

Requirements (Minimum)

Age – 8

Student _____

Time 4th Degree – 4 months

Date Started _____

Class Attendance – 32 classes

Date Completed _____

Promotions Points – 8 points (see USJA Jr. Promotion Form)

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

Verbal**General Information: (15)**

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	5 – Go – Five	9 – Ku – Nine
2 – Ni – Two	6 – Roku – Six	10 – Ju - Ten
3 – San – Three	7 – Shichi – Seven	
4 – Shi – Four	8 – Hachi - Eight	
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](#)]

Melbourne Judokai Jr. Fifth (5th) Degree - Green

Judo Vocabulary: (56)

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](#)]
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 [[Tsure](#)]
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](#)]
57. Technique [[Waza](#)]
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](#)]

Demonstration

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

Miscellaneous Skills: (5)

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|------------------------------------------|------------|------------|
| 1. Ukemi – Falling | Pass _____ | Fail _____ |
| 2. Proper folding of the judo gi | Pass _____ | Fail _____ |
| 3. Round-off | Pass _____ | Fail _____ |
| 4. Shizen Hontai - Basic natural posture | Pass _____ | Fail _____ |
| 5. Jigo Hontai - Basic defensive posture | Pass _____ | Fail _____ |

Kumi Kata (Gripping Forms): (5)

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|-----------------------------------------------------------|------------|------------|
| 1. Armpit grab and use other hand to feed lapel grab hand | Pass _____ | Fail _____ |
| 2. Grip at elbow and use other hand to feed slack | Pass _____ | Fail _____ |

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|------------------------------------------------|------------|------------|
| 3. Double lapel grip | Pass _____ | Fail _____ |
| 4. Drive through break against high lapel grip | Pass _____ | Fail _____ |
| 5. Inner sleeve grip from a high lapel grip | Pass _____ | Fail _____ |

Nage Waza (Throwing Techniques): (11)

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|-------------------------------------------------------------|---------------------------------------------------------------------|
| 1. O Goshi (Major Hip Throw) | 10. Okuri Ashi Harai (Following Foot Sweep) |
| 2. O Soto Gari (Major Outside Reap) | 11. Demonstrate three throwing techniques from both sides |
| 3. Ippon Seionage (Shoulder Throw) | 12. Demonstrate throws when Uki moves forward, back, left and right |
| 4. Tani Otoshi (Valley Drop) | 13. Demonstrate one throw using three different grips |
| 5. Deashi Harai (Advancing Foot Sweep) | |
| 6. Uki Goshi (Floating Hip, or ½ Hip throw) | |
| 7. Sasae Tsuru Komi Ashi (Lower Prop Lift Pull Foot) | |
| 8. Harai Goshi (Sweeping Hip throw) | Score : _____ |
| 9. Ouchi Gari (Large Inner Reap) | |

Renraku Waza (Combination Techniques): (3)

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|-------------------------------------------|------------|------------|
| 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 _____ |
| 4. Tani Otoshi to a pin | Pass _____ | Fail _____ |

Bogyo (Defense Against Throws): (1)

- | | | |
|-----------------------------------------------------------------------------|------------|------------|
| 1. Uki attacks with Ippon Seionage , Tori steps around opposite side | Pass _____ | Fail _____ |
|-----------------------------------------------------------------------------|------------|------------|

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

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|----------------------------------------------------------------------|------------|------------|
| 1. Kouchi Gari countered with Tai Otoshi | Pass _____ | Fail _____ |
| 2. Ouchi Gari countered with O Soto Gari (to the side) | Pass _____ | Fail _____ |

Katame Waza (Hold Down Techniques): (3)

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|-----------------------------------------------------------------|------------|------------|
| 1. Tate Shiho Gatame (Straight Locking Four Corner Hold) | Pass _____ | Fail _____ |
| 2. Kuzure Tate Shiho Gatame (Modified) | Pass _____ | Fail _____ |
| 3. Ushiro Kesa Gatame (Reverse Scarf Hold) | Pass _____ | Fail _____ |

Hairi Kata (Entry Into Matwork): (5)

Uke on Knees Tori on Top

- | | | |
|-----------------------------------|------------|------------|
| 1. Collar and Belt lift and turn | Pass _____ | Fail _____ |
| 2. Demonstrate one other turnover | Pass _____ | Fail _____ |

Uke on Back In Guard Position

- | | | |
|-----------------------|------------|------------|
| 3. Demonstrate escape | Pass _____ | Fail _____ |
|-----------------------|------------|------------|

Tori on Knees, Uke on Top

- | | | |
|-----------------------------------------|------------|------------|
| 4. Demonstrate escape from side attack | Pass _____ | Fail _____ |
| 5. Demonstrate escape from front attack | Pass _____ | Fail _____ |

Tori on Back in Guard

- | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------|
| 6. Pull Uke down with left hand, throw right arm around Uke's head while blocking Uke's right leg and throwing your right leg over into Kesa Gatame | Pass _____ | Fail _____ |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------|

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

- | | | |
|----------------------------------------------------------------------------|------------|------------|
| 1. Uphill turn from Kuzure Yoko Shiho Gatame | Pass _____ | Fail _____ |
| 2. Push head to leg (Sankaku escape) from Yoko Shiho 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 _____ |
| 3. Kata Juji-jime (Half Cross Choke) | Pass _____ | Fail _____ |

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