

General Information

Instructions: Circle or fill in the correct answers.

1. What is the name of your Judo organization?
United States Judo Association United States Judo Federation International Judo Federation
2. Who was the founder of Judo?
Nagaoka Mifune Jigoro Kano Kotani
3. What is the name of the school he founded?
Epizoundes Kodokan Budokan Shudokan
4. What is the date of the founding of Judo?
1881 1882 1910 1886

Junior First stop here

5. What are the two principals of Kodokan Judo as defined by Dr. Kano?
a. Maximum efficiency - Seiryoku Zenyo
b. Mutual benefit and welfare - Jita Kyoei
c. Win at any cost
d. Never admit defeat
6. How long have unarmed combat martial arts been practiced in Japan?
600 to 1000 years 500 to 800 years 600 to 1500 years
7. What was unarmed combat called in Japan before Judo?
Jujitsu Kungfu Karate Boxing
8. How many degrees are there currently in the USJA junior rank system?
five six eight ten
9. List the five USJA junior judo belt colors in order by color (do not list white).
yellow orange green blue purple

Junior Second stop here

10. Name the Japanese equivalent of the three parts of a Judo throw.
a. Balance Kuzushi Tsukuri Anza Kake
b. Entry Kuzushi Tsukuri Anza Kake
a. Execution Kuzushi Tsukuri Anza Kake
11. Count to ten in Japanese. (May be done verbally.)
ichi ni san shi go rokyu ~~setsi~~ shichi hachi ku ju
12. Give a verbal explanation of the principal of maximum efficiency.
13. Give a verbal explanation of the principal of mutual benefit and welfare.

Junior Third stop here

