

FYS 100 “Scientific Modeling for Sport”

Final Exam, Fall, 2009

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For promotion to USJA rank of ROKYU (yellow belt) you must pass this entire exam.

PART ONE. DEMONSTRATIONS (each worth 4 points – graded 0, 1, 2, 3, or 4)**4-1. NAGE WAZA (Throwing Techniques)**

Demonstrate **AND POSSIBLY DESCRIBE KUZUSHI AND THROW MECHANICS** for **FIVE** of the following throws (**AS SELECTED BY SENSEI**):

- A. ____ DE ASHI HARAI
- B. ____ HIZA GURUMA
- C. ____ UKI GOSHI
- D. ____ OSOTO GARI
- E. ____ OGOSHI
- F. ____ OUCHI GARI
- G. ____ KOUCHI GARI
- H. ____ OKURI ASHI HARAI
- I. ____ UTSURI GOSHI
- J. ____ UKI OTOSHI
- K. ____ USHIRO GOSHI

MISC. THROWING SKILLS

4.2. Demonstrate ONE of your personal attacks (AS SELECTED BY SENSEI**) against:**

- 1) ____ Opponent's left-front corner (with you having right-side sleeve and lapel grip)
- 2) ____ Opponent's right-front corner (with you having right-side sleeve and lapel grip)

4.3. Demonstrate ONE of your personal attacks (AS SELECTED BY SENSEI**) against:**

- 1) ____ As an opponent moves directly into you
- 2) ____ As an opponent moves directly away from you

4.5. RENWAKU WAZA (Combination Techniques)

____ Demonstrate your favorite attack combination throws.

4.8. BOGYO (Defense Against Throws)

Demonstrate **ONE** of the following defenses against a forward throwing attack (**AS SELECTED BY SENSEI**):

- 1) ____ Defense against DE ASHI HARAI
- 2) ____ Defense against OUCHI GARI

4.11. KAESHI-NO-WAZA (Counter Throw Techniques)

Demonstrate **ONE** of these counters (**AS SELECTED BY SENSEI**):

- | | | | |
|--------------------------|---|---------------------------------|--|
| <i>Uke attacks with:</i> | | <i>Tori (you) counter with:</i> | |
| 1) ____ OSOTO GARI | ➡ | OSOTO GAESHI | |
| 2) ____ KOUCHI GARI | ➡ | KOUCHI GAESHI | |
| 3) ____ UKI or O GOSHI | ➡ | UTSURI or USHIRO GOSHI | |

KUMI KATA (Gripping Forms)

4.12. Demonstrate **ONE** of the following grip control maneuvers (**AS SELECTED BY SENSEI**) and a throw from it.

- 1) _____ Standard sleeve and lapel grip
- 2) _____ Double sleeve

4.13. _____ **Demonstrate** swinging arm break against sleeve grip

4.14. OSAEKOMI WAZA (Holding Techniques)

Demonstrate **ALL THREE** of these holds:

- 1) _____ KESA GATAME
- 2) _____ YOKOSHIHO GATAME
- 3) _____ KATA GATAME

4.15. SHIME WAZA (Strangulation Techniques)

NOTE: Although one strangulation hold is normally required by USJA, three (instead of the required one) Holding techniques of 4.14 have been substituted.

4.17, 4.19. HAIRI WAZA (Entry Techniques into Matwork)

_____ Demonstrate **ONE** entry attack into matwork.

4.21. FUSEGI (Escapes from Matwork Attacks)

_____ Demonstrate **ONE** escape against Kesa Gatame.

4.25. FREE AN ENTANGLED LEG (IN NEWAZA)

_____ **Demonstrate** prying your leg free from having it entangled.

4.26. MISCELLANEOUS

Demonstrate **ALL SIX** of the following:

- | | |
|-----------------------------|---------------------|
| _____ 1) ZEMPO KAITEN UKEMI | _____ 2) MA UKEMI |
| _____ 3) MAE UKEMI | _____ 4) YOKO UKEMI |
| _____ 5) RITSU REI | _____ 6) RANDORI |

PART TWO. JAPANESE VOCABULARY
AND GENERAL JUDO INFORMATION

Of the original 135 Japanese words distributed in class, this table contains the answers to following questions:

ASHI	KAKE	OSAE KOMI	TOKETA
ASHI waza	KATA's	OSAEKOMI waza	TORI
DE	KESA	OTOSHI	TSUKURI
DO	KIYOTSUKE	RANDORI	TSURIKOMI
GARI	KO	REI	UCHI
GO	KOKA	ROKU	UCHI KOMI
GOKYU	KOSHI waza	ROKYU	UKE
GOSHI or KOSHI	KU	SAN	UKEMI
GURUMA	KUZUSHI	SENSEI	UKI
HAI	LIE	SHI	USHIRO
HAJIME	MA	SHIAI	USHIRO ukemi
HARAI	MAEO ukemi	SHIHO	UTSURI
HATI	MAKIKOMI	SHODAN	WAZA ARI
HIZA	MATTE	SITI	WAZA's
ICHI	MIGI	SODE	YOKO
IKKYU	NAGE NO KATA	SONKYU	YOKO ukemi
IPPON	NAGE waza	SORE MADE	YONKYU
JIGORO KANO	NE	TACHI waza	YOSHI
JU	NI	TAI	YUKO
JU	NIKYU	TATAMI	ZEMPO KAITEN
JUDO	O	TE	
JUDOKA	OKURI	TE waza	

(3 points) 1. What is the Japanese for “**FITTING IN**” drill _____

(3 points) 2. What is the Japanese for “**FORWARD ROLL**” _____

(3 points) 3. What is the Japanese for “**SWEEP**” _____

(3 points) 4. What is the Japanese for “**TOURNAMENT**” _____

(3 points) 5. What is the Japanese for “**BACKWARDS**” _____

(3 points) 6. What is the Japanese for “**MAJOR**” _____

(3 points) 7. What is the Japanese for “**REAP**” _____

(3 points) 8. What is the Japanese for “**UNBALANCING**” _____

(3 points) 9. What is the Japanese for “**ATTENTION**” _____

(3 points) 10. What is the Japanese for **the highest USJA rank below Black Belt** _____

(3 points) 11. Name three parts of **YOUR** body that can be hurt in Judo, and next to each say how you prevent these injuries while performing Rondori or competing in a Judo competition:

(3 points each) 12. Name three parts of **YOUR OPPONENT'S** body that can be hurt in Judo, and next to each say how **YOU** prevent these injuries while performing Rondori or competing in a Judo competition:

(5 points) 13. Discuss the initial intentions of Jigoro Kano, the founder of Judo, for what Judo should be.

(2 points) 14. Discuss your personal experience with meditation (in class or elsewhere).

(2 points) 15. Discuss how free-style wrestling differs from Judo

PART THREE. JUDO PHYSICS

(6 points) 1. Sketch stick-figure Diagrams showing BOTH kuzushi and execution forces for each of the following:

A. O SOTO GARI

B. HIZA GURUMA

(2 points) 2. Describe in words the setup and execution physics of combining O-Uchi-Gari and Ko-Uchi-Gari one after the other repeatedly,

(2 points) 3. Describe in words the physics of the two parts of a fall from a high place (i.e., the uniformly accelerated part and the Impulse part)

(3 points) 4. Describe in your own words and draw human sketches to explain the physics theory behind attempting to DAMPEN A JUDO FALL.

(3 points) 5. Discuss what you have learned about "PLANT ANGLE" for high-jump and long-jump

(2 points) 6. Describe CONSERVATION OF MOMENTUM and list a Judo throw that best demonstrates it.:

(3 points) 6) Name one throw that applies the use of a FORCE COUPLE:

(3 points) 6) Name one throw that applies the use of a LEVER WITH A LONG MOMENT ARM:

PART FOUR. CHARACTER DEVELOPMENT (IN JUDO AND IN LIFE)

(10 points) **WRITE NEXT TO EACH OF THE TEN RESPONSIBILITIES BELOW HOW YOU HAVE, OR ANTICIPATE TO, EXEMPLIFY EACH WITH RESPECT TO JUDO:**

The United State Judo Association (USJA) Code of Ethics:

“The USJA implores each member to exemplify the philosophy and discipline of Judo in every aspect of their life. Every Judoka must be intolerant of unethical behavior and act swiftly to eradicate it by using the established USJA Ethics Procedures. In this way, morality and integrity will remain the fabric of Judo’s core. To be in compliance with the USJA Code of Ethics all members are to contribute to a positive and rewarding experience for all participants in Judo. This includes the following responsibilities:”

1. **Safety**
2. **Sportsmanship**
3. **Respect**
4. **Nondiscrimination**
5. **Honesty**
6. **Orderly Behavior**
7. **Loyalty**
8. **Lawful Conduct**
9. **Fairness**
10. **Proper use of influence of position**

(10 points) **LIST AND DISCUSS THREE OF THE MOST IMPORTANT CHARACTER DEVELOPMENT LESSONS YOU LEARNED FROM LISTENING TO COACH SCHLOSSER:**