

# AMERI-KAN JUDO GAKKOO

## SHONEN YONKYU

### Junior Fourth Class - Blue 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) Finish!

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2) Effective!

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3) Gather for Observation!

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4) White

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5) Hurry Up!

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6) Seat of Honor

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7) Turn Towards

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8) Let's Go!

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9) Decision!

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10) Meditate!

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11) Standing

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12) Blue

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13) 2 Half-Points Equal a Full Point!

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14) Competition Area

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15) Loss by Violation (Disqualification!)

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16) Each Other

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17) Sacrifice

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18) Red

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19) Way of Life

---

20) Cross

---

21) High Student

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22) Torso Choke

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23) Posture

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24) Big or Major

---

25) Body

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26) Gentle or Suppleness

---

27) Defensive

---

28) Rotation

---

29) Natural

---

30) Reap

---

31) Scarf (Monk's Stole)

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32) Referee

---

33) Grip

---

34) Team Captain

---

35) Outside

---

36) Pivoting

---

37) Inside Jam (Fit-In's)

---

38) Modified

---

39) Naked

---

40) Sandals

---

41) Crush

---

42) Valley

---

43) Grade

---

44) Drop

---

45) Sleeve

---

46) Class

---

47) Jacket

---

48) Small or Minor

---

49) Four Corners

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50) Pure or True

---

51) Lapel

---

52) Normal

---

53) Inside

---

54) Pants

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55) Forms of Maximum Efficiency  
National Physical Education

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56) Sweep

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57) Upper

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58) Forms of Antiquity

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59) Advanced Foot

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60) Forms of Grappling

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61) Forms of the Art of Self-Defense

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62) Wheel

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63) Forms of Gentleness

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64) Avoidance

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65) Reverse

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66) Forms of Five

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67) Sliding

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68) Mat Techniques

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69) Forms of Throwing

\_\_\_\_\_

71) Forms of Women's Self-Defense Steps

\_\_\_\_\_

70) Forms of Decisiveness

\_\_\_\_\_

72) Forms of Reaction

\_\_\_\_\_

***GAINEN KOKORO***  
**General Information**

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

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

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

City) \_\_\_\_\_

Year) \_\_\_\_\_

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

Score                      Time

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

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

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

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

English                      Japanese

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

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

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

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

English                      Japanese

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

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

3) Define GIRI: (4 Points)

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

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

English                      Japanese

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

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

8) List the six Tactical Variables for Randori / Shiai

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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: _____			

