

AMERI-KAN JUDO GAKKOO
SEINEN YONKYU
Senior Fourth Class - Green Belt



INSTRUCTIONS:

Each answer blank on the written exam is worth one point. Some questions have multiple answer blanks, please be sure to double check your work. If you are unable to read and/or write, please tell your examiner and they will assist you.

HIKKISHIKEN

Written Exam

TANGO NO NIHONGO

Japanese Vocabulary

1) Side

2) Throw Down

3) Hip

4) Joint Lock

5) Basic

6) Front

7) Continuation

8) Taking Grips

9) Leg

10) Fall

11) Choke

12) Reaction

13) Hand

14) Defense

15) Forms of Entry

16) Counter

17) Escape

18) Backwards

19) Finish!

20) Effective!

21) Gather for Observation!

22) White

23) Hurry Up!

24) Seat of Honor

25) Turn Towards

26) Let's Go!

27) Decision!

28) Meditate!

29) Standing

30) Blue

31) 2 Half-Points Equal a Full Point!

32) Competition Area

33) Loss by Violation (Disqualification!)

34) Each Other

35) Sacrifice

36) Red

37) Way of Life

38) Cross

39) High Student

40) Torso Choke

41) Posture

42) Big or Major

43) Body

44) Gentle or Suppleness

45) Defensive

46) Rotation

47) Natural

48) Reap

49) Scarf (Monk's Stole)

50) Referee

51) Grip

52) Team Captain

53) Outside

54) Pivoting

55) Inside Jam (Fit-In's)

56) Modified

57) Naked

58) Sandals

59) Crush

60) Valley

61) Grade

62) Drop

63) Sleeve

64) Class

65) Jacket

66) Small or Minor

67) Four Corners

68) Pure or True

69) Lapel

71) Inside

70) Normal

72) Pants

NADAKAI JUDOKA
Famous Judo Students

- 1) Name the man responsible for showing the world that the Japanese could be beaten at their own game; he was the first to win two consecutive World Championships:

GAINEN KOKORO
General Information

- 1) Which bow represents respect for the facility in which Judo practice takes place?

- 2) Which bow represents respect to everyone who has ever practiced Judo?

- 3) Which bow means “teach me” or “share with me”?

- 4) Which bow is a promise to do one’s best regardless of the outcome?

- 5) Which bow represents respect for knowledge?

- 6) Which bow represents respect for all those who have made the award possible?

- 7) Which bow represents mutual respect, students to teachers and teachers to students?

- 8) Name the four elements of an Ippon Judo throw:

A) _____

B) _____

C) _____

D) _____

- 9) In what year and city was Men’s Judo added as an Olympic Event?

City) _____

Year) _____



10) Explain the difference between strategy and tactics: (2 Points)

11) Name the three elements of Unarmed Combat in English and Japanese:

	English	Japanese
A)	_____ / _____	
B)	_____ / _____	
C)	_____ / _____	

12) Define GIRI: (4 Points)

13) In what year and city was Women's Judo added as an Olympic Event?

City) _____

Year) _____

14) Name the three scores with times of a Judo hold down:

	Score	Time
A)	_____ / _____	
B)	_____ / _____	
C)	_____ / _____	

15) Name the two elements of Throwing Techniques in English and Japanese:

	English	Japanese
A)	_____ / _____	
B)	_____ / _____	

16) Name the two principles of Judo, as stated by Kano Shihan, in English and Japanese:

	English	Japanese
A)	_____ / _____	
B)	_____ / _____	

17) List the six Tactical Variables for Randori / Shiai

G) _____

E) _____

T) _____

P) _____

A) _____

D) _____

18) Name the three elements of Grappling Techniques in English and Japanese:

	English	Japanese
A)	_____ / _____	
B)	_____ / _____	
C)	_____ / _____	

19) What does Kano Shihan define as the
"Ultimate Goal of Judo?" (2 Points)

Total number of blanks filled in correctly: _____

Total number required for passing score
109 87%

Maximum possible score: 128

This student: Passed
Failed _____%

Examiner: _____

Rank: _____