

**Denver Judo Junior Rank Exam**  
(v. 2 1/2009)

Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Rank Testing For: \_\_\_\_\_

**Yellow Belt:**

1. Begin! \_\_\_\_\_
2. Stop! \_\_\_\_\_
3. Judo Instructor \_\_\_\_\_
4. Judo School \_\_\_\_\_
5. Attention! \_\_\_\_\_
6. Bow! \_\_\_\_\_
7. One \_\_\_\_\_
8. Two \_\_\_\_\_
9. Three \_\_\_\_\_
10. Four \_\_\_\_\_
11. Five \_\_\_\_\_
12. Six \_\_\_\_\_
13. Seven \_\_\_\_\_
14. Eight \_\_\_\_\_
15. Nine \_\_\_\_\_
16. Ten \_\_\_\_\_
17. Who was the founder of judo? \_\_\_\_\_
18. What was the name of the judo school he founded? \_\_\_\_\_
19. What was the year of the found of judo? \_\_\_\_\_

Score: \_\_\_\_\_

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**Yellow Belt 1<sup>st</sup> Stripe:**

1. Sitting formal style \_\_\_\_\_
2. Sitting cross-legged \_\_\_\_\_
3. Judo Uniform \_\_\_\_\_
4. Judo Player \_\_\_\_\_
5. Judo Mat \_\_\_\_\_

Score: \_\_\_\_\_

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**Yellow Belt 2<sup>nd</sup> Stripe:**

1. Person doing the technique \_\_\_\_\_

2. Person receiving the technique \_\_\_\_\_
3. Falling methods \_\_\_\_\_
4. Forward rolling breakfalls \_\_\_\_\_
5. Side falls \_\_\_\_\_
6. What were unarmed martial arts called in Japan before judo? \_\_\_\_\_

Score: \_\_\_\_\_

**Orange Belt:**

1. Free practice or sparring \_\_\_\_\_
2. Tournament \_\_\_\_\_
3. Form practice \_\_\_\_\_
4. Hold-down! \_\_\_\_\_
5. Hold-down broken! \_\_\_\_\_
6. Full point! \_\_\_\_\_
7. Half-point! \_\_\_\_\_
8. Quarter point! \_\_\_\_\_
9. That is all! \_\_\_\_\_
10. What are the three parts of judo throw in English and Japanese?
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_

Score: \_\_\_\_\_

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**Orange Belt 1<sup>st</sup> Stripe:**

1. Normal Walking \_\_\_\_\_
2. Sliding Foot Walking \_\_\_\_\_
3. Minor Penalty \_\_\_\_\_
4. Disqualification \_\_\_\_\_
5. Decision! \_\_\_\_\_
6. Don't Move! \_\_\_\_\_
7. Continue! \_\_\_\_\_
8. Name the two divisions of techniques in judo in English and Japanese.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_

Score: \_\_\_\_\_

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**Orange Belt 2<sup>nd</sup> Stripe:**

1. Throwing Techniques \_\_\_\_\_
2. Hand \_\_\_\_\_
3. Hand Techniques \_\_\_\_\_
4. Foot \_\_\_\_\_
5. Foot Techniques \_\_\_\_\_
6. Fundamental Natural Posture \_\_\_\_\_
7. Fundamental Defensive Posture \_\_\_\_\_
8. Name the four divisions of standing techniques in judo in English and Japanese.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) \_\_\_\_\_

Score: \_\_\_\_\_

**Green Belt:**

1. Big or Major \_\_\_\_\_
2. Small or Minor \_\_\_\_\_
3. Hip \_\_\_\_\_
4. Hip Techniques \_\_\_\_\_
5. Sweep \_\_\_\_\_
6. Outside \_\_\_\_\_
7. Inside \_\_\_\_\_
8. Internal force or energy \_\_\_\_\_
9. Shout to gather inner strength \_\_\_\_\_
10. Favorite Technique \_\_\_\_\_
11. Name the three divisions of ground techniques in judo in English and Japanese.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_

Score: \_\_\_\_\_

**Blue Belt:**

1. Repetitive attacks without throwing \_\_\_\_\_
2. Repetitive throwing practice without resistance \_\_\_\_\_
3. Side \_\_\_\_\_
4. Class of belt rank below black belt \_\_\_\_\_
5. Degree in the black belt ranks \_\_\_\_\_
6. Holder of any black belt rank \_\_\_\_\_
7. Holder of any rank under black belt \_\_\_\_\_
8. What are the two basic principals of judo as defined by Dr. Kano? (in English and Japanese)

- a) \_\_\_\_\_  
b) \_\_\_\_\_
9. What year was judo introduced into the Olympics for men? \_\_\_\_\_
10. What year was judo introduced into the Olympics for women? \_\_\_\_\_
11. Who were the four members of the first Olympic team?
- a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_  
d) \_\_\_\_\_

Score: \_\_\_\_\_

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**Purple Belt:**

1. Kneeling Bow \_\_\_\_\_
2. Standing Bow \_\_\_\_\_
3. Knee \_\_\_\_\_
4. Wheel \_\_\_\_\_

Score: \_\_\_\_\_