

Samurai Judo and Jujitsu Judo Jr. Forth (4th) Degree – Orange / Green

Requirements (Minimum)

Age – 7

Student _____

Time 3rd Degree – 3 months

Date Started _____

Class Attendance – 24 classes

Date Completed _____

Promotions Points – 7 points (see USJA Jr. Promotion Form)

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

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.
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](#)

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Judo Vocabulary: (42)

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 [Osotogari]
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 [Tsuri]
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]

Demonstration

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

Miscellaneous Skills: (12)

- | | | |
|---|------------|------------|
| 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 _____ |
| 10. Randori – Free practice | Pass _____ | Fail _____ |
| 11. Tsugi Ashi – Sliding foot walking | Pass _____ | Fail _____ |
| 12. Happo No Kuzushi – Forms of off-balancing | Pass _____ | Fail _____ |
| 13. Ayumi Ashi – Normal walking | Pass _____ | Fail _____ |
| 14. Cartwheel | Pass _____ | Fail _____ |

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Kumi Kata (Gripping Forms): (3)

1. Swinging elbow break against sleeve grip Pass _____ Fail _____
2. Through the armpit back grip Pass _____ Fail _____
3. Snap out break against low lapel grip (Uke has low lapel grip, break the grip by stepping and pulling you gi back on the side that is held by Uke) Pass _____ Fail _____

Nage Waza (Throwing Techniques): (9)

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 _____
5. Deashi Harai (Advancing Foot Sweep) Pass _____ Fail _____
6. Uki Goshi (Floating Hip, or ½ Hip throw) Pass _____ Fail _____
7. Sasae Tsuru Komi Ashi (Lower Prop Lift Pull Foot) Pass _____ Fail _____
8. Harai Goshi (Sweeping Hip throw) Pass _____ Fail _____
9. Demonstrate two of the above techniques from left side Pass _____ Fail _____
10. Throw when opponent moving to your right Pass _____ Fail _____
11. Demonstrate one of the throws above using a different gripping configuration then a standard grip Pass _____ Fail _____

Renraku Waza (Combination Techniques): (2)

1. Demonstrate one forward throw to a pin Pass _____ Fail _____
2. Demonstrate one rear throw to a pin Pass _____ Fail _____
3. Forward throw to rear throw Pass _____ Fail _____

Bogyo (Defense Against Throws): (1)

1. Uki attacks with Uki Goshi, Tori defends with hip twist and push Pass _____ Fail _____

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

1. Ippon Seionage countered with step around Ogoshi Pass _____ Fail _____
2. Uke attacks with Harai Goshi, Tori counters with O Soto Gari Pass _____ Fail _____

Katame Waza (Hold Down Techniques): (3)

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

Hairi Kata (Entry Into Matwork): (4)

Uke on Knees Tori on Top

1. Far arm and leg pullover Pass _____ Fail _____
2. Demonstrate one other turnover Pass _____ Fail _____

Uke on Back In Guard Position

3. Cross Leg ankle trap Pass _____ Fail _____

Tori on Knees, Uke on Top

4. Seionage from Uki reaching under head Pass _____ Fail _____

Tori on Back in Guard

5. Bridge and turn over to Tate Shiho Gatame Pass _____ Fail _____

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

1. Knee grab, bridge and turn from Yoko Shiho Gatame Pass _____ Fail _____
2. Uphill turn from Kesa Gatame Pass _____ Fail _____

Shime Waza (Choking Techniques – 11 years and older): (2)

1. Nami Juji-jime (Normal Cross Choke) Pass _____ Fail _____
2. Gyaku Juji-jime (Reverse Cross Choke) Pass _____ Fail _____

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