

**Requirements (Minimum)**

Age – 13

Time 9<sup>th</sup> Degree – 6 months

Class Attendance – 48 classes

Promotions Points – 13 points (see USJA Jr. Promotion Form)

Guidance for Score to Pass Each Section as Indicated In (Parentheses)

Student \_\_\_\_\_

Date Started \_\_\_\_\_

Date Completed \_\_\_\_\_

**Verbal****General Information: (20)**

1. What is the name of your Judo organization? [[United States Judo Association](#)]
2. Who was the found of Judo? [[Jigoro Kano](#)]
3. What is the name of the school he founded? [[Kodokan](#)]
4. What is the date of the founding of Judo? [[1882](#)]
5. What are the two principals of Kodokan Judo as defined by Dr. Kano? [[Maximum efficiency, Mutual benefit & welfare](#)]
6. How long have unarmed combat martial arts been practiced in Japan? [[600 to 1500 years](#)]
7. What was unarmed combat called in Japan before Judo? [[Jujitsu](#)]
8. How many degrees are there currently in the USJA junior rank system? [[twelve](#)]
9. List the six USJA junior judo belt colors in order by color. (do not list white) [[yellow, orange, green, blue, purple, brown](#)]
10. Name the Japanese equivalent of the three parts of a Judo throw. [Off-balance / [Kuzushi](#), Entry or Position / [Tsukuri](#), and Throw / [Kake](#)]
11. Count to ten in Japanese.
  - 1 – [Ichi](#) – One
  - 2 – [Ni](#) – Two
  - 3 – [San](#) – Three
  - 4 – [Shi](#) – Four
  - 5 – [Go](#) – Five
  - 6 – [Roku](#) – Six
  - 7 – [Shichi](#) – Seven
  - 8 – [Hachi](#) - Eight
  - 9 – [Ku](#) – Nine
  - 10 – [Ju](#) – Ten
12. Give verbal explanation of maximum efficiency and minimum effort.
13. Name the two divisions of sacrifice techniques in English and Japanese. [Back falling sacrifice techniques / [Ma Sutemi Waza](#) and Side falling sacrifice techniques / [Yoko sutemi waza](#)]
14. Name the three parts of unarmed combat in Japanese. [Throwing / [Nage waza](#), Grappling / [Katame waza](#) and Striking / [Atemi waza](#)]
15. Name the three divisions of mat techniques (ne waza) in both English and Japanese.
  - a. Pinning techniques / [Osaekomi Waza](#)
  - b. Choking techniques / [Shime Waza](#)
  - c. Joint locking techniques / [Kansetsu Waza](#)
16. Name the three divisions of standing techniques (*Tachi Waza*) in English and Japanese.
  - a. Hand techniques – [Te Waza](#)
  - b. Hip techniques – [Koshi Waza](#)
  - c. Foot techniques – [Ashi Waza](#)
17. What is Kata? [[A formal prearranged practice routine](#)]
18. How many Kata are there in Kodokan Judo? [[9](#)]
19. Which Kata is considered most useful for learning throwing techniques? [[Nage No Kata](#)]
20. Which Kata is considered most useful for learning grappling techniques? [[Katame no Kata](#)]
21. What is the ultimate goal of judo as defined by Dr. Kano? [[The harmonious development and eventual perfection of human character](#)]
22. What are Kyu ranks in Judo? [[Student ranks below black belt](#)]
23. Name the ten black belt ranks in order [[Shodan, Nidan, Sandan, Yodan, Godan, Rokudan, Shichidan, Hachidan, Kudan, Judan](#)]
24. Name the three black belt ranks that are considered student ranks [[Shodan, Nidan and Sandan](#)]

25. What other colored belts are black belt holders entitled to wear in the USJA Senior Rank System? [1<sup>st</sup> – 3<sup>rd</sup> Dan are Black, 4<sup>th</sup> – 5<sup>th</sup> are Red & Black Panel, 6<sup>th</sup> – 8<sup>th</sup> are Red & White Panel, 9<sup>th</sup> and 10<sup>th</sup> are Red. All levels can wear just Black]
26. Name three men who attained tenth degree black belt while they were still alive. [Nagoaka, Mifune, Osoga, Yamashita, Lizuka, Samura]
27. List the English for the nine Kata of Kodokan
  - a. Nage No Kata Forms of Throwing
  - b. Katame No Kata Forms of Grappling Techniques
  - c. Ju No Kata Forms of Gentleness
  - d. Goshinjitsu No Kata Forms of Modern Self Defense
  - e. Kime No Kata Forms of Ancient Self Defense
  - f. Joshi Goshinjo Forms of Women's Self Defense
  - g. Itsutsu No Kata Forms of Five
  - h. Koshiki No Kata Forms Antique
  - i. Seiryoku-Zen-yo Kokuimin Taiiku Maximum Efficiency Physical Education
28. What year was judo first introduced into the summer Olympic games? [1964, Tokyo]
29. Who were the four men on the first U.S. Olympic judo team? [Dr. E.K. Koiwai, Jim Bregman, Phil Porter, US Senator Ben Campbell]
30. What is the minimum size of a contest area? [8m X 8m]

#### Judo Vocabulary: (115)

1. Teacher [Sensei]
2. Sitting on knees [Seiza]
3. Sitting crossed legged [Anza]
4. Attention! [Kiyotsuke!]
5. Bow! [Rei!]
6. Falling methods or ways [Ukemi]
7. Off Balance [Kuzushi]
8. Repetition attack practice without throwing, done with a partner [Uchi Komi]
9. Person receiving technique [Uke]
10. Person performing technique [Tori]
11. Begin! [Hajime!]
12. Stop! [Matte!]
13. I surrender! [Maitta!]
14. Free practice [Randori]
15. Big or major [O]
16. Waist or hip [Koshi or Goshi]
17. Major hip throw [O-goshi]
18. Outside [Soto]
19. Major outside reaping throw [Osoto-gari]
20. One point! (referee's award) [Ippon]
21. Almost ippon! (1/2 point) [Waza-Ari]
22. Scarf [Kesa]
23. Lock or hold [Gatame]
24. Scarf lock [Kesa Gatame]
25. Modified [Kuzure]
26. Modified scarf lock [Kuzure-kesa-gatame]
27. Black belt grade or rank [Dan]
28. Beginning black belt [Shodan]
29. A full point by adding two waza-ari scores [Waza-ari Awasete Ippon!]
30. Near waza-ari! (referee's award) [Yuko!]
31. Near yuko! (referee's award) [Koka!]
32. That is all! (referee's call) [Sore made]
33. Don't move! (referee's call) [Sono mama]
34. Continue! (referee's call) [Yoshi!]
35. Note! (referee's call for slight penalty) [Shido!]
36. Reaping action done with the leg [Gari]
37. Little or minor [Ko]
38. Inside [Uchi]
39. Minor inside reaping throw [Ko Uchi Gari]
40. Waist or hip techniques [Goshi or Koshi]
41. Wheel [Guruma]
42. Hip wheel throw [Koshi Guruma]
43. Second degree black belt [Nidan]
44. Shoulder hold [Kata Gatame]
45. Side four corner hold [Yoko Shiho Gatame]
46. Top four corner hold [Kami Shiho Gatame]
47. Lower Prop [Sasae]
48. Lift [Tsuru]
49. Pull [Komi]
50. To float [Uki]
51. Floating hip throw [Uki Goshi]
52. Hold down! (referee call) [Osae-komi!]
53. Hold down broken! (referee call) [Toketa!]
54. Sweeping leg action [Harai]
55. Sweeping hip throw [Harai Goshi]
56. Third Degree Black Belt [Sandan]
57. Technique [Waza]
58. Throw (noun) [Nage]
59. Throwing technique(s) [Nage Waza]
60. Hand [Te]
61. Hand techniques [Te Waza]
62. Foot or Leg [Ashi]
63. Foot techniques [Ashi Waza]
64. Holding techniques [Osae-komi Waza]
65. Grappling techniques [Katame Waza]
66. Loss by rule violation (referee's call) [Hansoku Make]
67. Judo uniform [Judogi]
68. Judo uniform sleeve [Sode]

- 69. Judo uniform belt [Obi]
- 70. Fourth Degree Black Belt [Yodan]
- 71. Judo uniform lapel [Yodan]
- 72. Body [Tai]
- 73. To drop [Otoshi]
- 74. Body drop throw [Tai Otoshi]
- 75. Choke [Shime or Jime]
- 76. Choking techniques [Shime Waza]
- 77. Normal [Nami]
- 78. Reverse [Gyaku]
- 79. Cross [Juji]
- 80. Joint locking techniques [Kansetsu Waza]
- 81. Cross arm lock [Juji Gatame]
- 82. Normal Cross Choke [Nami Juji-jime]
- 83. Half Cross Choke [Kata Juji-jime]
- 84. Fifth Degree Black Belt [Godan]
- 85. Reverse cross choke [Gyaku Juji-jime]
- 86. Knee [Hiza]
- 87. Knee wheel throw [Hiza Garuma]
- 88. Sacrifice [Sutemi]
- 89. Side or lateral [Yoko]
- 90. Throwing techniques done by falling on one's back or side [Sutemi Waza]
- 91. Side falling sacrifice throws [Yoko Sutemi Waza]
- 92. Forms of gripping an opponent [Kumi Kata]
- 93. Four corners (as in pins) [Shiho]
- 94. Locking of the side four corners [Yoko-shiho Gatame]
- 95. Five stages of throwing techniques, the basic syllabus of Kodokan Judo [Gokyo No Waza]
- 96. Newly certified throwing techniques of Kodokan Judo [Shimmeisho no Waza]
- 97. Counter technique [Kaeshi Waza]
- 98. Sixth degree black belt [Rokudan]
- 99. Entry methods into matwork
- 100. Slide lapel choke [Okuri Eri-jime]
- 101. Naked choke [Hadaka-jime]
- 102. Single wing choke [Kataha-jime]
- 103. Rear, behind (as in throwing and pinning) [Ushiro]
- 104. Tournament [Shiai]
- 105. Practice hall for judo [Dojo]
- 106. Judo practitioner or player [Judoka]
- 107. Arm [Garami]
- 108. Entangle [Hairi Kata]
- 109. Escape (as from a pin) [Fusegi]
- 110. Side of the dojo or tournament mat where high ranking black belts sit [Joseki]
- 111. Seventh Degree Black Belt [Shichidan]
- 112. Lift [Tsuru]
- 113. Pull [Komi]
- 114. Lift pull hip throw [Tsurikomi-goshi]
- 115. Reverse side, back [Ura]
- 116. Rear throw [Ura-nage]
- 117. Dashing action done with the leg [Gake or Kake]
- 118. Kneeling bow [Zarei]
- 119. Standing bow [Ritsurei]
- 120. Minor outside dashing throw [Kosoto-gake]
- 121. Both hands [Morote]
- 122. Two hand reap [Morote Gari]
- 123. Floating hip throw [Uki Goshi]
- 124. Favorite technique [Tokui Waza]
- 125. Eight degree black belt [Hachidan]
- 126. Pivoting or turning the body [Tai Sabaki]
- 127. Judo mats (straw Japanese) [Tatami]
- 128. Instantaneous promotion [Batsugun]
- 129. Formal forms of throwing [Nage No Kata]
- 130. Formal forms of holding [Katame No Kata]
- 131. Shout to gather inner strength [Kiai]
- 132. Avoiding or evasive action [Sukashi]
- 133. Martial arts [Budo]
- 134. Way of the warrior [Bushido]
- 135. Alternate throwing practice, done with a partner [Sute Geiko]
- 136. Circle [Tomoe]
- 137. Circle throw [Tomoe Nage]
- 138. 9th Degree black belt [Kudan]
- 139. 10th Degree black belt [Judan]

**Demonstration**

[All Techniques for Junior Demonstration should be called out in Japanese and English. For Example, O Goshi, Major Hip Throw.]

**Miscellaneous Skills: (14)**

- 1. Ukemi – Falling (up to 6 ways) Pass \_\_\_\_\_ Fail \_\_\_\_\_
- 2. Instructors choice – up to 10 skills Pass \_\_\_\_\_ Fail \_\_\_\_\_

**Kumi Kata (Gripping Forms): (6)**

- 1. Demonstrate and discuss 4 grips Pass \_\_\_\_\_ Fail \_\_\_\_\_
- 2. Demonstrate 4 grip breaks Pass \_\_\_\_\_ Fail \_\_\_\_\_

**Nage Waza (Throwing Techniques): (28)**

- 1. O Goshi (Major Hip Throw)
- 2. O Soto Gari (Major Outside Reap)
- 3. Ippon Seionage (Shoulder Throw)
- 4. Tani Otoshi (Valley Drop)
- 5. Deashi Harai (Advancing Foot Sweep)
- 6. Uki Goshi (Floating Hip, or ½ Hip throw)
- 7. Sasae Tsuru Komi Ashi (Lower Prop Lift Pull Foot)

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|---|---|
| 8. Harai Goshi (Sweeping Hip throw)           | 17. Tsurikomi-goshi (Lift Pull Hip Throw)   |
| 9. Ouchi Gari (Large Inner Reap)              | 18. Morote Gari (Two Hand Reap)   |
| 10. Okuri Ashi Harai (Following Foot Sweep)   | 19. Yoko Otoshi (Side Drop)   |
| 11. Morote Seionage (Two-hand Shoulder Throw) | 20. Demonstrate 6 throwing techniques from both sides (instructors may combine 19-21) |
| 12. Kouchi Gari (Minor Outer Reap)            | 21. Demonstrate 6 throws when Uki is moving   |
| 13. Koshi Garuma (Hip Wheel)                  | 22. Demonstrate throws using four different grips                                     |
| 14. Uchi Mata (Inner Thigh Reaping Throw)     |   |
| 15. Hiza Garuma (Knee Wheel)                  |   |
| 16. Tai Otoshi (Body Drop)                    |   |

Score : \_\_\_\_\_

Renraku Waza (Combination Techniques): (5)

- |  |            |            |
|--|------------|------------|
| 1. 2 combinations starting with forward throw (instructor's choice)  | Pass _____ | Fail _____ |
| 2. 2 combinations starting with rear throw (instructor's choice)     | Pass _____ | Fail _____ |
| 3. 2 combination from Sutemi (sacrifice) throw (instructor's choice) | Pass _____ | Fail _____ |

Bogyo (Defense Against Throws): (3)

- |  |            |            |
|--|------------|------------|
| 1. Demonstrate 2 defenses against a forward attack | Pass _____ | Fail _____ |
| 2. Demonstrate 2 defenses against a rear attack    | Pass _____ | Fail _____ |

Kaeshi-No-Waza (Counter Techniques): (5)

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|--|------------|------------|
| 1. Demonstrate counter techniques to 6 instructor choice attacks | Pass _____ | Fail _____ |
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Katame Waza (Hold Down Techniques): (5)

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|---|------------|------------|
| 1. Demonstrate 6 instructor choice hold down techniques | Pass _____ | Fail _____ |
|---|------------|------------|

Hairi Kata (Entry Into Matwork): (16)

- |   |            |            |
|---|------------|------------|
| <i>Uke on Hands and Knees Tori on Top</i>           |            |            |
| 1. Demonstrate 5 different turnovers                | Pass _____ | Fail _____ |
| <i>Uke on Back In Guard Position</i>                |            |            |
| 2. Demonstrate 6 different escapes                  | Pass _____ | Fail _____ |
| <i>Tori on Hands and Knees, Uke on Top</i>          |            |            |
| 3. Demonstrate 2 different escapes from side attack | Pass _____ | Fail _____ |
| 4. Demonstrate 2 different escapes from rear attack | Pass _____ | Fail _____ |
| <i>Tori on Back in Guard</i>                        |            |            |
| 5. Demonstrate 4 different pins from this position  | Pass _____ | Fail _____ |

Fusegi (Escape Methods From Hold-downs): (3)

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|---|------------|------------|
| 1. Demonstrate 3 escapes from Sensei choice hold-down | Pass _____ | Fail _____ |
|---|------------|------------|

Shime Waza (Choking Techniques – 11 years and older): (5)

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|--|------------|------------|
| 1. Nami Juji-jime (Normal Cross Choke)   | Pass _____ | Fail _____ |
| 2. Gyaku Juji-jime (Reverse Cross Choke) | Pass _____ | Fail _____ |
| 3. Kata Juji-jime (Half Cross Choke)     | Pass _____ | Fail _____ |
| 4. Hadaka Jime (Naked Choke)             | Pass _____ | Fail _____ |
| 5. Kataha Jime (Single-wing Lock)        | Pass _____ | Fail _____ |
| 6. Okuri Eri Jime (Sliding Collar Lock)  | Pass _____ | Fail _____ |

Graded By: \_\_\_\_\_ Verbal Score: \_\_\_\_\_ Demonstration: Pass / Fail