

# AMERI-KAN JUDO GAKKOO *SHONEN IKKYU*

## Junior First Class - Purple Belt w/ Black Stripe



### 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) Forms of Maximum Efficiency  
National Physical Education

\_\_\_\_\_

2) Sweep

\_\_\_\_\_

3) Upper

\_\_\_\_\_

4) Forms of Antiquity

\_\_\_\_\_

5) Advanced Foot

\_\_\_\_\_

6) Forms of Grappling

\_\_\_\_\_

7) Forms of the Art of Self-Defense

\_\_\_\_\_

8) Wheel

\_\_\_\_\_

9) Forms of Gentleness

\_\_\_\_\_

10) Avoidance

\_\_\_\_\_

11) Reverse

\_\_\_\_\_

12) Forms of Five

\_\_\_\_\_

13) Sliding

\_\_\_\_\_

14) Mat Techniques

\_\_\_\_\_

15) Forms of Throwing

\_\_\_\_\_

16) Forms of Decisiveness

\_\_\_\_\_

17) Forms of Women's Self-Defense Steps

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18) Forms of Reaction

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19) Finger

---

20) Toe

---

21) Wrist

---

22) Elbow

---

23) Arm

---

24) Neck

---

25) Chest

---

26) Vital Points

---

27) Head

---

28) Knee

---

29) Back

---

30) Shoulder

---

31) Forearm

---

32) Heel

---

33) Abdomen

---

34) Armpit

---

35) Thigh

---

36) Center of Gravity

---

37) Entanglement

---

38) Comma

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39) Judo Art of Resuscitation

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40) Storm

---

41) I understand.

---

42) Lift Up in Your Arms

---

43) Vertical

---

44) Single Edge

---

45) Face Up

---

46) I do not understand.

---

47) Swallow (Bird)

---

48) Mountain

---

49) Floating

---

50) Triangle

---

51) Do you understand?

---

52) Corner

---

53) Half

---

54) Rice Bag

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55) Way of Harmony

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56) Cooling Off Exercises

---

57) Training

---

58) Martial Ways

---

59) Way of the Sword

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60) Exercise

---

61) Way of Empty Hand

---

62) Agreed Upon Practice

---

63) Way of Sword Drawing

---

64) Solo Practice

---

65) Stay-In Training

---

66) Calisthenics

---

67) Sacrifice Training

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68) Partner Practice

---

69) Gentle Art

\_\_\_\_\_

71) Practice

\_\_\_\_\_

70) Rotation Training

\_\_\_\_\_

72) Warm-up Exercises

\_\_\_\_\_

***GAINEN KOKOROË***  
**General Information**

1) Name the four elements of a Judo throw in English and Japanese:  
English Japanese

- A) \_\_\_\_\_ / \_\_\_\_\_
- B) \_\_\_\_\_ / \_\_\_\_\_
- C) \_\_\_\_\_ / \_\_\_\_\_
- D) \_\_\_\_\_ / \_\_\_\_\_

5) Name the four sides of the Dojo in English and Japanese:  
English Japanese

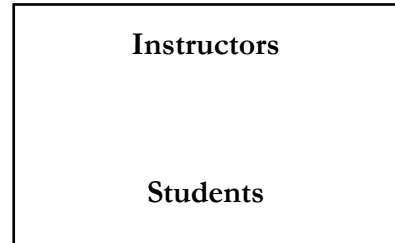
- 1) \_\_\_\_\_ / \_\_\_\_\_
- 2) \_\_\_\_\_ / \_\_\_\_\_
- 3) \_\_\_\_\_ / \_\_\_\_\_
- 4) \_\_\_\_\_ / \_\_\_\_\_

2) Name the three elements of Standing Techniques in English and Japanese:  
English Japanese

- A) \_\_\_\_\_ / \_\_\_\_\_
- B) \_\_\_\_\_ / \_\_\_\_\_
- C) \_\_\_\_\_ / \_\_\_\_\_

Side 1

S  
i  
d  
e  
4



S  
i  
d  
e  
2

Side 3

3) What is the Strategy of Gripping?  
(2 Points)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6) How are the three Standing Techniques classified into their different sections? (2 Points)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4) Name the two elements of Sacrifice Techniques in English and Japanese:  
English Japanese

- A) \_\_\_\_\_ / \_\_\_\_\_
- B) \_\_\_\_\_ / \_\_\_\_\_

- 7) What are the 3 choices in a Self-Defense situation:
- A) \_\_\_\_\_
- B) \_\_\_\_\_
- C) \_\_\_\_\_

- 8) What do the colors Red and White represent in Martial Arts Philosophy?
- Red) \_\_\_\_\_
- White) \_\_\_\_\_

- 9) What is the difference between coaching to learn and coaching to perform? (3 Points)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- 10) Who & when was the first person to teach Judo in the US?
- Name) \_\_\_\_\_
- Date) \_\_\_\_\_

- 11) Who & when was the first President to witness a demonstration of Judo?
- Name) \_\_\_\_\_
- Date) \_\_\_\_\_

- 12) What are the Major Differences of Uchi Komi, Yakusoku Renshu, Randori, & Kata? (4 Points)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- 13) Who were the Shintenko, and what were the results of the great match they were involved in 1886.
- A) \_\_\_\_\_
- B) \_\_\_\_\_
- C) \_\_\_\_\_
- D) \_\_\_\_\_
- W) \_\_\_\_\_ L) \_\_\_\_\_ D) \_\_\_\_\_
- Significance) \_\_\_\_\_

- 14) List the Birth and Death Dates of Kano Shihan:
- Birth) \_\_\_\_\_
- Death) \_\_\_\_\_

Total number of blanks filled in correctly:		
	_____	
Total number required for passing score		
	109	85%
Maximum possible score:		
	128	
This student:	Passed	<input type="checkbox"/>
	Failed	<input type="checkbox"/> _____%
Examiner: _____		
Rank: _____		