

Knowledge Requirements

Each rank in Judo requires the student to learn not only techniques and (for Juniors) Life Skills, but also some of the vocabulary and knowledge associated with Judo. The following section, broken down by rank, indicates the exact knowledge requirement for each rank.

Please note that all Knowledge requirements are cumulative, and a minimum of 85% is required to pass.

Judo Knowledge Information
Junior Yellow Belt Test; Senior Rokkyu Test

Name: _____

Date: _____

Japanese Counting Numbers: 1 - 10

- | | | |
|----|-------|-------|
| 1. | One | Ichi |
| 2. | Two | Ni |
| 3. | Three | San |
| 4. | Four | Shi |
| 5. | Five | Go |
| 6. | Six | Roku |
| 7. | Seven | Sichi |
| 8. | Eight | Hachi |
| 9. | Nine | Ku |
| 1. | Ten | Ju |

Japanese Terms

- | | | |
|-----|------------------------------------|-----------------|
| 1. | Begin! | Hajime! |
| 2. | Stop! | Matte! |
| 3. | Attention! | Kiyotsuke! |
| 4. | Bow! | Rei! |
| 5. | Yes | Hai |
| 6. | No | Iie |
| 7. | Front/Forward | Zempo |
| 8. | Left | Hidari |
| 9. | Right | Migi |
| 10. | Rear | Koho |
| 11. | Practice Hall for Judo | Dojo |
| 12. | Teacher (in Judo) | Sensei |
| 13. | Judo Player | Judoka |
| 14. | Person performing technique | Tori |
| 15. | Person receiving technique | Uke |
| 16. | Judo Uniform | Judogi |
| 17. | Founder of Judo | Dr. Jigoro Kano |
| 18. | First Judo School | The Kodokan |
| 19. | Year first Judo school was founded | 1882 |
| 20. | Martial Art Judo came from | Jujitsu |

Junior Yellow/Orange Belt Test; Senior Rokkyu Test

Name: _____

Date: _____

Japanese Counting Numbers: 11 - 20

- | | |
|---------------|----------|
| 11. Eleven | Ju Ichi |
| 12. Twelve | Ju Ni |
| 13. Thirteen | Ju San |
| 14. Fourteen | Ju Shi |
| 15. Fifteen | Ju Go |
| 16. Sixteen | Ju Roku |
| 17. Seventeen | Ju Sichi |
| 18. Eighteen | Ju Hachi |
| 19. Nineteen | Ju Ku |
| 20. Twenty | Ni Ju |

Judo Terms

- | | |
|-------------------------------------|----------------|
| 1. Please | Onegai Shimasu |
| 2. Thank You | Domo Arigato |
| 3. Falling Methods | Ukemi |
| 4. Big or Major | O |
| 5. Small or Minor | Ko |
| 6. Outside | Soto |
| 7. Inside | Uchi |
| 8. Reaping action with leg | Gari |
| 9. Sweeping action with leg | Harai/Barai |
| 10. Dashing/hooking action with leg | Gake |
| 11. Winding action with throw | Maki Komi |
| 12. Throwing Techniques | Nage Waza |
| 13. Grappling Techniques | Katame Waza |
| 14. Striking Techniques | Atemi Waza |
| 15. Falling Techniques | Ukemi Waza |
| 16. Free Practice | Randori |
| 17. Formal, pre-arranged practice | Kata |
| 18. Tournament | Shiai |
| 19. Dropping action in throws | Otoshi |
| 20. Favorite Technique | Tokui Waza |

Junior Orange Belt Test; Senior Gokkyu Test

Name: _____

Date: _____

Japanese Counting Numbers: 21 - 40

21.	Twenty One	Niju Ichi
22.	Twenty Two	Niju Ni
23.	Twenty Three	Niju San
24.	Twenty Four	Niju Shi
25.	Twenty Five	Niju Go
26.	Twenty Six	Niju Roku
27.	Twenty Seven	Niju Sichi
28.	Twenty Eight	Niju Hachi
29.	Twenty Nine	Niju Ku
30.	Thirty	Sanju
31.	Thirty One	Sanju Ichi
32.	Thirty Two	Sanju Ni
33.	Thirty Three	Sanju San
34.	Thirty Four	Sanju Shi
35.	Thirty Five	Sanju Go
36.	Thirty Six	Sanju Roku
37.	Thirty Seven	Sanju Sichi
38.	Thirty Eight	Sanju Hachi
39.	Thirty Nine	Sanju Ku
40.	Forty	Shiju

Competitive Judo Terms

1.	Full Point Throw	Ippon
2.	Almost Full Point Throw	Waza Ari
3.	Almost Waza Ari	Yuko
4.	Slight Superiority	Koka
5.	Slight Penalty	Shido
6.	Disqualifying Penalty	Hansoku Make
7.	Hold Down (Referee Command)	Osae Komi
8.	Hold Down Broken (Referee Command)	Toketa
9.	Don't Move (Referee Command)	Sono Mama
10.	Continue (Referee Command)	Yoshi
11.	Decision! (Referee Command)	Hantei!
12.	That is All! (Referee Command)	Sore Made!

Judo Terms

- | | |
|--|------------------|
| 1. Off Balance (Part of Throw) | Kuzushi |
| 2. Entry (Part of Throw) | Tsukuri |
| 3. Execution (Part of Throw) | Kake |
| 4. Sitting on Knees | Seiza |
| 5. Sitting Crossed Legged | Anza |
| 6. Normal Walking | Ayumi Ashi |
| 7. Following Foot Walking | Tsugi Ashi |
| 8. Standing Throwing Techniques | Tachi Waza |
| 9. Hand/Arm Throwing Techniques | Te Waza |
| 10. Hip/Waist Throwing Techniques | Goshi Waza |
| 11. Foot/Leg Throwing Techniques | Ashi Waza |
| 12. Rear Falling Sacrifice Techniques | Ma Sutemi Waza |
| 13. Side Falling Sacrifice Techniques | Yoko Sutemi Waza |
| 14. Hold Down Techniques | Osae Komi |
| 15. Strangling Techniques | Shime Waza |
| 16. Joint Locking Techniques | Kansetsu Waza |
| 17. Forms of Gripping | Kumi Kata |
| 18. Repetition Practice without Throwing | Uchi Komi |
| 19. Warm-up exercises in Judo | Junbi Undo |
| 20. Cooling-off exercises in Judo | Shumatsu Undo |

Junior Orange/Green Belt Test; Senior Gokkyu Test

Name: _____

Date: _____

Judo Competition Penalties

Shido Penalties

1. To hold opponent's sleeve by folding it over at the end
2. To go out of bounds or force opponent out of bounds except in the flow of the contest
3. Intentionally avoid taking a grip in order to prevent action in a contest
4. To pull opponent down to mat work not in accordance to rules
5. To hold opponents foot/feet, leg/legs or trousers without simultaneously attempting throw
6. Adopting an Excessively Defensive Posture for more than 5 seconds
7. To lift opponent who is lying on Tatami and drive opponent back into Tatami
8. Sticking fingers into opponent's sleeve ends or pants legs
9. To completely encircle any part of opponent's body with belt or jacket
10. To apply Shime Waza using only fingers, or using bottom of jacket, or using the belt
11. To make a False Attack designed to fool the referee
12. To hold a non-normal grip for more than 5 seconds without attacking
13. To put the Judogi (anyone's) in the mouth
14. To kick opponents hand/arm to break grip or to kick leg/ankle without technique
15. Stand, without attacking or defending, in danger zone for 5 or more seconds
16. To not make any attacking moves after grips for 15-25 seconds
17. To put hand, foot, arm or leg directly in opponent's face
18. To bend back opponent's fingers to break grip
19. To "screw up" sleeve ends or hold sleeves for more than 5 seconds for defensive purpose
20. To hold a pistol grip or cat's paw grip on end of opponent's sleeve
21. To put foot/leg in opponent's belt, collar or lapel
22. To intentionally disarrange Judogi or Obi without referee's permission
23. To apply leg scissors to opponent's trunk, head or neck

Hansoku Make Penalties

1. To apply joint lock anywhere other than elbow joint
2. To fall directly to mat while applying an arm lock
3. To lift opponent who is lying on Tatami and drive opponent back into Tatami
4. To "dive" headfirst when attempting throw, or fall backwards with Kata Guruma
5. To reap supporting leg from inside when opponent is applying technique like Harai Goshi
6. To intentionally fall backwards while opponent clinging to back
7. To make unnecessary calls, remarks or gestures derogatory to opponent or Referee
8. To wear hard metallic or plastic object
9. To disregard Referee's instructions
10. To apply Kawazu Gake
11. To make any action which may endanger neck/spine or is against spirit of Judo

Junior Green Belt Test; Senior Yonkyu Test

Name: _____

Date: _____

English and Japanese Names for the Judo Katas

- | | |
|-----------------------------------|---------------------------------------|
| 1. Nage No Kata | Forms of Throwing |
| 2. Katame No Kata | Forms of Grappling |
| 3. Ju No Kata | Forms of Gentleness |
| 4. Goshinjitsu No Kata | Forms of Self Defense |
| 5. Kime No Kata | Forms of Decision |
| 6. Joshi Goshinho | Forms of Self Defense for Women |
| 7. Itsustusu No Kata | Forms of Five |
| 8. Koshiki No Kata | Forms of Antiquity |
| 9. Seiryoko Zenyo Kokuimim Taiiku | Maximum Efficiency Physical Exercises |

Adult Judo Ranks, from highest to lowest

- | | |
|--------------------|--------------------------------------|
| 1. Judan | Black Belt or Red Belt |
| 2. Kudan | Black Belt or Red Belt |
| 3. Hachidan | Black Belt or White & Red Panel Belt |
| 4. Sichidan | Black Belt or White & Red Panel Belt |
| 5. Rokudan | Black Belt or White & Red Panel Belt |
| 6. Godan | Black Belt or White & Red Panel Belt |
| 7. Yodan or Yondan | Black Belt or White & Red Panel Belt |
| 8. Sandan | Black Belt |
| 9. Nidan | Black Belt |
| 10. Shodan | Black Belt |
| 11. Ikkyu | Brown Belt |
| 12. Nikkyu | Brown Belt |
| 13. Sankyu | Brown Belt |
| 14. Yonkyu | Green Belt |
| 15. Gokkyu | Orange Belt |
| 16. Rokkyu | Yellow Belt |

Match up the following terms used in Judo

- | | |
|---------------------------------------|-----------------|
| 1. Judo Uniform Belt | Obi |
| 2. Judo Uniform Jacket | Uwagi |
| 3. Judo Uniform Sleeve | Sode |
| 4. Judo Uniform Lapel | Eri |
| 5. Judo Uniform Pants | Zubon |
| 6. Arm Entanglement | Ude Garame |
| 7. Cross Arm Lock | Juji Ude Gatame |
| 8. Armpit Lock | Wake Gatame |
| 9. Knee | Hiza |
| 10. Wheel (as in throwing) | Guruma |
| 11. Side/Lateral | Yoko |
| 12. Springing Action (as in throwing) | Hane |
| 13. Mutual Benefit and Welfare | Jita Kyoei |
| 14. Maximum Efficiency | Seiroyku Zenyo |
| 15. Gentle Way | Judo |

Junior Green/Blue Belt Test; Senior Yonkyu Test

Name: _____

Date: _____

Judo Terms

1. (Straw, Japanese) Judo Mats	Tatami
2. Fundamental Natural Posture	Shizen Hontai
3. Fundamental Defensive Posture	Jigo Hontai
4. High Kneeling	Kyoshi
5. Holder of any rank below Black Belt	Mudanshai
6. Holder of any rank above Black Belt	Yudanshai
7. Kneeling Bow	Za Rei
8. Standing Bow	Ristsu Rei
9. Instantaneous Promotion	Batsugan
10. Variation (of technique)	Kuzure
11. Counter Techniques	Kaeshi Waza
12. Combination or Faking Techniques	Renwaku Waza
13. Four Corners (as in pins)	Shiho
14. Twelfth Degree Black Belt (only Dr. Kano)	Junidan
15. Defense (to a technique)	Bogyo
16. Groundwork Entry	Hairi Kata
17. Right Natural Posture	Migi Shizen Tai
18. Left Natural Posture	Hidari Shizen Tai
19. Right Defensive Posture	Migi Jigo Tai
20. Left Defensive Posture	Hidari Jigo Tai

Match up the following numbers used in Judo

1. Fifty	Goju
2. Sixty	Rokuju
3. Seventy	Sichiju
4. Eighty	Hachiju
5. Ninety	Kuju
6. One Hundred	Hyaku
7. Two Hundred	Ni Hyaku
8. One Thousand	Sen or (Is) Sen
9. Three Thousand	San Sen
10. Ten Thousand	(Ichi) Man or Man
11. Forty Thousand	Yon Man
12. One Hundred Thousand	Ju Man
13. Five Hundred Thousand	Goju Man
14. One Million	Hyaku Man
15. Six Million	Roku Hyaku Man

The ultimate goal of Judo as defined by Dr. Jigoro Kano is as follows: The harmonious development and eventual perfection of the human character.

Junior Blue Belt Test; Junior Purple Belt Test; Senior Nikkyu Test

Name: _____

Date: _____

Match the Following English and Japanese Names of Throws and Techniques

- | | |
|---|-----------------------|
| 1. Big Hip Throw | O Goshi |
| 2. Lifting Hip Throw | Tsuri Komi Goshi |
| 3. Hip Wheel/Whirl Throw | Koshi Guruma |
| 4. Scarf Hold-down | Kesa Gatame |
| 5. Side 4-Corners Hold-Down | Yoko Shiho Gatame |
| 6. Upper 4-Corners Hold-Down | Kami Shiho Gatame |
| 7. Naked Strangle | Hadaka Jime |
| 8. Sliding Lapel Strangle | Okuri Eri Jime |
| 9. Normal Crossed Strangle | Nami Juji Jime |
| 10. Cross Arm Lock | Juji Ude Gatame |
| 11. Arm Lock | Ude Gatame |
| 12. Arm Twist | Ude Garami |
| 13. Little Inside Reaping Throw | Ko Uchi Gari |
| 14. Major Inside Reaping Throw | O Uchi Gari |
| 15. Major Outside Reaping Throw | O Soto Gari |
| 16. Advancing Foot Sweep | De Ashi Barai |
| 17. Sliding Foot Sweep | Okuri Ashi Barai |
| 18. Sweeping Lifting Pulling Foot Sweep | Harai Tsuri Komi Ashi |
| 19. Body Drop Throw | Tai Otoshi |
| 20. Valley Drop Throw | Tani Otoshi |
| 21. Sweeping Hip Throw | Harai Goshi |
| 22. Springing Hip Throw | Hane Goshi |
| 23. Inner Thigh Throw | Uchi Mata |
| 24. Modified Scarf Hold-down | Kuzure Kesa Gatame |
| 25. Triangle Strangle | Sankaku Jime |
| 26. Reverse Scarf Hold-down | Ushiro Kesa Gatame |
| 27. Reverse Hip Throw | Ushiro Goshi |
| 28. Switching Hip Throw | Utsuri Goshi |
| 29. Circle Throw | Tomoe Nage |
| 30. Backwards Throw | Ura Nage |
| 31. Mountain Storm Throw | Yama Arashi |
| 32. Sleeve Lifting Pulling Hip Throw | Sode Tsuri Komi Goshi |
| 33. Inner Thigh Counter Throw | Uchi Mata Sukashi |
| 34. Armpit Lock | Waki Gatame |
| 35. Flying Scissors Throw | Kani Basami |

Junior Brown Belt Test; Senior Ikkyu Test

Name: _____

Date: _____

According to Dr. Kano, what is the ultimate purpose of Judo?

The harmonious development and eventual perfection of human character.

Describe what Judo has done for you, and what you have done for Judo