

ATJA Judo Program

Judo Knowledge and Vocabulary Exam



Name: _____ Current Rank: _____ Date: _____

All must answer the following for both the Knowledge section and the Vocabulary section on a separate answer sheet. Answer in order until directed to stop for the level being tested for is reached. Make sure you type your name clearly on the answer sheet.

Knowledge questions.

All Start Here:

1. Who was the founder of Judo?
2. What is the name of the school he founded?
3. What is the date of the founding of Judo?
4. What was unarmed combat called in Japan before Judo?
5. How long have unarmed combat martial arts been practiced in Japan?
6. What is the name of your Judo club?

JR01 Stop Here

7. Name the three parts of a Judo throw in English, and Japanese.
8. Name the three parts of unarmed combat in English and Japanese.

JR02 and 6K Stop Here

9. Name the two divisions of throwing techniques in English and Japanese.

JR03 Stop Here

10. Name the three divisions of standing throwing techniques in English and Japanese.
11. Name the two divisions of sacrifice techniques in English and Japanese.

JR04 and 5K Stop Here

12. Name the three divisions of mat techniques in English and Japanese.
13. Name three of the six men who attained the rank of 10th Degree Black Belt.

JR05 Stop Here

14. What are the two principles of Kodokan Judo as defined

by Dr. Kano?

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

All Stop Here for knowledge portion of exam

Vocabulary Questions (write the Japanese word for the following):

1. Knee
2. Hip or waist
3. Hand
4. Foot
5. Big or major
6. Little or minor
7. Lock or hold
8. Falling methods or ways
9. Wheel
10. Begin!
11. Stop!
12. Hold-down! (Referee's call)
13. Hold-down broken! (Referee's call)
14. Don't move! (Referee's call)
15. Continue! (Referee's call in the case of two contestants who have been frozen by the ref. with the command "Don't move!")
16. Knee Wheel throw
17. Major Hip throw
18. Scarf Hold

JR01 Stop Here

ATJA Judo Program

Judo Knowledge and Vocabulary Exam

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| 19. Shoulder | 46. Almost one-half point! (Referee's call) |
| 20. Side | 47. Slight superiority! (Referee's call) |
| 21. Throw | 48. Normal walking |
| 22. Reap | 49. Sliding foot walking |
| 23. Corners (as in hold-downs) | 50. Sitting on the knees |
| 24. Inside | 51. Sitting cross-legged |
| 25. Outside | 52. Advanced Foot Sweep throw |
| 26. Fundamental or basic | 53. Major Inside Reaping throw |
| 27. Natural | 54. Upper Corners Hold |
| 28. Defensive | <u>JR03 Stop Here</u> |
| 29. Time is up! (ref.'s call) . | 55. To float |
| 30. I surrender! | 56. Lower prop |
| 31. Fundamental natural posture | 57. Lift |
| 32. Fundamental defensive posture | 58. Pull |
| 33. Shoulder throw | 59. Defense (to an attack) |
| 34. Major Outside Reaping throw | 60. Escape (from a hold-down) |
| 35. Side Hold | 61. Modified (as in hold-downs) |
| 36. Sixth class (kyu) Judo rank | 62. Right |
| <u>JR02 and 6K Stop Here</u> | 63. Left |
| 37. Sweep | 64. Back falls |
| 38. Forms of off balancing | 65. Forward falls |
| 39. Forms of gripping one's opponent | 66. Decision! (ref.'s call for judge's decision) |
| 40. Note! (Slight penalty given by referee) | 67. Win by decision! (Referee's call 1) |
| 41. Caution! (Moderate penalty given by referee) | 68. Entry methods into mat work |
| 42. Warning! (Severe penalty given by referee) | 69. Floating Hip throw |
| 43. Loss by violation of the rules! (Referee's call) | 70. Foot Stop throw (literally Lower Prop Lift Pull Foot) |
| 44. One point! (Referee's call) | 71. Modified Scarf Hold |
| 45. Almost one point! (half-point. Referee's call) | 72. Fifth class (kyu) Judo rank |
| | <u>JR04 and 5K Stop Here</u> |

ATJA Judo Program

Judo Knowledge and Vocabulary Exam

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| 73. Body | 101. Free practice |
| 74. Rolling | 102. Practice in general |
| 75. Front rolling falls | 103. Posture in general |
| 76. Drop | 104. Combination or faking techniques |
| 77. Valley | 105. Little Outside Reaping throw |
| 78. Body movement | 106. Lifting Pulling Hip throw |
| 79. Pivoting or turning the body | 107. Modified Upper Corners Hold |
| 80. Technique | 108. Fourth class (kyu) Judo rank
<u>JR06 and 4K Stop Here</u> |
| 81. Counter techniques | 109. To slide |
| 82. Attention! | 110. Way of the warrior |
| 83. Bow! | 111. Martial arts |
| 84. Teacher | 112. Win by forfeit or default of the opponent before a match |
| 85. Practice hall for Judo | 113. Win by withdrawal of the opponent during a match |
| 86. Judo uniform | 114. Combination win by one-half point from opponent's penalty and one-half point from a score |
| 87. Judo player | 115. Five stages of technique, the basic syllabus of Kodokan Judo |
| 88. Little inside Reaping throw | 116. The principle of gentleness or giving way |
| 89. Hip Wheel throw | 117. Way of life |
| 90. Modified Side Hold
<u>JR05 Stop Here</u> | 118. Warm-up exercises in Judo |
| 91. Judo uniform sleeve | 119. Cooling-off exercises in Judo |
| 92. Judo uniform lapel | 120. Exercises in general |
| 93. Judo uniform jacket | 121. Holder of any rank below Black Belt |
| 94. Belt | 122. Holder of any Black Belt rank |
| 95. The attacker | 123. Swallow-flight counter throw |
| 96. The defender | 124. Sliding Foot Sweep throw |
| 97. Repetition attack practice without throwing, done in pairs | 125. Sweeping Hip throw |
| 98. Alternate throwing practice without resistance | 126. Shoulder Hold
<u>JR07 Stop Here</u> |
| 99. Pantomime practice | |
| 100. Form practice | |

ATJA Judo Program

Judo Knowledge and Vocabulary Exam

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| 127. Straw Japanese Judo Mats | 154. 8th degree Black Belt |
| 128. Thigh | 155. 9th degree Black Belt |
| 129. Shout to gather inner strength | 156. 10th degree Black Belt |
| 130. Internal force or spiritual energy | 157. Winding pull while throwing |
| 131. Rear (in throwing and holding) | 158. Past master of Judo (properly applied only to Dr .Kano) |
| 132. Kneeling bow | 159. Illegal entwining of the leg in the Major Outside Reaping throw |
| 133. Standing bow | 160. Minor Outside Dashing throw |
| 134. Tournament | 161. Lifting Hip throw |
| 135. Referee | 162. Straddling Hold
<u>JR09 Stop Here</u> |
| 136. Side of the practice or tournament mat reserved for highest rank judo players or officials | 163. Choke or strangle |
| 137. A point by adding two half points | 164. To spring |
| 138. Half-point added makes full point! (Referee's call) | 165. Avoiding or evasive action |
| 139. Favorite technique | 166. A little |
| 140. Instantaneous promotion | 167. Two handed (as in shoulder throw) |
| 141. Body Drop throw | 168. Black Belt Judo association |
| 142. Inner Thigh throw | 169. Practice in pairs |
| 143. Rear Scarf Hold | 170. Win of any type |
| 144. Third class (kyu) Judo rank
<u>JR08 and 3K Stop Here</u> | 171. Loss of any type |
| 145. To dash the opponent while throwing | 172. Draw Match! (ref.'s call) |
| 146. Step or degree in the Black Belt Judo ranks | 173. Decision (as in self-defense instantaneous decisions) |
| 147. First degree Black Belt | 174. Contest area |
| 148. 2nd degree Black Belt | 175. Seeping Foot Stop throw |
| 149. 3rd degree Black Belt | 176. Springing Hip throw |
| 150. 4th degree Black Belt | 177. Naked Strangle |
| 151. 5th degree Black Belt | 178. Sliding Lapel Choke |
| 152. 6th degree Black Belt | 179. Single Shoulder Choke |
| 153. 7th degree Black Belt | 180. Second class (kyu) Judo rank
<u>JR10 and 4K Stop Here</u> |

ATJA Judo Program

Judo Knowledge and Vocabulary Exam

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| 181. Normal | 199. Crush |
| 182. Reverse | 200. Circle |
| 183. Cross | 202. Armpit |
| 184. Sacrifice | <u>JR011 Stop Here</u> |
| 185. Direct or flat | 202. Scissor (by the legs; an illegal act in Judo competition) |
| 186. Forms of resuscitation used in Judo | 203. Formal forms of throwing (a pre-arranged routine) |
| 187. "Winner stays out" team contest | 204. Formal forms of holding (a pre-arranged routine) |
| 188. Man for man, or elimination tournament | 205. Formal forms of gentleness (a pre-arranged routine) |
| 189. Maximum efficiency | 206. Formal forms of self-defense (a pre-arranged routine) |
| 190. Mutual benefit and welfare | 208. Ancient forms (a pre-arranged routine) |
| 191. Mountain Storm throw | 208. Forms of five (a pre-arranged routine) |
| 192. Flying Scissors throw | 209. Circle throw |
| 193. Side (lateral) Drop throw | 210. Foot Wheel throw |
| 194. Shoulder Wheel throw | 211. Arm Crushing Cross Arm Lock |
| 195. Normal Cross Choke | 212. Arm Crushing Normal Arm Lock |
| 196. Half Cross Choke | 213. Arm Crushing Bent Arm Lock |
| 197. Reverse Cross Choke | 214. Arm Pit Lock |
| 198. Arm | 215. First class (kyu) Judo rank |
| | <u>All Stop Her</u> |