

USJA JUDO SENIOR RANK SYSTEM

**6TH CLASS RANK (ROKKYU)**

**JAPANESE VOCABULARY**

Know the Japanese words for the following:

1. Attention! – *Kiyotsuke!*
2. Bow – *Rei*
3. Begin! – *Hajime!*
4. Stop! – *Matte!*
5. Practice hall for judo – *Dojo*
6. Teacher – *Sensei*
7. Sitting on knees – *Seiza*
8. Sitting crossed legged – *Anza*
9. Following foot walking – *Tsugi Ashi*
10. Normal walking – *Ayumi Ashi*
11. Judo uniform – *Judogi/Gi*
12. Judo practitioner or player – *Judoka*
13. Person performing technique – *Tori*
14. Person receiving technique – *Uke*
15. Left – *Hidari*
16. Right – *Migi*
17. Falling methods or ways – *Ukemi*
18. Falling methods to the rear – *Koho Ukemi*
19. Forward rolling falling – *Zempo Kaiten Ukemi*
20. Free practice – *Randori*
21. Formal pre-arranged routine practice – *Kata*
22. Tournament – *Shiai*
23. (Straw, Japanese) judo mats – *Tatami*
24. Hold-down! (referee's call) – *Osae Komii!*
25. Hold-down broken! (referee's call) – *Toketa*
26. One point! (referee's award) – *Ippon!*
27. Almost ippon! (referee's award, 1/2 point) – *Waza Ari!*
28. Near waza-ari! (referee's award) – *Yuko!*
29. Near yuko! (referee's award) – *Koka!*
30. That is all! (referee's call) – *Sore made!*
31. Sixth class (kyu) judo rank – *Rokyu/Rokkyu*
32. Yes! – *Hai!*
33. No! – *Iie!*
34. Please – *Onegai Shimasu*
35. Thank you – *Domo Arigato*

**GENERAL INFORMATION**

Know the following information:

1. What is the name of your club? - (*will vary at each dojo*)
2. Name of Instructor/Sensei - (*will vary at each dojo*)
3. What is the name of your judo organization?  
*The United States Judo Association (USJA)*
4. Who was the founder of judo? *Dr. Jigoro Kano*
5. What is the name of the school he founded?  
*The Kodokan*
6. What is the date of the founding of Kodokan Judo?  
*1882*
7. What was unarmed combat called in Japan before judo?  
*Jujitsu*
8. How long had unarmed combat martial arts been practiced in Japan? *About 600 to 1000 years.*
9. Name the three parts of unarmed combat in English and Japanese.
  1. *Throwing Techniques - Nage Waza,*
  2. *Grappling Techniques - Katame Waza,*
  3. *Striking Techniques - Atemi Waza*
10. Name the three parts of a judo throw in English and Japanese.
  1. *Off-balance - Kuzushi,*
  2. *Entry - Tsukuri,*
  3. *Completion - Kake*
11. List the USJA senior belt ranks in order by color:  
*White, Yellow, Orange, Green, Brown, Black*

## 5TH CLASS RANK (GOKYU)

### JAPANESE VOCABULARY

Know the Japanese words for the following:

36. Note! (referee's call for slight penalty) - *Shido!*
37. Caution! (referee's call for moderate penalty) - *Chui!*
38. Warning! (referee's call for severe penalty) - *Keikoku!*
39. Loss by rule violation (referee's call) - *Hansoku Make!*
40. Decision! (call by referee for judges' decision) - *Hantei*
41. Don't move! (referee's call) - *Sono Mama!*
42. Continue! (referee call) - *Yoshi*
43. Fundamental natural posture - *Shizen Hontai*
44. Fundamental defensive posture - *Jigo Hontai*
45. Off balance - *Kuzushi*
46. Entry into a throw - *Tsukuri*
47. Execution of a throw - *Kake*
48. Sweeping action done with the leg - *Harai/Barai \**
49. Reaping action done with the leg - *Gari*
50. Dashing action done with the leg - *Gake/Kake \**
51. Springing action done with the leg - *Hane*
52. Throw (noun) - *Nage*
53. Technique(s) - *Waza*
54. Throwing technique(s) - *Nage Waza*
55. Hand - *Te*
56. Hand techniques - *Te Waza*
57. Foot or Leg - *Ashi*
58. Foot techniques - *Ashi Waza*
59. Big or major - *O*
60. Little or minor - *Ko*
61. Waist or hip - *Goshi/Koshi \**
62. Waist or hip techniques - *Koshi Waza*
63. Major hip throw - *O-goshi*
64. Outside - *Soto*
65. Inside - *Uchi*
66. Major outside reaping throw - *Osoto-Gari*
67. Internal force or spiritual energy - *Ki*
68. Shout to gather inner strength - *Kiai*

### GENERAL INFORMATION

Know the following information:

12. Name the two divisions of throwing techniques in English and Japanese.
  1. *Standing Techniques / Tachi Waza*
  2. *Sacrificing Techniques / Sutemi Waza*
13. Name the three divisions of standing throwing techniques in English and Japanese.
  1. *Hand Techniques / Te Waza*
  2. *Hip Techniques / Koshi Waza*
  3. *Foot & Leg Techniques / Ashi Waza*
14. Name the two divisions of sacrifice throwing techniques in English and Japanese.
  1. *Back Sacrificing Techniques / Ma Sutemi Waza*
  2. *Side Sacrificing Techniques / Yoko Sutemi Waza*
15. What are the ordinal numbers between one and ten in Japanese?
  1. *Ichi*
  2. *Ni*
  3. *San*
  4. *Shi*
  5. *Go*
  6. *Roku*
  7. *Shichi*
  8. *Hachi*
  9. *Ku*
  10. *Ju*

\* In Japanese, for some words the "h" is changed to "b", and the "g" is changed to "k".

USJA JUDO SENIOR RANK SYSTEM

**4TH CLASS RANK (YONKYU)**

**JAPANESE VOCABULARY**

Know the Japanese words for the following:

69. Decision win! (referee's award) – *Yusei Gachi*
70. Draw match! (referee's award) – *Hiki Wake*
71. A full point by adding two waza-ari scores –  
*Waza Ari Awasete Ippon*
72. Grappling techniques – *Katame Waza*
73. Techniques from a supine position – *Newaza*
74. Holding techniques – *Osaekomi Waza*
75. Choke – *Shime/Jime \**
76. Choking techniques – *Shime Waza*
77. Joint locking techniques – *Kansetsu Waza*
78. The principle of gentleness or giving way – *Ju*
79. Way of life – *Do*
80. Gentle way – *Judo*
81. Gentle arts – *Jujitsu*
82. Favorite technique – *Tokui Waza*
83. Way of the warrior – *Bushido*
84. Martial arts – *Budo*
85. Class of belt ranks in judo below black belt – *Kyu*
86. Step or degree in the black belt ranks – *Dan*
87. Holder of any black belt rank – *Yudansha*
88. Holder of any rank below black belt – *Mudansha*
89. Black belt association – *Yudanshakai*
90. Repetition attack practice without throwing,  
done with partner – *Uchi Komi*
91. Alternate throwing practice without resistance,  
done with partner - *Sute Geiko*
92. Solo practice - *Tandoku Renshu*
93. Practice in pairs - *Sotai Renshu*
94. Practice in general - *Keiko*
95. Fourth class (kyu) judo rank – *Yonkyu*
96. Kneeling bow – *Zarei*
97. Standing bow – *Ritsurei*
98. Knee – *Hiza*
99. Lock or Hold – *Gatame*
100. Wheel – *Guruma*
101. Side or lateral – *Yoko*
102. Fifth class (kyu) judo rank – *Gokyu*
103. Formal eight directions of off-balancing –  
*Happo No Kuzushi*

**GENERAL INFORMATION**

Know the following information:

16. Name the three divisions of mat techniques in English and Japanese.
  1. *Holding Techniques / Osaekomi Waza*
  2. *Strangulation Techniques / Shime Waza*
  3. *Joint Lock Techniques / Kansetsu Waza*
  
17. Name three of the eight men who attained 10th degree black belt (judan) in judo while they were still alive.  
*Yoshiaki Yamashita - 1935 (1856 -1935)*  
*Hidekazu Nagaoka - 1937 (1876 - 1952)*  
*Hajime Isogai - 1937 (1871 - 1947)*  
*Kyuzo Mifune - 1945 (1884 - 1965)*  
*Kunisaburo Iizuka - 1946 (1875 - 1958)*  
*Kaichiro Samura - 1948 (1880 - 1965)*  
*Shotaro Tabata - 1948 (1885 - 1950)*  
*Sumiyuki Kotani - 1984 (1903 - 1991)*  
  
Note: The following four men were promoted to judan posthumously by the Kodokan.  
*Kotaro Okano - 1967 (1885 - 1967)*  
*Maisutaro Shoriki - 1969 (1885 - 1969)*  
*Nakano Shozo - 1979 (1888 - 1977)*  
*Kurihara Tamino - 1979 (1896 - 1979)*
  
18. What are the two principles of Kodokan Judo as defined by Dr. Kano?
  1. *Mutual benefit & welfare – Jita Kyoei*
  2. *Maximum efficiency – Seiryoku Zenyo*
  
19. What is the ultimate goal of judo as defined by Dr. Kano?  
*The harmonious development and eventual perfection of the human character.*
  
20. What does the acronym G.E.T. P.A.D. (tactical variables for randori/shiai) stand for?  

<i>Grip</i>	<i>Edge of mat</i>	<i>Tempo</i>
<i>Posture</i>	<i>Angle of attack</i>	<i>Direction of movement</i>

\* In Japanese, for some words the "sh" is changed to "j".

## 3RD CLASS RANK (SANKYU)

### JAPANESE VOCABULARY

Know the Japanese words for the following:

104. Third class (kyu) judo rank – *Sankyu*
105. Second class (kyu) judo rank – *Nikyu*
106. First class (kyu) judo rank – *Ikkyu*
107. Meditate! (command at close of class) - *Mokuso!*
108. Five stages of throwing techniques, the basic syllabus of Kodokan Judo – *Gokyo No Waza*
109. Newly certified throwing techniques of Kodokan Judo – *Shinmesho No Waza*
110. Instantaneous promotion – *Batsugun*
111. Sacrifice - *Sutemi*
112. Throwing from a standing position – *Tachi Waza*
113. Throwing techniques done by falling on one's back or side – *Sutemi Waza*
114. Back falling sacrifice throws – *Ma Sutemi Waza*
115. Side falling sacrifice throws – *Yoko Sutemi Waza*
116. Striking techniques to vital areas – *Atemi Waza*
117. Judo uniform belt – *Obi*
118. Judo uniform jacket - *Uwagi*
119. Judo uniform pants - *Zubon*
120. Judo uniform sleeve - *Sode*
121. Judo uniform lapel - *Eri*
122. Illegal act of locking the legs around the torso of an opponent - *Dojime*
123. Warm-up exercises in judo - *Junbi Undo*
124. Cooling-off exercises in judo - *Shumatsu Undo*
125. Exercises in general - *Taiso*
126. Variation (of a technique) - *Kuzure*
127. Counter technique - *Kaeshi Waza*
128. Combination or faking technique - *Renwaku Waza*
129. Four corners (as in pins) - *Shiho*
130. I surrender! - *Maitta!*
131. Forms of gripping an opponent – *Kumi Kata*
132. Normal - *Nami*
133. Reverse - *Gyaku*
134. Cross - *Juji*
135. Arm - *Ude*
136. Armpit - *Wake*

### GENERAL INFORMATION

Know the following information:

21. What year was judo first introduced into the summer Olympic games? 1964
22. Who were the four men on the first U.S. Olympic judo team?  
*Ben Campbell, Jim Bregman, George Harris, Paul Maruyama*
23. Which American placed the first time judo was included at the Olympics, and what place did he win?  
*James Bregman - 3rd Place (Bronze Medal)*
24. Name the six USJA senior judo kyu ranks and colored belts from highest to lowest rank (do not list White Belt):
  1. *Brown - Ikkyu*
  2. *Brown - Nikyu*
  3. *Brown - Sankyu*
  4. *Green - Yonkyu*
  5. *Orange - Gokyu*
  6. *Yellow - Rokyu*
25. Name the 10 black belt ranks in order:
  1. *Shodan*, 2. *Nidan*, 3. *Sandan*, 4. *Yodan*, 5. *Godan*,
  6. *Rokudan*, 7. *Shichidan*, 8. *Hachidan*, 9. *Kudan*, 10. *Judan*
26. What does the word "JUDO" mean in English?  
*The Gentle Way*

USJA JUDO SENIOR RANK SYSTEM

**2ND CLASS RANK (NIKYU)**

**JAPANESE VOCABULARY**

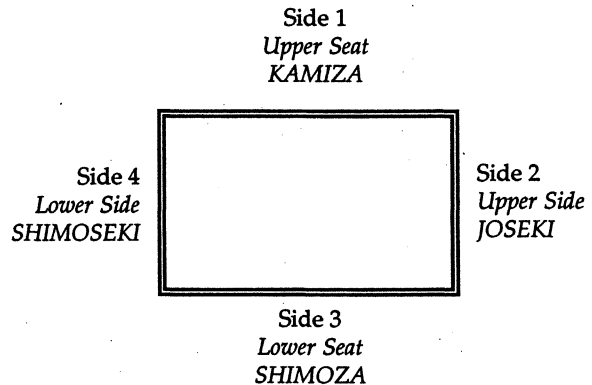
Know the Japanese words for the following:

137. First degree black belt – *Shodan*
138. Second degree black belt – *Nidan*
139. Third degree black belt – *Sandan*
140. Fourth degree black belt – *Yodan/Yondan*
141. Fifth degree black belt – *Godan*
142. Sixth degree black belt – *Rokudan*
143. Seventh degree black belt – *Shichidan*
144. Eighth degree black belt – *Hachidan*
145. Ninth degree black belt – *Kudan*
146. Tenth degree black belt – *Judan*
147. Twelfth degree black belt (held only by Dr. Kano) – *Junidan*
148. Loss of any type – *Make*
149. Win of any type – *Gachi/Kachi* \*
150. Win by forfeit or default of the opponent before a match – *Fusen Gachi*
151. Win by withdrawal of the opponent during a match – *Kiken Gachi*
152. Combination win by adding a one half point from a violation and one waza-ari – *Sogo Gachi*
152. Slight superiority (contest call) – *Kinsa*
153. Side of the dojo or tournament mat reserved for senior judoka or officials – *Joseki*
154. Cross arm lock – *Juji-gatame*
155. Entangle – *Garami*
156. Formal forms of throwing – *Nage-No-Kata*
157. Formal forms of holding – *Katame-No-Kata*
158. Formal forms of gentleness – *Ju-No-Kata*
159. Formal forms of self-defense – *Goshinjitsu-No-Kata*
160. Formal forms of decision – *Kime-No-Kata*
161. Ancient forms – *Koshiki-No-Kata*
162. Forms of five – *Itsutsu-No-Kata*
163. Past master of judo (title traditionally applied only to Dr. Kano) – *Shihan*

**GENERAL INFORMATION**

Know the following information:

27. What other colored belt are some black belt persons entitled to wear?  
*1st Degree - Black*  
*2nd Degree - Black*  
*3rd Degree - Black*  
*4th Degree - Black & Red Panel*  
*5th Degree - Black & Red Panel*  
*6th Degree - Red & White Panel*  
*7th Degree - Red & White Panel*  
*8th Degree - Red & White Panel*  
*9th Degree - Red*  
*10th Degree - Red*
28. What are the four sides of the dojo called?  
 (Refer to diagram below)



29. Which American was the first to win a medal at the World Championships in judo and what place did he win?  
*James Bregman - 3rd Place (Bronze Medal) at the 4th World Games in 1965 - Rio de Janeiro, Brazil*
30. List the nine kata of Kodokan Judo in English and Japanese.
 

<i>Nage-No-Kata</i>	<i>Forms of Throwing</i>
<i>Katame-No-Kata</i>	<i>Forms of Grappling</i>
<i>Ju-No-Kata</i>	<i>Forms of Gentleness</i>
<i>Goshinjitsu-No-Kata</i>	<i>Forms of Self-Defense</i>
<i>Kime-No-Kata</i>	<i>Forms of Decision</i>
<i>Joshi-Goshinjo</i>	<i>Forms of Self-Defense for Women</i>
<i>Itsutsu-No-Kata</i>	<i>Forms of Five</i>
<i>Koshiki-No-Kata</i>	<i>Forms of Antiquity</i>
<i>Seiryoko-Zenyo-Kokuimin-Taiiku</i>	<i>Maximum Efficiency Physical Exercises</i>

\* In Japanese, for some words the "g" is changed to "k".

## 1ST CLASS RANK (IKKYU)

### JAPANESE VOCABULARY

Know the Japanese words for the following:

164. Mutual benefit & welfare – *Jita Kyoei*
165. Maximum efficiency – *Seiroyku Zenyo*
166. "Winner stays up" team contest - *Kohaku Shiai*
167. Man-for-man, or elimination tournament -  
*Tentori Shiai*
168. Methods of resuscitation used in judo -  
*Katsu/Kappo*
169. Illegal act of entwining the leg of an opponent -  
*Kawazu Gake*
170. Contest area – *Shiaiyo*
171. Referee – *Shimpan*
172. To float or floating – *Uki*
173. Lift – *Tsuri*
174. Pull – *Komi*
175. Lift-pull action – *Tsurikomi*
176. Defense (to an attack) – *Bogyo*
177. Escape (as from a pin) – *Fusegi*
178. Entry methods into matwork – *Hairi Kata*
179. Body – *Tai*
180. Thigh – *Mata*
181. Rear, behind (as in throwing and pinning) – *Ushiro*
182. Reverse side, back - *Ura*
183. Pivoting or turning the body – *Tai Sabaki*
184. Single handed – *Katate*
185. Double handed – *Ryote*
186. Both hands – *Moryote/Morote*
187. Avoiding or evasive action – *Sukashi*
188. A little – *Sukoshi*
189. Same side gripping (right vs right, left vs left) -  
*Ai Yotsu*
190. Opposite side gripping (right vs left) - *Kenka Yotsu*
191. Pulling or locking hand (usually sleeve hand) -  
*Hikite*
192. Power or drawing hand (usually lapel hand) -  
*Tsurite*
193. Red (used to differentiate players in a match) - *Aka*
194. White (used to differentiate players in a match) -  
*Shiro*
195. Time! (referee's call) - *Jikan!*
196. Decision or decisiveness (as in thinking fast) - *Kime*
197. To drop – *Otoshi*

### GENERAL INFORMATION

Know the following information:

31. Name four Americans who have won medals at the Olympic Games in judo, and what place they won.  
*James Bregman - 3rd Place (Bronze Medal - u80k) in 1964*  
*Allen Coage - 3rd Place (Bronze Medal - o93k) in 1976*  
*Eddie Liddie - 3rd Place (Bronze Medal - u60k) in 1984*  
*Robert Berland - 2nd Place (Silver Medal - u86k) in 1984*  
*Kevin Asano - 2nd Place (Silver Medal - u60k) in 1988*  
*Michael Swain - 3rd Place (Bronze Medal - u71k) in 1988*  
*Lynn Roethke - 2nd Place (Silver Medal - u61k, Demonstration Event) in 1988*  
*Margaret Castro-Gomez - 3rd Place (Bronze Medal - o72k, Demonstration Event) in 1988*  
*Jason Morris - 2nd Place (Silver Medal - u71k) in 1992*  
*James Pedro - 3rd Place (Bronze Medal - u71k) in 1996*
32. Which American was the first to win a gold medal at the Men's World Games in judo? *Michael Swain in 1987*
33. Which American was the first to win a gold medal at the Women's World Games in judo? *Ann Marie Burns in 1984*
34. What year was women's judo first introduced into the summer Olympic games as a full medal event?  
*1992 (Demonstration Event in 1988)*
35. What are the ordinal numbers between eleven and twenty in Japanese?  
*11. Ju ichi*  
*12. Ju ni*  
*13. Ju san*  
*14. Ju shi/Ju yon*  
*15. Ju go*  
*16. Ju roku*  
*17. Ju nana/Ju shichi*  
*18. Ju hachi*  
*19. Ju kyū*  
*20. Niju*