

**Requirements (Minimum)**

Age – 15

Time 11<sup>th</sup> Degree – 6 months

Class Attendance – 48 classes

Promotions Points – 15 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 Goshinho 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]
31. What is the size of the Red Danger Zone? [1m]
32. What is the minimum size of the safety area? [3m]
33. What is the penalty for stepping out to throw? [Shido]
34. What is the penalty for stepping out for no reason? [Shido]
35. What is considered outside the playing area after Osae Komi has been called? [When no part of either player is touching the contest area]

#### Judo Vocabulary: (130)

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

### Demonstration

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

### Miscellaneous Skills: (16)

- |  |            |            |
|--|------------|------------|
| 1. Ukemi – Falling (up to 6 ways)  | Pass _____ | Fail _____ |
| 2. Judge's signal to differ with Referee's call, get Referee's attention | Pass _____ | Fail _____ |
| 3. 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): (32)

- |   |   |
|---|---|
| 1. <b>O Goshi</b> (Major Hip Throw)                         | 18. <b>Morote Gari</b> (Two Hand Reap)  |
| 2. <b>O Soto Gari</b> (Major Outside Reap)                  | 19. <b>Yoko Otoshi</b> (Side Drop)  |
| 3. <b>Ippon Seionage</b> (Shoulder Throw)                   | 20. <b>De Ashi Harai</b> (Forward Foot Sweep)   |
| 4. <b>Tani Otoshi</b> (Valley Drop)                         | 21. <b>Tomoe Nage</b> (Circle Throw)  |
| 5. <b>Deashi Harai</b> (Advancing Foot Sweep)               | 22. <b>Kosoto Gari</b> (Small Outer Reap)   |
| 6. <b>Uki Goshi</b> (Floating Hip, or ½ Hip throw)          | 23. <b>Yoko Otoshi</b> (Side Drop)  |
| 7. <b>Sasae Tsuru Komi Ashi</b> (Lower Prop Lift Pull Foot) | 24. <b>Kata Garuma</b> (Shoulder Wheel)   |
| 8. <b>Harai Goshi</b> (Sweeping Hip throw)                  | 25. <b>Hane Goshi</b> (Spring Hip)  |
| 9. <b>Ouchi Gari</b> (Large Inner Reap)                     | 26. <b>Soto Makikomi</b> (Outer Wraparound)   |
| 10. <b>Okuri Ashi Harai</b> (Following Foot Sweep)          | 27. <b>Sode Tsuru Komi Goshi</b> (Sleeve Lifting Pulling Hip)                         |
| 11. <b>Morote Seionage</b> (Two-hand Shoulder Throw)        | 28. Demonstrate 6 throwing techniques from both sides (instructors may combine 19-21) |
| 12. <b>Kouchi Gari</b> (Minor Outer Reap)                   | 29. Demonstrate 6 throws when Uki is moving   |
| 13. <b>Koshi Garuma</b> (Hip Wheel)                         | 30. Demonstrate throws using four different grips                                     |
| 14. <b>Uchi Mata</b> (Inner Thigh Reaping Throw)            |   |
| 15. <b>Hiza Garuma</b> (Knee Wheel)                         |   |
| 16. <b>Tai Otoshi</b> (Body Drop)                           | Score : _____   |
| 17. <b>Tsurikomi-goshi</b> (Lift Pull Hip Throw)            |   |

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 <b>Sutemi</b> (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)

- |  |            |            |
|--|------------|------------|
| 1. Demonstrate counter techniques to 6 instructor choice attacks | Pass _____ | Fail _____ |
|--|------------|------------|

Katame Waza (Hold Down Techniques): (5)

- |   |            |            |
|---|------------|------------|
| 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)

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

Shime Waza (Choking Techniques – 11 years and older): (6)

- |   |            |            |
|---|------------|------------|
| 1. <b>Nami Juji-jime</b> (Normal Cross Choke)   | Pass _____ | Fail _____ |
| 2. <b>Gyaku Juji-jime</b> (Reverse Cross Choke) | Pass _____ | Fail _____ |

Samurai Judo and Jujitsu

Judo Jr. Twelfth (12<sup>th</sup>) Degree - Brown

- |   |            |            |
|---|------------|------------|
| 3. <b>Kata Juji-jime</b> (Half Cross Choke)     | Pass _____ | Fail _____ |
| 4. <b>Hadaka Jime</b> (Naked Choke)             | Pass _____ | Fail _____ |
| 5. <b>Kataha Jime</b> (Single-wing Lock)        | Pass _____ | Fail _____ |
| 6. <b>Okuri Eri Jime</b> (Sliding Collar Lock)  | Pass _____ | Fail _____ |
| 7. <b>Sode Guruma Jime</b> (Sleeve Wheel Choke) | Pass _____ | Fail _____ |
| 8. <b>Sankaku Jime</b> (Triangle Choke)         | Pass _____ | Fail _____ |

Kansetsu Waza (Locking Techniques – 15 years and older): (4)

- |  |            |            |
|--|------------|------------|
| 1. <b>Ude Garami</b> (Entangled Armlock)     | Pass _____ | Fail _____ |
| 2. <b>Juji Gatame</b> (Cross Armlock)        | Pass _____ | Fail _____ |
| 3. <b>Ude Gatame</b> (Arm Wrench Cross Lock) | Pass _____ | Fail _____ |
| 4. <b>Hiza Gatame</b> (Knee Armlock)         | Pass _____ | Fail _____ |
| 5. <b>Waki Gatame</b> (Armpit Armlock)       | Pass _____ | Fail _____ |

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