

ATJA JR01 & JR02/6K

(Yellow Belt)

General Knowledge

JR01: Who was the founder of Judo? Dr. Jigoro Kano

JR01: What is the name of the school he founded? The Kodokan

JR01: What is the date of the founding of Judo? 1882

JR01: What was unarmed combat called in Japan before Judo? Jujutsu

JR01: How long have unarmed combat martial arts been practiced in Japan?

Answer: 600-1000 years

JR01: What is the name of your Judo club? (Name of your Dojo)

JR02: Name the three parts of a Judo throw in English, and Japanese.

Answer: 1. Kuzushi (breaking balance);
2. Tsukuri (entry/fit);
3. Kake (execution)

JR02: Name the three parts of unarmed combat in English and Japanese.

Answer: 1. Nage waza (Throwing techniques);
2. Katame waza (Grappling techniques);
3. Atemi waza (Striking techniques)

Vocabulary Requirements

JR01/6K Vocabulary

English	Japanese
1. Knee	Hiza
2. Hip or waist	Goshi or Koshi
3. Hand	Te
4. Foot	Ashi
5. Big or major	O
6. Little or minor	Ko
7. Lock or hold	Gatame
8. Falling methods or ways	Ukemi Waza
9. Wheel	Guruma
10. Begin!	Hajime
11. Stop!	Matte
12. Hold-down! (Referee's call)	Osae Komi
13. Hold-down broken! (Referee's call)	Toketa
14. Don't move! (Referee's call)	Sono Mama
15. Continue! (Referee's call)	Yoshi
16. Knee Wheel throw	Hiza Guruma
17. Major Hip throw	O Goshi
18. Scarf Hold	Kesa Gatame

JR02/6K Vocabulary

English	Japanese
19. Shoulder	Kata (Seoi)
20. Side	Yoko
21. Throw	Nage
22. Reap	Gari
23. Corners (as in hold-downs)	Shiho
24. Inside	Uchi
25. Outside	Soto
26. Fundamental or basic	Hon
27. Natural	Shizen
28. Defensive	Jigo
29. Time is up! (ref.'s call) .	Sore Made
30. I surrender!	Maitta
31. Fundamental natural posture	Shizen Hontai
32. Fundamental defensive posture	Jigo Hontai
33. Shoulder throw	Seoi Nage
34. Major Outside Reaping throw	O Soto Gari
35. Side Hold	Yoko Shiho Gatame
36. Sixth class (kyu) Judo rank	Rokkyu

ATJA JR03 & JR04/5K

(Orange Belt)

General Knowledge

JR03: Name the two divisions of throwing techniques in English and Japanese.

Answer: Standing Techniques (Tachi Waza);
Sacrifice Techniques (Sutemi Waza).

JR03: Name the three divisions of standing throwing techniques in English and Japanese.

Answer: Hand Techniques (Te Waza)
Hip Techniques (Koshi Waza)
Foot Techniques (Ashi Waza)

JR04: Name the two divisions of sacrifice techniques in English and Japanese.

Answer: Back Sacrifice (Ma Sutemi Waza)
Side Sacrifice (Yoko Sutemi Waza)

Vocabulary Requirements

JR03/5K Vocabulary

English	Japanese
37. Sweep	Harai
38. Forms of off balancing	Happo no Kuzushi
39. Forms of gripping one's opponent	Kumi Kata
40. Note! (Slight penalty (by referee))	Shido
41. Caution! (Moderate penalty (by referee))	Chui
42. Warning? (Severe penalty (by referee))	Keikoku
43. Loss by violation of the rules! (by referee)	Hansoku Make
44. One point! (by referee)	Ippon
45. Almost one point! (by referee)	Waza Ari
46. Almost one-half point! (by referee)	Yuko
47. Slight superiority! (by referee)	Koka
48. Normal walking	Ayumi Ashi
49. Sliding foot walking	Tsugi Ashi
50. Sitting on the knees	Seiza
51. Sitting cross-legged	Anza
52. Advanced Foot Sweep throw	De Ashi Harai
53. Major Inside Reaping throw	O Uchi Gari
54. Upper Corners Hold	Kami Shiho Gatame

JR04/5K Vocabulary

English	Japanese
55. To float	Uki
56. Lower prop	Sasae
57. Lift	Tsuri
58. Pull	Komi
59. Defense (to an attack)	Bogyo
60. Escape (from a hold-down)	Fusegi
61. Modified (as in hold-downs)	Kuzure
62. Right	Migi
63. Left	Hidari
64. Back falls	Koho Ukemi
65. Forward falls	Front Falls
66. Decision! (by referee)	Hantei
67. Win by decision! (Referee's call)	Yusei Gachi
68. Entry methods into mat work	Hairi Kata
69. Floating Hip throw	Uki Gosji
70. Lower Prop Lift Pull Foot throw	Sasae Tsuri Komi Ashi
71. Modified Scarf Hold	Kuzure Kesa Gatame
72. Fifth class (kyu) Judo rank	Gokyu

ATJA JR05 & JR06/4K

(Green Belt)

General Knowledge

JR05: Name the three divisions of mat techniques in English and Japanese.

- Answer: 1. Holding (Osaekomi Waza)
 2. Choking (Shime Waza)
 3. Joint Locking (Kansetsu Waza)

JR05: Name three of the six men who attained the rank of 10th Degree Black Belt.

Answer: Nagaoka, Samura, Mifune, Yamashita, Isogai, Iizuka, Tomita, Fukuda

JR06: What are the two principles of Kodokan Judo as defined by Dr. Kano?

- Answer: 1. Maximum Efficiency with Minimum Effort (Ma Sutemi Waza)
 2. Mutual Benefit and Welfare (Yoko Sutemi Waza)

JR06: What is the ultimate goal of Judo as defined by Dr. Kano?

Answer: Harmonious development and eventual perfection of human character.

Vocabulary Requirements

JR05/4K Vocabulary

English	Japanese
73. Body	Tai
74. Rolling	Kaiten
75. Front rolling falls	Zempo Kaiten
76. Drop	Otoshi
77. Valley	Tani
78. Body movement	Shintai
79. Pivoting or turning the body	Tai Sabaki
80. Technique	Waza
81. Counter techniques	Kaeshi Waza
82. Attention!	Kiyotsukei
83. Bow!	Rei
84. Teacher	Sensei
85. Practice hall for Judo	Dojo
86. Judo uniform	Gi
87. Judo player	Judoka
88. Little inside Reaping throw	Ko Uchi Gari
89. Hip Wheel throw	Koshi Guruma
90. Modified Side Hold	Kuzuri Yoko Shiho Gatame

JR06/4K Vocabulary

English	Japanese
91. Judo uniform sleeve	Sode
92. Judo uniform lapel	Eri
93. Judo uniform jacket	Uwagi
94. Belt	Obi
95. The attacker	Tori
96. The defender	Uki
97. Repetition attack practice without throwing	Uchi Komi
98. Alternate throwing practice without resistance	Sute Geiko
99. Pantomime practice	Tandoku Rensgu
100. Form practice	Kata
101. Free practice	Randori
102. Practice in general	Keiko
103. Posture in general	Shisei
104. Combination or faking techniques	Renraku Waza
105. Little Outside Reaping throw	Ko Soto Gari
106. Lifting Pulling Hip throw	Tsuri Komi Goshi
107. Modified Upper Corners Hold	Kuzure Kami Shiho Gatame
108. Fourth class (kyu) Judo rank	Yonkyu

ATJA JR07 & JR08/3K
(Junior Blue Belt/Adult Brown Belt)

Vocabulary Requirements

JR07/3K Vocabulary

English	Japanese
109. To slide	Okuri
110. Way of the warrior	Bushido
111. Martial arts	Bujutsu
112. Win by forfeit or default of the opponent before a match	Fusen Gachi
113. Win by withdrawal of the opponent during a match	Kiken Gachi
114. Combination win by penalty and a score	Sogo Gachi
115. Five stages of technique, the basic syllabus of Kodokan Judo	Gokyo no Waza
116. The principle of gentleness or giving way	Ju
117. Way of life	Do
118. Warm-up exercises in Judo	Junbi Undo
119. Cooling-off exercises in Judo	Shumatsu Undo
120. Exercises in general	Taiso
121. Holder of any rank below Black Belt	Mudansha
122. Holder of any Black Belt rank	Yodansha
123. Swallow-flight counter throw	Tsubame Gaeshi
124. Sliding Foot Sweep throw	Okurt Ashi Harai
125. Sweeping Hip throw	Harai Goshi
126. Shoulder Hold	Kata Gatame

JR08/3K Vocabulary

English	Japanese
127. Straw Japanese Judo Mats	Tatami
128. Thigh	Mata
129. Shout to gather inner strength	Kiai
130. Internal force or spiritual energy	Ki
131. Rear (in throwing and holding)	Ushiro
132. Kneeling bow	Za Rei
133. Standing bow	Ritsu Rei
134. Tournament	Shiai
135. Referee	Shimpan
136. Side of the mat reserved for highest rank judo players or officials	Joseki
137. A point by adding two half points	Awaseti
138. Half-point added makes full point! (Referee's call)	Wazari Awaseti Ippon
139. Favorite technique	Tokui Waza
140. Instantaneous promotion	Batsugun
141. Body Drop throw	Tai Otoshi
142. Inner Thigh throw	Uchi Mata
143. Rear Scarf Hold	Ushiro Keza Gatame
144. Third class (kyu) Judo rank	Sankyu

ATJA JR09 & JR10/2K
(Junior Purple Belt/Adult Brown Belt)

Vocabulary Requirements

JR09/2K Vocabulary

English	Japanese
145. To dash the opponent while throwing	Gake
146. Step or degree in the Black Belt Judo ranks	Dan
147. First degree Black Belt	Shodan
148. Second degree Black Belt	Nidan
149. Third degree Black Belt	Sandan
150. Fourth degree Black Belt	Yodan or Yondan
151. Fifth degree Black Belt	Godan
152. Sixth degree Black Belt	Rokudan
153. Seventh degree Black Belt	Shichidan
154. Eighth degree Black Belt	Hachidan
155. Ninth degree Black Belt	Kudan
156. Tenth degree Black Belt	Judan
157. Winding pull while throwing	Komi
158. Master or Professor of Judo (properly applied only to Dr .Kano)	Shihan
159. Illegal entwining of the leg in the Major Outside Reaping throw	Kawazu Gake
160. Minor Outside Dashing throw	O Soto Gake
161. Lifting Hip throw	Tsuri Goshi
162. Straddling Hold	Tate Shiho Gatame

JR10/2K Vocabulary

English	Japanese
163. Choke or strangle	Shime
164. To spring	Hane
165. Avoiding or evasive action	Sukashi
166. A little	Sukoshi
167. Two handed (as in shoulder throw)	Morote
168. Black Belt Judo association	Yodansha Kai
169. Practice in pairs	Sute Geiko
170. Win of any type	Kachi, Gachi
171. Loss of any type	Make
172. Draw Match! (ref.'s call)	Hiki Wake
173. Decision (as in self-defense instantaneous decisions)	Kime
174. Contest area	Shiai Jo
175. Seeping Foot Stop throw	Harai Tsuri Komi Ashi
176. Springing Hip throw	Hane Goshi
177. Naked Strangle	Hadaka Jime
178. Sliding Lapel Choke	Okuri Eri Jime
179. Single Shoulder Choke	Kataha Jime
180. Second class (kyu) Judo rank	Nikyu

ATJA JR11 & JR12/1K

(Brown Belt)

Vocabulary Requirements

JR11/1K Vocabulary

English	Japanese
181. Normal	Nami
182. Reverse	Gyaku
183. Cross	Juji
184. Sacrifice	Sutemi
185. Direct or flat	Ma
186. Forms of resuscitation	Kappo
187. "Winner stays out" team contest	Kohaku Shiai
188. Man for man, or elimination tournament	Tentori Shiai
189. Maximum efficiency	Seiroku Zenyo
190. Mutual benefit and welfare	Jita Kyoei
191. Mountain Storm throw	Yama Arashi
192. Flying Scissors throw	Kani Baami
193. Side (lateral) Drop throw	Yoko wakare
194. Shoulder Wheel throw	Kata Guruma
195. Normal Cross Choke	Nami Juji Jime
196. Half Cross Choke	Kata Juji Jime
197. Reverse Cross Choke	Gyaku Juji Jime
198. Arm	Ude

JR12/1K Vocabulary

English	Japanese
199. Crush	Hishigi
200. Circle	Tomoe
201. Armpit	Wake
202. Scissor (by the legs; an illegal act in Judo competition)	Dojime
203. Formal forms of throwing (a pre-arranged routine)	Nage no Kata
204. Formal forms of holding (a pre-arranged routine)	Katame no Kata
205. Formal forms of gentleness (a pre-arranged routine)	Ju no Kata
206. Formal forms of self-defense (a pre-arranged routine)	Goshin Jutsu Kata
207. Ancient forms (a pre-arranged routine)	Koshiki no Kata
208. Forms of five (a pre-arranged routine)	Itsutsu no Kata
209. Circle throw	Tomoe Nage
210. Foot Wheel throw	Ashi Guruma
211. Arm Crushing Cross Arm Lock	Ude Hishigi Juji Gatame
212. Arm Crushing Normal Arm Lock	Ude Hishigi Ude Gatame
213. Arm Crushing Bent Arm Lock	Ude Hishigi Ude Garami
214. Arm Pit Lock	Wake Gatame
215. First class (kyu) Judo rank	Ikkyu