

Junior Blue Belt
Vocabulary

Name: _____
Date: _____

Sweeping action done with the leg _____

Hand _____

I surrender _____

Repetition attack practice without throwing, done with a partner _____

Off balance _____

Stop! _____

Person performing technique _____

Person receiving technique _____

Free practice _____

Bow _____

Attention _____

Teacher _____

Sitting crossed legged _____

Sitting on knees _____

Falling methods or ways _____

Begin! _____

Lock or hold _____

Minor inside reaping throw _____

Beginning black belt _____

Black belt grade or rank _____

Modified scarf lock _____

Scarf lock _____

Scarf _____

Hip wheel throw _____

Modified _____

- Second degree black belt _____
- A full point by adding two waza-ari scores _____
- Wheel _____
- Reaping action done with the leg _____
- Note!(referee's call for a slight penalty) _____
- Major outside reaping throw _____
- Don't move!(referee's call) _____
- Continue!(referee's call) _____
- Inside _____
- Outside _____
- Major hip throw _____
- Waist or hip techniques _____
- Waist or hip _____
- Big or major _____
- Little or minor _____
- That is all!(referee's award) _____
- One Point!(referee's award) _____
- Almost ippon!(referee's award) _____
- Near waza ari!(referee's award) _____
- Near yuko!(referee's award) _____
- Upper 4-corner Hold _____
- Variant Upper 4-Corner Hold _____
- Side 4-Corner Hold _____
- Modified Side 4-Corner Hold _____
- Shoulder Hold _____
- Straddling Hold _____
- Fourth degree black belt _____

Third degree black belt _____

Judo uniform sleeve _____

Judo uniform belt _____

Holding techniques _____

Grappling techniques _____

Technique(s) _____

Foot or leg _____

Caution!(referee's call for a moderate penalty) _____

Hand techniques _____

Throwing technique(s) _____

Warning!(referee's call for a severe penalty) _____

Throw(noun) _____

Foot techniques _____

Loss by rule violation(referee's call) _____

Hold-down!(referee's call) _____

Judo Uniform _____

Hold-down broken!(referee's call) _____

Reverse _____

Knee wheel throw _____

Side falling sacrifice throws _____

Reverse cross choke _____

Locking of the side four corners _____

Half cross choke _____

Normal cross choke _____

Joint locking techniques _____

Body drop throw _____

Choke _____

Choking techniques _____

Body _____

Sixth degree black belt _____

Cross arm lock _____

To drop _____

Fifth degree black belt _____

Throwing techniques done by falling on ones back or side _____

Sacrifice _____

Forms of gripping an opponent _____

Four corners (as in pins) _____

Newly certified throwing techniques of Kodokan Judo _____

Counter technique _____

Cross _____

Judo uniform lapel _____

Normal _____

Five stages of throwing techniques, the basic syllabus of Kodokan Judo _____

Side or lateral _____

Knee _____

Slide lapel choke _____

Rear, behind (as in throwing or pinning) _____

Junior Blue Belt

General Information

Name: _____

Date: _____

Who is the founder of Judo?

What is the name of the school that he founded?

What year was the school founded?

List the USJA Junior Judo belt ranks in order of color.

How many degrees are there in the USJA Junior Rank System?

What are the 2 principles of Kodokan Judo as defined by Dr. Kano?

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

What was unarmed combat called in Japan before judo?

Count from one to ten in Japanese.

Give an explanation of the principal of maximum efficiency.

Give an explanation of the principal of mutual benefit and welfare.

Name the three parts of a judo throw in English and Japanese.

Name the three parts of unarmed combat in English and Japanese

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

Name the two divisions of sacrifice throwing techniques in English and Japanese?

What is Kata?

How many Kata are there in Kodokan Judo?

Which Kata is considered the most useful for learning
grappling techniques

Which Kata is considered the most useful for learning
throwing techniques

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

What are kyu ranks in Kodokan Judo?

Name the six kyu ranks and colored belts from highest
to lowest senior rank.(Do not list white belt.)

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

Name the ten black belts ranks in order.

Name three black belt ranks that are considered
student grades.

What other colored belts are black belt holders entitled
to wear in the USJA Sr. Rank System?

Name three of the eight men who attained 10th degree
black belt in judo while they were still alive
