

**Requirements (Minimum)**

Age – 6

Time 2<sup>nd</sup> Degree – 3 months

Class Attendance – 24 classes

Promotions Points – 6 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: (8)**

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	6 – Roku - Six
2 – Ni – Two	7 – Shichi - Seven
3 – San – Three	8 – Hachi - Eight
4 – Shi – Four	9 – Ku - Nine
5 – Go – Five	10 – Ju - Ten
12. Give verbal explanation of maximum efficiency and minimum effort.

**Judo Vocabulary: (32)**

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| <ol style="list-style-type: none"> <li>1. Teacher [Sensei]</li> <li>2. Sitting on knees [Seiza]</li> <li>3. Sitting crossed legged [Anza]</li> <li>4. Attention! [Kiyotsuke!]</li> <li>5. Bow! [Rei!]</li> <li>6. Falling methods or ways [Ukemi]</li> <li>7. Off Balance [Kuzushi]</li> <li>8. Repetition attack practice without throwing, done with a partner [Uchi Komi]</li> <li>9. Person receiving technique [Uke]</li> <li>10. Person performing technique [Tori]</li> <li>11. Begin! [Hajime!]</li> <li>12. Stop! [Matte!]</li> <li>13. I surrender! [Maitta!]</li> <li>14. Free practice [Randori]</li> <li>15. Big or major [O]</li> <li>16. Waist or hip [Koshi or Goshi]</li> <li>17. Major hip throw [O-goshi]</li> <li>18. Outside [Soto]</li> </ol> | <ol style="list-style-type: none"> <li>19. Major outside reaping throw [Osotogari]</li> <li>20. One point! (referee's award) [Ippon]</li> <li>21. Almost ippon! (1/2 point) [Waza-ari]</li> <li>22. Scarf [Kesa]</li> <li>23. Lock or hold [Gatame]</li> <li>24. Scarf lock [Kesa Gatame]</li> <li>25. Modified [Kuzure]</li> <li>26. Modified scarf lock [Kuzure-kesa-gatame]</li> <li>27. Black belt grade or rank [Dan]</li> <li>28. Beginning black belt [Shodan]</li> <li>29. A full point by adding two waza-ari scores [Waza-ari Awasete Ippon!]</li> <li>30. Near waza-ari! (referee's award) [Yuko!]</li> <li>31. Near yuko! (referee's award) [Koka!]</li> <li>32. That is all! (referee's call) [Sore made]</li> </ol> |
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|---|--|
| <ul style="list-style-type: none"> <li>33. Don't move! (referee's call) [<b>Sono mama</b>]</li> <li>34. Continue! (referee's call) [<b>Yoshi!</b>]</li> <li>35. Note! (referee's call for slight penalty) [<b>Shido!</b>]</li> <li>36. Reaping action done with the leg [<b>Gari</b>]</li> <li>37. Little or minor [<b>Ko</b>]</li> </ul> | <ul style="list-style-type: none"> <li>38. Inside [<b>Uchi</b>]</li> <li>39. Minor inside reaping throw [<b>Ko Uchi Gari</b>]</li> <li>40. Waist or hip techniques [<b>Goshi or Koshi</b>]</li> <li>41. Wheel [<b>Guruma</b>]</li> <li>42. Hip wheel throw [<b>Koshi Guruma</b>]</li> <li>43. Second degree black belt [<b>Nidan</b>]</li> </ul> |
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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: (10)

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|--|------------|------------|
| 1. <b>Koho Ukemi</b> (Back Falls)                        | Pass _____ | Fail _____ |
| 2. <b>Yoko Ukemi</b> (Side Falls)                        | Pass _____ | Fail _____ |
| 3. Rolling Break Falls                                   | Pass _____ | Fail _____ |
| 4. <b>Zempo Kaiten Ukemi</b> (Rollout Falls to standing) | Pass _____ | Fail _____ |
| 5. <b>Zarei</b> - Kneeling bow                           | Pass _____ | Fail _____ |
| 6. <b>Ritsurei</b> - Standing bow                        | Pass _____ | Fail _____ |
| 7. <b>Seiza</b> - Sitting on knees and feet              | Pass _____ | Fail _____ |
| 8. <b>Anza</b> - Sitting crossed-legged                  | Pass _____ | Fail _____ |
| 9. Proper tying of belt                                  | Pass _____ | Fail _____ |
| 10. <b>Randori</b> – Free practice                       | Pass _____ | Fail _____ |
| 11. <b>Tsugi Ashi</b> – Sliding foot walking             | Pass _____ | Fail _____ |
| 12. <b>Happo No Kuzushi</b> – Forms of off-balancing     | Pass _____ | Fail _____ |

Kumi Kata (Gripping Forms): (3)

- |   |            |            |
|---|------------|------------|
| 1. Standard sleeve and lapel grip           | Pass _____ | Fail _____ |
| 2. High lapel grip                          | Pass _____ | Fail _____ |
| 3. Collar grip                              | Pass _____ | Fail _____ |
| 4. Swinging elbow break against sleeve grip | Pass _____ | Fail _____ |

Nage Waza (Throwing Techniques): (4)

- |   |            |            |
|---|------------|------------|
| 1. <b>O Goshi</b> (Major Hip Throw)   | Pass _____ | Fail _____ |
| 2. <b>O Soto Gari</b> (Major Outside Reap)  | Pass _____ | Fail _____ |
| 3. <b>Ippon Seionage</b> (Shoulder Throw)   | Pass _____ | Fail _____ |
| 4. <b>Tani Otoshi</b> (Valley Drop)   | Pass _____ | Fail _____ |
| 5. Demonstrate one of the above techniques from left side   | Pass _____ | Fail _____ |
| 6. <b>Deashi Harai</b> (Advancing Foot Sweep)   | Pass _____ | Fail _____ |
| 7. Throw when opponent moves directly at you  | Pass _____ | Fail _____ |
| 8. Throw when opponent moves directly away from you   | Pass _____ | Fail _____ |
| 9. Throw when opponent moving to your left  | Pass _____ | Fail _____ |
| 10. Demonstrate one of the throws above using a different gripping configuration than a standard grip | Pass _____ | Fail _____ |

Renraku Waza (Combination Techniques): (2)

- |                      |            |            |
|----------------------|------------|------------|
| 1. Throw #1 to a pin | Pass _____ | Fail _____ |
| 2. Throw #2 to a pin | Pass _____ | Fail _____ |
| 3. Throw #3 to a pin | Pass _____ | Fail _____ |

Bogyo (Defense Against Throws): (1)

1. Uki attacks with **Ogoshi**, Tori defends with hip twist Pass \_\_\_\_\_ Fail \_\_\_\_\_

Kaeshi-No-Waza (Counter Techniques): (2)

1. **O Soto Gari** countered with **O Soto Gaeshi** Pass \_\_\_\_\_ Fail \_\_\_\_\_  
 2. **Ippon Seionage** countered with **Tani Otoshi** Pass \_\_\_\_\_ Fail \_\_\_\_\_

Katame Waza (Hold Down Techniques): (3)

1. **Kesa Gatame** (Scarf Hold) Pass \_\_\_\_\_ Fail \_\_\_\_\_  
 2. **Kata Gatame** (Shoulder Hold) Pass \_\_\_\_\_ Fail \_\_\_\_\_  
 3. **Yoko Shiho Gatame** (Side Four Corner Hold) Pass \_\_\_\_\_ Fail \_\_\_\_\_  
 4. **Kami Shiho Gatame** (Top Four Corner Hold) Pass \_\_\_\_\_ Fail \_\_\_\_\_

Entry Into Matwork - Uke on Knees Tori on Top: (2)

1. Table turnover (Pull far arm with both arms) Pass \_\_\_\_\_ Fail \_\_\_\_\_  
 2. Half-nelson turnover from side Pass \_\_\_\_\_ Fail \_\_\_\_\_  
 3. Double lapel turnover Pass \_\_\_\_\_ Fail \_\_\_\_\_

Entry Into Matwork - Uke on Back In Guard Position: (1)

1. Swing leg out of the way with arm Pass \_\_\_\_\_ Fail \_\_\_\_\_  
 2. Ankle trap, knee over Pass \_\_\_\_\_ Fail \_\_\_\_\_

Entry Into Matwork - Tori on Knees, Uke on Top: (1)

1. Uki reach over, Tori secure Uki's arm at elbow and roll Pass \_\_\_\_\_ Fail \_\_\_\_\_

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

1. Leg entanglement from **Kesa Gatame** Pass \_\_\_\_\_ Fail \_\_\_\_\_  
 2. Leg entanglement from **Kata Gatame** Pass \_\_\_\_\_ Fail \_\_\_\_\_  
 3. Bridge and roll from **Yoko Shiho Gatame** Pass \_\_\_\_\_ Fail \_\_\_\_\_  
 4. Roll escape from **Kami Shiho Gatame** Pass \_\_\_\_\_ Fail \_\_\_\_\_

Shime Waza (Choking Techniques – 10 years and older): (1)

1. **Nami Juji-jime** (Normal Cross Choke) Pass \_\_\_\_\_ Fail \_\_\_\_\_

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