

Ikkyu 1st Degree Brown (Min. of 100 Hours of Class Instruction)

History & General Knowledge

1. What is the score for throwing an opponent on his/her back - hard and fast?

[Ippon] \_\_\_\_\_

2. If one of the required elements is missing, what is the score? [Waza Ari]

\_\_\_\_\_

3. What is the score for holding Uke under control for: 20 seconds? [Ippon]

\_\_\_\_\_ 19-10 seconds? [Waza Ari] \_\_\_\_\_

4. What is the score if Uke submits for any reason? [Ippon] \_\_\_\_\_

5. Name the 10 Black Belt Ranks in Order. [Shodan, Nidan, Sandan, Yodan, Godan, Rokudan, Shichidan, Hachidan, Kudan,

Judan] \_\_\_\_\_

6. Count to 11 to 20 in Japanese. [Ju Ichi, Ju Ni, Ju San, Ju Shi, Ju Go,

Ju Roku, Ju Shichi, Ju Hachi, Ju Kyu,

Niju] \_\_\_\_\_

7. What year was Women's Judo first introduced into the Summer Olympic Games? [1992]

8. What does the Tactical Variables for Shiai acronym G.E.T. P.A.D. stand for?

{Grip, Edge of the Mat, Tempo, Posture, Angle of Attack, Direction of Movement] \_\_\_\_\_

Terminology

9. Standing Bow [Ritsu Rei] \_\_\_\_\_

10. Escapes [Fusegi] \_\_\_\_\_

11. Kneeling Bow [Zarei] \_\_\_\_\_

12. Judo Mat [Tatami] \_\_\_\_\_

13. Pantomime [Tandoku Renshu] \_\_\_\_\_

Tournament [Shiai] \_\_\_\_\_

14. Belt Ranks below Black Belt [Kyu] \_\_\_\_\_

15. Black Belt Ranks [Dan] \_\_\_\_\_

16. Instantaneous Promotion [Batsugun] \_\_\_\_\_

17. Judo Jacket [Uwagi] \_\_\_\_\_

18. Judo Pants [Zubon] \_\_\_\_\_

19. Jacket Sleeve [Sode] \_\_\_\_\_

20. Jacket Lapel [Eri] \_\_\_\_\_

21. I Surrender [Maitta] \_\_\_\_\_

22. 12th Degree Held Only By Dr. Kano [Junidan] \_\_\_\_\_

23. Side of Honor the Judo Mat [Joseki] \_\_\_\_\_

24. Winner Stays Out for Competition [Kohaku Shiai]\_\_\_\_\_
25. Switching Hip Throw [Utsuri Goshi]\_\_\_\_\_
26. Side Separation Throw [Yoko Wakare]\_\_\_\_\_
27. Reverse Hip Throw [Ushiro Goshi]\_\_\_\_\_
28. Rear Throw [Ura Nage]\_\_\_\_\_
29. Swallow Flight Counter [Tsubame Gaeshi]\_\_\_\_\_
30. Inner Thigh Reaping Throw Slip [Uchi Mata Sukashi]\_\_\_\_\_
31. Belt Drop Throw [Obi Otoshi]\_\_\_\_\_
32. Heel Trip Throw [Kibusu Gaeshi]\_\_\_\_\_
33. High Lift Throw [Daki Age]\_\_\_\_\_
34. Sliding Lapel Choke [Okuri Eri Jime]\_\_\_\_\_
35. Single Wing Choke [Kataha Jime]\_\_\_\_\_

#### Demonstration

- |                            |                        |
|----------------------------|------------------------|
| Utsuri Goshi_____          | Yoko Wakare_____       |
| Ushiro Goshi_____          | Ura Nage_____          |
| Tsubame Gaeshi_____        | Uchi Mata Sukashi_____ |
| Obi Otoshi_____            | Kibusu Gaeshi_____     |
| Daki Age_____              | Okuri Eri Jime_____    |
| Kataha Jime_____           |                        |
| Tori for Nage No Kata_____ |                        |

Memory Verse: Col.3:23-24 And whatsoever ye do, do it heartily, as to the Lord, and not unto men; knowing that of the Lord ye shall receive the reward to the inheritance: for ye serve the Lord Christ.