

# Elite Self-Defense Academy

Rank Test Prep

Complete Study Guide



Edition Current as of June 2016

## Elite Self-Defense White Belt Black Stripe Test

### Questions and History

<b>Who founded Danzan Ryu Jujitsu?</b>	Professor Henry Seishiro Okazaki.
<b>What does Danzan Ryu translate to?</b>	Sandalwood Mountain System.
<b>What martial art systems do you study?</b>	Jujitsu, Judo, Karate, Aikido, and Split Second Survival.
<b>What is the difference between Jujitsu and Karate?</b>	Jujitsu uses all techniques of all martial arts—Karate is just punching, kicking, and blocking.
<b>What is the name of our school?</b>	Elite Self-Defense Academy.
<b>Who is your Sensei and what is his rank?</b>	Sensei John Pfund, Godan (5th black belt).

### Vocabulary

Japanese	English	Japanese	English
<b>Kiosuke</b>	Attention	<b>Gi</b>	Uniform
<b>Sensei</b>	Teacher	<b>Rei</b>	Respect
<b>Hajime</b>	Begin	<b>Matte</b>	Stop
<b>Hazushi</b>	Escape	<b>Tori</b>	Attack
<b>Uke</b>	Receive	<b>Dan</b>	Black Belt
<b>Kyu</b>	Below black belt	<b>Shihan</b>	Professor

### Count to 5 in Japanese

<b>Ichi</b>	<b>1</b>	<b>Shi</b>	<b>4</b>
<b>Ni</b>	<b>2</b>	<b>Go</b>	<b>5</b>
<b>San</b>	<b>3</b>		



## Elite Self-Defense Yellow Belt Test

### Questions and History

**What is the junior belt system of elite?**

White, White Black, Yellow, Yellow Black, Orange, Orange Black, Blue, Blue Black, Green, Green Black, Brown, Brown Black, Purple 3, 2,1.

**Who are the 4 founders of the AJJF?**

Prof. Estes, Rickerts, Cahill, and Law.

**What martial art systems do you study?**

Jujitsu, Judo, Karate, Aikido, and Split Second Survival.

**What is the difference between Jujitsu and Karate?**

Jujitsu uses all techniques of all martial arts—Karate is just punching, kicking, and blocking.

**What is the difference between a Kyu and a Dan rank?**

Kyu ranks are below black belt—Dan ranks are above black belt.

### Vocabulary

Japanese	English	Japanese	English
<b>Kiosuke</b>	Attention	<b>Gi</b>	Uniform
<b>Sensei</b>	Teacher	<b>Rei</b>	Respect
<b>Hajime</b>	Begin	<b>Matte</b>	Stop
<b>Hazushi</b>	Escape	<b>Tori</b>	Attack
<b>Danzan</b>	Sandlewood Mountain	<b>Dan</b>	Black Belt
<b>Kyu</b>	Below black belt	<b>Shihan</b>	Professor
<b>Dojo</b>	School	<b>Kiai</b>	Spirit shout
<b>Seiza</b>	Formal sitting	<b>Anza</b>	Quiet sitting
<b>Yoko</b>	Side	<b>Yoko Seiza</b>	Side formal sitting
<b>Jujitsu</b>	Gentle Art		

### Count to 10 in Japanese

<b>Roku</b>	6	<b>Ku</b>	9
<b>Shichi</b>	7	<b>Ju</b>	10
<b>Hachi</b>	8		

## Elite Self-Defense Yellow Belt Advanced Test

### Questions and History

<b>Who founded Danzan Ryu Jujitsu?</b>	Professor Henry Seishiro Okazaki.
<b>What is the AJJF?</b>	American Judo and Jujitsu Federation.
<b>Who founded Kodokan Judo?</b>	Professor Kano.
<b>What is a Jujitsu Professor?</b>	A high ranking person that is elected by other professors.
<b>What does DZR stand for?</b>	Danzan Ryu

### Vocabulary

<b>Japanese</b>	<b>English</b>	<b>Japanese</b>	<b>English</b>
<b>Hajime</b>	Start	<b>Matte</b>	Stop
<b>Hazushi</b>	Escape	<b>Tori</b>	Attack
<b>Dan</b>	Black belt	<b>Kyu</b>	Below Black Belt
<b>Shihan</b>	A Professor in Jujitsu	<b>Dojo</b>	School
<b>Kiai</b>	Spirit Shout	<b>Kata</b>	Single
<b>Te</b>	Hand	<b>Shomen</b>	The front of a dojo
<b>Ni</b>	To look at	<b>Sensei Ni</b>	Look at the Sensei
<b>Shomen Ni</b>	Look at the front of the class		

### Count to 15 in Japanese

<b>Ju Ichi</b>	11	<b>Jus Shi</b>	14
<b>Ju Ni</b>	12	<b>Ju Go</b>	15
<b>Ju San</b>	13		

## Elite Self-Defense Orange Belt Test

### Questions and History

<b>Who founded Aikido?</b>	Master Ueyshiba.
<b>Who founded Shotokan Karate?</b>	Shihan Funakoshi.
<b>Who founded Kodokan Judo?</b>	Professor Kano.
<b>What is the adult belt system?</b>	Yellow/Blue, Green, Brown 321, Shodan, Nidan, Sandan, Yodan, Godan, Rokudan, Shichidan, Hachidan, Kudan, Judan.
<b>What rank can a Professor be given?</b>	Rokudan and above.

### Vocabulary

<b>Japanese</b>	<b>English</b>	<b>Japanese</b>	<b>English</b>
<b>Judo</b>	Gentle Way	Jujitsu	Gentle Art
<b>Karate</b>	Empty Hand	Aikido	Way of Harmony
<b>Jeet Kune Do</b>	Way of the intercepting fist	Kung Fu	Chinese fighting
<b>Capoiera</b>	Cleared underbrush	Kiai	Release Spirit

### Count to 100 in Japanese

<b>Ju</b>	10	<b>Goju</b>	50
<b>Nju</b>	20	<b>Rokuju</b>	60
<b>Sanju</b>	30	<b>Hyaku</b>	100

## Elite Self-Defense Orange Belt Advanced Test

### Questions and History

<b>Who is Professor Rebmann?</b>	Sensei John's first professor.
<b>Who is Professor Carr?</b>	Sensei John's Current Professor.
<b>Who is Master Larry Wick?</b>	Founder of Split Second Survival.
<b>Put these in order: Judo, Kung Fu, Jujitsu, Aikido, and Karate.</b>	Kung Fu, Jujitsu, Karate, Aikido, Judo.
<b>What is the difference between a Dan rank and Kyu rank?</b>	Kyu ranks are below black belt—Dan ranks are above black belt.

### Vocabulary

Japanese	English	Japanese	English
<b>Mo ichi do</b>	Repeat please	<b>Kata</b>	Formal practice
<b>Randori</b>	Free play	<b>Sute Keiko</b>	Sacrifice practice
<b>Jodan</b>	Upper level	<b>Gedan</b>	Lower level
<b>Neko</b>	Cat	<b>Ashi</b>	Foot
<b>Dachi</b>	Stance	<b>Shu</b>	Hand
<b>To</b>	Blade	<b>Uke</b>	Receive
<b>Juji</b>	Cross	<b>Zen</b>	Front
<b>Kutsu</b>	Shoes	<b>Ko</b>	Back
<b>Kiba</b>	Bearing down		



## Elite Self-Defense Blue Belt Test

### Questions and History

What is the list of hand techniques?	Yawara.
What is the list of falls and rolls?	Sutemi.
What is the list of throwing techniques?	Nage.
What was unarmed combat called in Japan before jujitsu?	Yawara.
What is Randori?	Free Play.
What is Sute Keiko?	Sacrifice practice.
What is Kata practice?	Pre-arranged technique practice.

### Vocabulary

Japanese	English	Japanese	English
Karate	Open hand	Shihan	Professor
Sensei	Teacher	Dojo	School
Uwagi	Top of gi	Shitabaki	Gi pants
Obi	Belt	Zori	Sandals
Shomen	Head of class		

### Elite Self-Defense Advanced Blue Belt Test

Please write an essay about how to be a good teacher. The essay must be at least 2 pages long.

### Elite Self-Defense Green Belt Test

Please write an essay about the history of Danzan Ryu Jujitsu. The essay must be at least 2 pages long.

### Elite Self-Defense Advanced Green Belt Test

Please write an essay about how to defeat a bully, and how you would help someone else who has a bully problem.

### Elite Self-Defense Brown Belt Test

Please write an essay about Professor Carr.

### Elite Self-Defense Advanced Brown Belt Test

Please write an essay about the founding of Karate, Judo, Aikido, Jujitsu, or another martial art.