

# Japanese Vocabulary

1. Attention - Kiyotsuke
2. Bow - Rei
3. Begin - Hajime
4. Stop - Matte
5. Practice hall for Judo - Dojo
6. Teacher - Sensei
7. Almost Ippon - Waza Ari
8. Sitting cross legged - Anza
9. Following foot walking - Tsugi Ashi
10. Normal walking - Ayumi ashi
11. Judo uniform - Gi
12. Judo player - Judoka
13. Person performing technique - tori
14. Person receiving technique - Uki
15. Left - Hadari
16. Right - Migi
17. Falls - Ukemi
18. Back fall - Koho Ukemi
19. Front rolling fall - Zempo Kaiten Ukemi
20. Free practice - Rondori
21. Formal pre-arranged routine practice - Kata
22. Tournament - Shiai
23. Judo mats - Tatami
24. Hold down - Osae Komi
25. Hold down broken - Toketa
26. One point (score) - Ippon
27. Almost Ippon (1/2 point) - Waza Ari
28. Middle score - Yuko
29. Lowest score - Koka
30. Match is over - Sore Made
31. Sixth class (yellow belt) - Rokyu
32. Yes -Hai
33. No - Iie
34. Please - Onegai Shimasu
35. Thank you - Domo Arigato
36. Shido - Minor penalty(Koka for opponet)
37. Chui - Two Shidos (Yuko for opponet)
38. Keikoku - Three Shidos (Waza Ari for opponet)

39. Hansoko Make - Direct disqualification or four Shidos (Ippon for opponet)
40. Decision - Hontei
41. Don't move - Sono Mama
42. Continue - Yoshi
43. Natural posture - Shizen Hontai
44. Defensive posture - Jigo Hontai
45. Off balance - Kazushi
46. Entry to throw - Tsukuri
47. Execution of a throw - Kake
48. Sweeping with leg - Hari/Bari
49. Reaping with leg - Gari
50. Dashing action with leg - Gake/Kake
51. Springing action with leg - Hari
52. Throw - Nage
53. Technique - Waza
54. Throwing technique - Nage Waza
55. Hand - Te
56. Hand techniques - Te Waza
57. Foot - Ashi
58. Foot Techniques - Ashi Waza
59. Big or Major - O
60. Little or Minor - Ko
61. Waist or Wip - Goshi/Koshi
62. Hip techniques - Koshi Waza
63. Major hip throw - O Goshi
64. Outside - Soto
65. Inside - Uichi
66. Major outside reaping throw - O Soto Gari
67. Internal force or energy - Ki
68. Shout to gather internal strength - Kiai
69. Decision win - Yusei Gachi
70. Draw match - Hiki Wake
71. A full point by adding 2 waza aris together - Waz Ari Awasete Ippon
72. Grappling Techniques- Katame Waza
73. Ground Techniques - Ne Waza
74. Holding Techniques - Osaekomi Waza
75. Choke -Shime/Jime
76. Choke - Shime Waza
77. Joint locking techniques - Kansetsu Waza
78. Principle of giving way or gentleness - Ju
79. Way of life - Do
80. Gentel way - Judo
81. Gentel Art- Jujitsu

82. Favorite technique - Tokui Waza
83. Way of the warrior - Bushido
84. Martial arts - Budu
85. Rank of belts below black belt - Kyu
86. Ranks of black belt - Dan
87. Holder of any rank of black belt - Yudansha
88. Holder of any rank below black belt - Mudansha
89. Black belt association - Yudanshakai
90. Practice without throwing - Uchi Komi
91. Alternating throws without resistance - Sute Geiko
92. Solo Practice - Tandok Renshu
93. Practice in pairs - Sotai Renshu
94. General Practice - Keiko
95. Fourth class (kyu) rank - Yonkyu
- 96.. Kneeling Bow - Zarei
97. Standing bow - Ritsurei
98. Knee - Hiza
99. Lock or Hold - Gatame
100. Wheel - Garuma
101. Side - Yoko
102. Fifth class (kyu) rank - Gokyu
103. Eight ways of off balance - Happo No Kuzushi
104. Third class (kyu) rank - Sankyu
105. Second class (kyu) rank - Nikkyu
106. First class (kyu) rank - Ikkyu
107. Meditate - Mokuso
108. Five stages of throwing techniques - Gokyu No Waza
109. Newly certified throwing techniques - Shinmesho No Waza
110. Instantaneous promotion - Batsugun
111. Sacrifice - Sutemi
112. Standing throw - Tachi Waza
113. Sacrifice throw - Sutemi Waza
114. Back sacrifice throw - Ma Sutemi Waza
115. Side sacrifice throw - Yoko Sutemi Waza
116. Striking techniques - Atemi Waza
117. Judo Belt - Obi
118. Judo jacket - Uwagi
119. Judo pants - Zubon
120. Judo jacket sleeve - Sode
121. Judo jacket lapel - Eri
122. Illegal act of locking legs around opponent's torso - Dojime
123. Warm up exercise - Junbi Undo
124. Cooling off exercises - Shumatsu Undo

125. Exercise in general - Taiso
126. Variation of technique - Kuzure
127. counter techniques - Kaeshi Waza
128. Combination or faking techniques - Renwaku Waza
129. Four corners - Shiho
130. I surrender - Maitta
131. Forms of gripping - Kumi Kata
132. Normal - Nami
133. Reverse - Gyaku
134. Cross - Juji
135. Arm - Ude
136. Armpit - Wake
137. 1st degree black belt - Shodan
138. 2nd degree black belt - Nidan
139. 3rd degree black belt - Sandan
140. 4th degree black belt - Yodan
141. 5th degree black belt - Godan
142. 6th degree black belt - Rokudan
143. 7th degree black belt - Shichidan
144. 8th degree black belt - Hachidan
145. 9th degree black belt - Kudan
146. 10th degree black belt - Judan
147. 12th degree black belt (held only by Kano) - Junidan
148. Loss of any type - Make
149. Win of any type - Gachi/Kachi
150. Win by forfeit or default - Fusen Gachi
151. Win by withdraw during match - Kiken Gachi
152. Combination of 1/2 point penalty and Waza Ari - Sogo Gachi
153. Slight superiority- Kinsa
154. Side of the mat reserved for senior judoka or officials - Joseki
155. Cross arm lock - Juji Gatame
156. Entangle - Grami
157. Formal forms of throwing - Nage No Kata
158. Formal forms of holding - Gatame No Kata
159. Formal forms of gentleness - Ju No Kata
160. Formal forms of self defence - Goshinjitsu No Kata
161. Formal forms of decision - Kime No Kata
162. Ancient forms - Koshiki No Kata
163. Forms of five - Itsutsu No Kata
164. Past masters of Judo (usually only for Dr. Kano) - Shihan
165. Mutual benefit and welfare - Jita Kyoei
165. Maximum efficiency - Seiryoku Zenyo
167. Winner stays out team contest - Kohaku Shiai

168. Man for Man team contest - Tentori Shiai
169. Methods of resuscitation - Katsu/Kappo
170. Illegal act of entwining leg - Kawazu Gake
171. Contest area - Shiajo
172. Referee - Shimpan
173. To float or floating - Uki
174. Lift - Tsuru
175. Pull - Komi
176. Lift pull action - Tsurikomi
177. Defense for attack - Bogyo
178. Escape from pin - Fusegi
179. Entry methods to mat work - Hairi Kata
180. Body - Tai
181. Thigh - Mata
182. Rear, behind - Ushio
183. Reverse side, back - Ura
184. Body pivot - Tai Sabaki
185. Single hand - Katate
186. Double hand - Ryote
187. Both hands - Moryote/Morote
188. Avoid or evasion action - Sukashi
189. A little - Sukoshi
190. Same side gripping - Ai Yotsu
191. Opposite side gripping - Kenka Yotsu
192. Pulling hand - Tsurite
193. Driving hand - Hikite
194. Red - Aka
195. White - Shiro
196. Time (ref call) - Jikan
197. Decision or decisiveness - Kime
198. To drop - Otoshi

# General Information

1. What is the name of your club?  
Snyder Dojo
2. What is the name of your instructor?  
Sensei Chris
3. What is the name of your Judo organization?  
USJF (united states judo federation)
4. Who was the founder of Judo?  
Dr. Jigoro Kano
5. What was the name of the school that he founded?  
The Kodokan
6. What is the year of the founding of the Kodokan?  
1882
7. What was unarmed combat called in Japan before Judo?  
Jujitsu
8. How long has unarmed combat been practiced in Japan?  
600 to 1,000 years
9. Name the Three parts of unarmed combat
  1. Throwing techniques - Nage Waza
  2. Grappling techniques - Katame Waza
  3. Striking techniques - Atemi Waza
10. Name the three parts of a throw
  1. Off-balance - Kazushi
  2. Entry - Tsukuri
  3. Execution - Kake
11. List the Adult ranks for your club in order by color.  
white, yellow, green, blue, brown, black
12. Name the two divisions of throwing techniques in English and Japanese.  
Standing techniques - **Tachi Waza**  
Sacrificing techniques - **Sutemi Waza**
13. Name the divisions of standing throwing techniques in English and Japanese.  
Hand techniques - **Te Waza**  
Hip techniques - **Koshi Waza**  
Foot techniques - **Ashi Waza**
14. Name the two divisions of sacrificing throwing techniques in English and Japanese.  
Back sacrifice techniques - **Ma Sutemi Waza**  
Side sacrifice techniques - **Yoko Sutemi Waza**

15. Count to ten in Japanese.

1 - **Ich**

2 - **Ni**

3 - **San**

4 - **Shi**

5 - **Go**

6 - **Roko**

7 - **Shichi**

8 - **Hachi**

9 - **Ku**

10 - **Ju**

16. Name the divisions of mat techniques in English and Japanese.

Holding techniques - Gatame Waza

Choking techniques - Shime Waza

Joint lock techniques - Kansetsu Waza

17. Name three of the eight men who obtained 10th degree black belt while they were 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 Samuro - 1984 (1880-1965)

Shotaro Tabata - 1948(1885-1950)

Sumiyuki Kotani - 1984 (1903 -1991)

18. What are the two principles of Kodakan Judo as defined by Dr. Kano?

Mutual benefit and welfare - Jita Kyoei

Maximum efficiency - Seiryoku Zenyo

19. What is the true ultimate goal of judo as defined by Dr. Kano?

Harmonious development and eventual perfection of the human character.

20. What year was judo introduced to the Olympic Games?

1964

21 Who were the four men on the olympic team?

Ben Campbell, Jim Bregman, George Harris, Paul Maruyama

22. Who was the first American to place and what did he get?

Jim Bregman - 3rd

23. Name the six ranks for adults in order.

Brown - Ikkyo

Brown - Nikyu

Brown - Sankyu

Blue - Yankyu

Green - Gokyu

Yellow - Rowkyu

24. 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

25. What does the word Judo mean in English?

The Gentle Way

26. What other colored belts are black belts allowed to wear?

4th - black and red

5th - black and red

6th - red and white

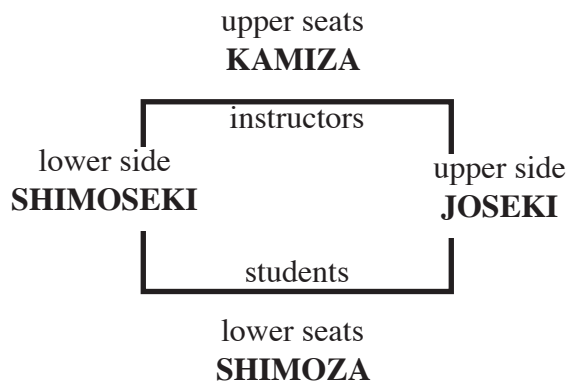
7th - red and white

8th - red and white

9th - red

10th - red

27. What are the four sides of the dojo called?





28. Which American was the first to win a medal at the world championships and what place did they get?

James Bregman 3rd

29. List the nine katas

Forms of throwing - Nage No Kata

Forms of holding - Gatame No Kata Formal Forms of gentleness - Ju No Kata

Forms of self defence - Goshinjitsu No Kata

Forms of decision - Kime No Kata

Forms of self defense for women - Joshi Goshinho

Ancient forms - Koshiki No Kata

Forms of five - Itsutsu No Kata

Maximum efficiency physical exercises - Seiryoku Zenyo Kokuimin Taiiku

30. Name four Americans who have placed in the Olympics and what place they got?

James Bregman- 3rd 80k 1964

Allen Coage - 3rd 93k 1976

Eddie Liddle - 3rd 60k 1984

Bob Berland - 2nd 86k 1984

Kevin Asano - 2nd 60k 1988

Mike Swain - 3rd 71k 1988

Lynn Rothke - 2nd 61k 1988

Margare Castro-Gomez - 3rd 72k+ 1988

Jason Morris - 2nd 71k 1992

Jimmy Pedro - 3rd 71k 1996

- 3rd 73k 2000

31. Who was the first American to win a world championship?

AnnMaria Burns (Rouse, DeMars) 1984

32. Who was the first male to win a world championship?

Mike Swain 1987

33. What year was women's Judo introduced to the Olympics?

1992 (demonstration in 1988)

34. Count from 11 to 20 in Japanese.

11 - Ju ichi

12 - Ju ni

13 - Ju san

14 - Ju yon / shi

15 - Ju go

16 - Ju roku

17 - Ju nana /shichi

18 - Ju hachi

19 - Ju kyu

20 - Nuju