

## Samurai Judo and Jujitsu Judo Jr. Second (2<sup>nd</sup>) Degree – Yellow / Orange

### Requirements (Minimum)

Age – 5

Time 1<sup>st</sup> Degree – 2 months

Class Attendance – 16 classes

Promotions Points – 5 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: (6)

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]

#### Judo Vocabulary: (18)

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]

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### Demonstration

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

#### Miscellaneous Skills: (7)

- |   |            |            |
|---|------------|------------|
| 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 _____ |
| 5. Zarei - Kneeling bow                           | Pass _____ | Fail _____ |
| 6. Ritsurei - Standing bow                        | Pass _____ | Fail _____ |
| 7. Seiza - Sitting on knees and feet              | Pass _____ | Fail _____ |
| 8. Anza - Sitting crossed-legged                  | Pass _____ | Fail _____ |
| 9. Proper tying of belt                           | Pass _____ | Fail _____ |

#### Kumi Kata (Gripping Forms): (1)

- |                                   |            |            |
|-----------------------------------|------------|------------|
| 1. Standard sleeve and lapel grip | Pass _____ | Fail _____ |
| 2. High lapel grip                | Pass _____ | Fail _____ |

#### Nage Waza (Throwing Techniques): (3)

- |                                     |            |            |
|-------------------------------------|------------|------------|
| 1. O Goshi (Major Hip Throw)        | Pass _____ | Fail _____ |
| 2. O Soto Gari (Major Outside Reap) | Pass _____ | Fail _____ |
| 3. Ippon Seionage (Shoulder Throw)  | Pass _____ | Fail _____ |
| 4. Tani Otoshi (Valley Drop)        | Pass _____ | Fail _____ |

#### Moving Nage Waza (Throwing Technique): (1)

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

#### Renraku Waza (Combination Techniques): (1)

- |                              |            |            |
|------------------------------|------------|------------|
| 1. Forward Throw #1 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): (2)

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

#### Hairi Kata (Entry Into Matwork): (2)

- |   |            |            |
|---|------------|------------|
| 1. Table turnover (Pull far arm with both arms)   | Pass _____ | Fail _____ |
| 2. Half-nelson turnover (from table, tori on top) | Pass _____ | Fail _____ |

#### Fusegi (Escape Methods From Hold-downs): (2)

- |                                      |            |            |
|--------------------------------------|------------|------------|
| 1. Leg entanglement from Kesa Gatame | Pass _____ | Fail _____ |
| 2. Leg entanglement from Kata Gatame | Pass _____ | Fail _____ |

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