

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

Name: _____

Date: _____

Rank Testing for: _____

ROKYU

Section 1:

Please provide the Japanese Translations for the following:

1. Attention _____
2. Bow _____
3. Begin! _____
4. Stop! _____
5. Judo school _____
6. Teacher _____
7. Sitting formal style _____
8. Sitting cross-legged _____
9. Normal walking _____
10. Sliding foot walking _____
11. Judo uniform _____
12. Judo player _____
13. Person performing the technique _____
14. Person receiving the technique _____
15. Falling methods or ways _____
16. Back falls _____
17. Side falls _____
18. Forward rolling falls _____
19. Free practice or sparring _____
20. Form practice _____
21. Tournament _____
22. Judo mat _____
23. Hold-down! _____
24. Hold-down broken! _____
25. Full point! _____
26. Half point! _____
27. One quarter point! _____
28. That is all! _____

Section 2:

1. Who was the founder of judo? _____
2. What was the name of the judo school he founded? _____
3. What was the date of the founding of judo? _____
4. Name the three parts of a judo throw in Japanese and English:
 - a) _____
 - b) _____
 - c) _____
5. What are the ordinal number from one to ten in Japanese?

- | | |
|---------|----------|
| 1 _____ | 6 _____ |
| 2 _____ | 7 _____ |
| 3 _____ | 8 _____ |
| 4 _____ | 9 _____ |
| 5 _____ | 10 _____ |

Score: _____/47



IF YOU ARE TESTING FOR ROKYU, STOP HERE!

GOKYU

Section 1:

Please provide the Japanese Translations for the following:

1. Minor Penalty _____
2. Disqualification _____
3. Decision! _____
4. Don't move! _____
5. Continue! _____
6. Fundamental natural posture _____
7. Fundamental defensive posture _____
8. Off balance _____
9. Entry into a throw _____
10. Execution of a throw _____
11. Sweep _____
12. Throwing Techniques _____
13. Hand _____
14. Hand Techniques _____
15. Foot _____
16. Foot Techniques _____
17. Big or Major _____
18. Small or Minor _____
19. Hip _____
20. Hip Techniques _____
21. Outside _____
22. Inside _____
23. Internal force or energy _____
24. Shout to gather inner strength _____

Section 2:

1. Name the two divisions of techniques in judo in Japanese and English:

- a) _____
- b) _____

2. Name the four divisions of standing techniques in judo in Japanese and English:

- a) _____

- b) _____
- c) _____
- d) _____

3. Name the three divisions of ground techniques in judo in Japanese and English:

- a) _____
- b) _____
- c) _____

Score: _____/42



IF YOU ARE TESTING FOR GOKYU, STOP HERE!

YONKYU

Section 1:

Please provide the Japanese Translations for the following:

1. Favorite technique _____
2. Class of belt ranks in judo below black belt _____
3. Degree in the black belt ranks _____
4. Holder of any black belt rank _____
5. Holder of any rank below black belt _____
6. Repetitive attack practice without throwing _____
7. Repetitive throwing practice without resistance _____
8. Kneeling bow _____
9. Standing bow _____
10. Knee _____
11. Wheel _____
12. Side _____

Section 2:

1. What are the two principals of judo as defined by Dr. Kano (in English and Japanese)?
 - a) _____
 - b) _____
2. What year was judo introduced into the Olympics for men? _____
3. What year was judo introduced into the Olympics for women? _____
14. Who were the four members of the first US Olympic team?
 - a) _____
 - b) _____
 - c) _____
 - d) _____

Score: _____/22



IF YOU ARE TESTING FOR YONKYU, STOP HERE!

SANKYU

Section 1:

Please provide the Japanese Translations for the following:

1. Third Degree Mudansha Rank _____
2. Second Degree Mudansha Rank _____
3. First Degree Mudansha Rank _____
4. First Degree Yudansha Rank _____
5. Second Degree Yudansha Rank _____
6. Third Degree Yudansha Rank _____
7. Fourth Degree Yudansha Rank _____
8. Fifth Degree Yudansha Rank _____
9. Sixth Degree Yudansha Rank _____
10. Seventh Degree Yudansha Rank _____
11. Eighth Degree Yudansha Rank _____
12. Ninth Degree Yudansha Rank _____
13. Tenth Degree Yudansha Rank _____
14. Instantaneous promotion _____
15. Striking Techniques _____
16. Judo belt _____
17. Illegal act of locking the body with your legs _____
18. I surrender! _____
19. Standard gripping _____
20. Judogi measuring device: _____

Section 2:

1. Who was the first American woman to win a gold medal at the World Championships and in what year? _____
2. Who was the first American man to win a gold medal at the World Championships and in what year? _____
3. What are the five divisions of the nage no kata in English and Japanese?
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____

Score: _____/32



IF YOU ARE TESTING FOR SANKYU, STOP HERE!

NIKYU

Section 1:

Please provide the Japanese Translations for the following:

1. Winner stays up competition _____
2. Elimination tournament _____
3. Methods of resuscitation _____

Section 2:

1. What are the five divisions of the nage no kata and the techniques that comprise them?

- a) _____
 - i) _____
 - ii) _____
 - iii) _____
- b) _____
 - i) _____
 - ii) _____
 - iii) _____
- c) _____
 - i) _____
 - ii) _____
 - iii) _____
- d) _____
 - i) _____
 - ii) _____
 - iii) _____
- e) _____
 - i) _____
 - ii) _____
 - iii) _____

2. What are the three divisions of the katame no kata (in English and Japanese)?

- a) _____
- b) _____
- c) _____

Score: _____/29



IF YOU ARE TESTING FOR NIKYU, STOP HERE!

IKKYU

1. What are the three division of katame no kata ad the techniques that comprise them?

- a) _____
 - i) _____
 - ii) _____
 - iii) _____
 - iv) _____
 - v) _____
- b) _____
 - i) _____
 - ii) _____
 - iii) _____
 - iv) _____
 - v) _____
- c) _____
 - i) _____
 - ii) _____
 - iii) _____
 - iv) _____
 - v) _____

Score: _____/18

TOTAL SCORE:
