

# AMERI-KAN JUDO GAKKOO *SHONEN SANKYU*

## Junior Third Class - Blue 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) Way of Life

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2) Cross

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3) High Student

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4) Torso Choke

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5) Posture

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6) Big or Major

---

7) Body

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8) Gentle or Suppleness

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9) Defensive

---

10) Rotation

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11) Natural

---

12) Reap

---

13) Scarf (Monk's Stole)

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14) Referee

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15) Grip

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16) Team Captain

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17) Outside

---

18) Pivoting

---

19) Inside Jam (Fit-In's)

---

20) Modified

---

21) Naked

---

22) Sandals

---

23) Crush

---

24) Valley

---

25) Grade

---

26) Drop

---

27) Sleeve

---

28) Class

---

29) Jacket

---

30) Small or Minor

---

31) Four Corners

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32) Pure or True

---

33) Lapel

---

34) Normal

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35) Inside

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36) Pants

---

37) Forms of Maximum Efficiency  
National Physical Education

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38) Sweep

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39) Upper

---

40) Forms of Antiquity

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41) Advanced Foot

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42) Forms of Grappling

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43) Forms of the Art of Self-Defense

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44) Wheel

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45) Forms of Gentleness

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46) Avoidance

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47) Reverse

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48) Forms of Five

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49) Sliding

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50) Mat Techniques

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51) Forms of Throwing

---

52) Forms of Decisiveness

---

53) Forms of Women's Self-Defense Steps

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54) Forms of Reaction

---

55) Finger

---

56) Toe

---

57) Wrist

---

58) Elbow

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59) Arm

---

60) Neck

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61) Chest

---

62) Vital Points

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63) Head

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64) Knee

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65) Back

---

66) Shoulder

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67) Forearm

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68) Heel

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69) Abdomen

\_\_\_\_\_

71) Thigh

\_\_\_\_\_

70) Armpit

\_\_\_\_\_

72) Center of Gravity

\_\_\_\_\_

*GAINEN KOKOROË*  
**General Information**

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

Score                      Time

A) \_\_\_\_\_ / \_\_\_\_\_

B) \_\_\_\_\_ / \_\_\_\_\_

C) \_\_\_\_\_ / \_\_\_\_\_

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

English                      Japanese

A) \_\_\_\_\_ / \_\_\_\_\_

B) \_\_\_\_\_ / \_\_\_\_\_

C) \_\_\_\_\_ / \_\_\_\_\_

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

English                      Japanese

A) \_\_\_\_\_ / \_\_\_\_\_

B) \_\_\_\_\_ / \_\_\_\_\_

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

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

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

English                      Japanese

A) \_\_\_\_\_ / \_\_\_\_\_

B) \_\_\_\_\_ / \_\_\_\_\_

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

English                      Japanese

A) \_\_\_\_\_ / \_\_\_\_\_

B) \_\_\_\_\_ / \_\_\_\_\_

C) \_\_\_\_\_ / \_\_\_\_\_

D) \_\_\_\_\_ / \_\_\_\_\_

4) List the six Tactical Variables for Randori / Shiai

G) \_\_\_\_\_

E) \_\_\_\_\_

T) \_\_\_\_\_

P) \_\_\_\_\_

A) \_\_\_\_\_

D) \_\_\_\_\_

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

A) \_\_\_\_\_ / \_\_\_\_\_

B) \_\_\_\_\_ / \_\_\_\_\_

C) \_\_\_\_\_ / \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

A) \_\_\_\_\_ / \_\_\_\_\_

B) \_\_\_\_\_ / \_\_\_\_\_

柔道

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

1) \_\_\_\_\_ / \_\_\_\_\_

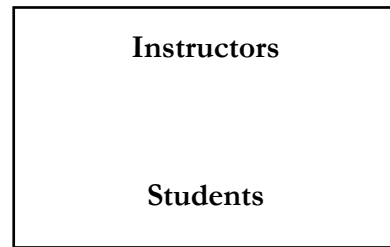
2) \_\_\_\_\_ / \_\_\_\_\_

3) \_\_\_\_\_ / \_\_\_\_\_

4) \_\_\_\_\_ / \_\_\_\_\_

Side 1

S  
i  
d  
e  
4



S  
i  
d  
e  
2

Side 3

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: _____		