body for Judo ____ *International Judo Federation* ____ 72. NGB in USA ____ *USA Judo* _____

BLUE

73. Reverse ____ *Gyaku* _____ 74. Cross ____ *Juji* _____
75. Thigh ____ *Mata* _____ 76. Rear Scarf Lock ____ *Ushiro Kesa Gatame* _____
77. To Dash ____ *Gake* _____ 78. "I surrender" ____ *Maitta* _____
79. Bare Arm Choke ____ *Hadaka Jime* _____ 80. Neck ____ *Kubi* _____
81. Arm Lock Techniques ____ *Kansetsu Waza* ____ 82. Two Handed ____ *Morote* _____
83. Referee ____ *Shimpan* _____ 84. Scoop Up ____ *Sukui* _____

BLUE WITH STRIPE

85. To Float ____ *Uki* _____ 86. Normal ____ *Nami* _____
87. Advanced (as in foot sweep) ____ *De* ____ 88. Bent Arm Lock ____ *Ude Garami* _____
89. Normal Arm Lock ____ *Ude Gatame* ____ 90. Outside area ____ *Jogai* _____
91. Forms of Gripping ____ *Kumi Kata* _____ 92. Standing Techniques ____ *Tachi Waza* _____
93. Striking Techniques ____ *Atemi Waza* ____ 94. Sleeves ____ *Sode* _____
95. Follow Foot Walking ____ *Tsugi Ashi* ____ 96. Normal Foot Walking ____ *Ayumi Ashi* _____

PURPLE

97. Winding, Pulling Action ___*Makikomi*___
99. Win by Default ___*Fusen Gachi*___
101. Degrees (Black Belt) ___*Dan*___
103. Principle of Gentleness ___*Ju*___
105. Head ___*Atama*___
107. Shout for Inner Strength ___*Kiai*___
98. Belt Ranks Below Black Belt ___*Kyu Grades*___
100. Joint Locks ___*Kansetsu Waza*___
102. Belt ___*Obi*___
104. Internal Force ___*Ki*___
106. Japanese Straw Judo Mats ___*Tatami*___
108. 1st US Olympic Judo Medal ___*Jim Bregman (Bronze)*___

PURPLE WITH STRIPE

109. Year & Place of 1st Medal ___*1964 Tokyo, Japan*___
111. Win by Withdrawal ___*Kiken Gachi*___
113. Contest ___*Shiai*___
115. Formal Demo Throws ___*Nage No Kata*___
117. Formal Demo Gentleness ___*Ju No Kata*___
119. Judo Practice Hall ___*Dojo*___
110. Side Separation ___*Yoko Wakare*___
112. 5 Stages of Techniques ___*Goku No Waza*___
114. Chest ___*Mune*___
116. Formal Demo Mat work ___*Katame No Kata*___
118. Swallow Flight Counter ___*Tsubami Gaeshi*___
120. 1st Woman World Champ ___*Ann Marie Burns*___

BROWN

121. Elbow ___*Hiji*___
123. 1st Male US World Champ ___*Mike Swain*___
125. Changing Hip Throw ___*Utsuri Goshi*___
127. Holds Rank Below Black Belt ___*Mudansha*___
129. Sacrifice Techniques ___*Sutemi Waza*___
131. Instantaneous Promotion ___*Batsugan*___
122. Valley ___*Tani*___
124. Rear ___*Ura*___
126. Holder of Black Belt Rank ___*Yudansha*___
128. 1st US Olympic Gold Medal (Judo) ___*Kayla Harrison*___
130. Favorite Technique ___*Tokui Waza*___
132. Combination Techniques ___*Renzoku-waza*___