

Requirements (Minimum)

Age – 4

Student _____

Time as Beginner – 2 months

Date Started _____

Class Attendance – 16 classes

Date Completed _____

Promotions Points – 4 points (see USJA point calculation sheet)

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

Verbal**General Information: (3)**

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](#)]

Judo Vocabulary: (9)

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](#)]

Demonstration

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

Miscellaneous Skills: (3)

- | | | |
|--|------------|------------|
| 1. Koho Ukemi (Back Falls) | Pass _____ | Fail _____ |
| 2. Yoko Ukemi (Side Falls) | Pass _____ | Fail _____ |
| 3. Rolling Break Falls | Pass _____ | Fail _____ |
| 4. Zempo Kaiten Ukemi (Rollout Falls to standing) | Pass _____ | Fail _____ |

Nage Waza (Throwing Techniques): (1)

- | | | |
|--|------------|------------|
| 1. O Goshi (Major Hip Throw) | Pass _____ | Fail _____ |
| 2. O Soto Gari (Major Outside Reap) | Pass _____ | Fail _____ |

Moving Nage Waza (Throwing Technique): (1)

- | | | |
|--------------------------------------|------------|------------|
| 1. Throw when opponent moving at you | Pass _____ | Fail _____ |
|--------------------------------------|------------|------------|

Renraku Waza (Combination Techniques): (1)

- | | | |
|---------------------------|------------|------------|
| 1. Forward Throw to a pin | Pass _____ | Fail _____ |
|---------------------------|------------|------------|

Kaeshi Waza (Counter Techniques): (1)

- | | | |
|---|------------|------------|
| 1. O Soto Gari countered with O Soto Gaeshi | Pass _____ | Fail _____ |
|---|------------|------------|

Osae Komi Waza (Hold Down Techniques): (1)

- | | | |
|--|------------|------------|
| 1. Kesa Gatame (Scarf Hold down) | Pass _____ | Fail _____ |
| 2. Kata Gatame (Shoulder Hold down) | Pass _____ | Fail _____ |

Turnovers: (1)

- | | | |
|---|------------|------------|
| 1. Table turnover (Pull far arm with both arms) | Pass _____ | Fail _____ |
|---|------------|------------|

Graded By: _____ Verbal Score: _____ Demonstration: Pass / Fail