

**Requirements (Minimum)**

Age – 10

Student \_\_\_\_\_

Time 6<sup>th</sup> Degree – 5 months

Date Started \_\_\_\_\_

Class Attendance – 40 classes

Date Completed \_\_\_\_\_

Promotions Points – 10 points (see USJA Jr. Promotion Form)

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

**Verbal****General Information: (19)**

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 – <a href="#">Ichi</a> – One	5 – <a href="#">Go</a> – Five	9 – <a href="#">Ku</a> – Nine
2 – <a href="#">Ni</a> – Two	6 – <a href="#">Roku</a> – Six	10 – <a href="#">Ju</a> – Ten
3 – <a href="#">San</a> – Three	7 – <a href="#">Shichi</a> – Seven	
4 – <a href="#">Shi</a> – Four	8 – <a href="#">Hachi</a> – 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](#)]
21. What is the ultimate goal of judo as defined by Dr. Kano? [[The harmonious development and eventual perfection of human character](#)]
22. What are Kyu ranks in Judo? [[Student ranks below black belt](#)]
23. Name the ten black belt ranks in order [[Shodan, Nidan, Sandan, Yodan, Godan, Rokudan, Shichidan, Hachidan, Kudan, Judan](#)]
24. Name the three black belt ranks that are considered student ranks [[Shodan, Nidan and Sandan](#)]
25. What other colored belts are black belt holders entitled to wear in the USJA Senior Rank System? [[1<sup>st</sup> – 3<sup>rd</sup> Dan are Black, 4<sup>th</sup> – 5<sup>th</sup> are Red & Black Panel, 6<sup>th</sup> – 8<sup>th</sup> are Red & White Panel, 9<sup>th</sup> and 10<sup>th</sup> are Red. All levels can wear just Black](#)]

## Melbourne Judokai Jr. Seventh (7<sup>th</sup>) Degree - Blue

### Judo Vocabulary: (69)

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](#)]
71. Judo uniform lapel [[Yodan](#)]
72. Body [[Tai](#)]
73. To drop [[Otoshi](#)]
74. Body drop throw [[Tai Otoshi](#)]
75. Choke [[Shime or Jime](#)]
76. Choking techniques [[Shime Waza](#)]
77. Normal [[Nami](#)]
78. Reverse [[Gyaku](#)]
79. Cross [[Juji](#)]
80. Joint locking techniques [[Kansetsu Waza](#)]
81. Cross arm lock [[Juji Gatame](#)]
82. Normal Cross Choke [[Nami Juji-jime](#)]
83. Half Cross Choke [[Kata Juji-jime](#)]
84. Fifth Degree Black Belt [[Godan](#)]
85. Reverse cross choke [[Gyaku Juji-jime](#)]
86. Knee [[Hiza](#)]
87. Knee wheel throw [[Hiza Garuma](#)]
88. Sacrifice [[Sutemi](#)]
89. Side or lateral [[Yoko](#)]
90. Throwing techniques done by falling on one's back or side [[Sutemi Waza](#)]
91. Side falling sacrifice throws [[Yoko Sutemi Waza](#)]
92. Forms of gripping an opponent [[Kumi Kata](#)]
93. Four corners (as in pins) [[Shiho](#)]
94. Locking of the side four corners [[Yoko-shiho Gatame](#)]
95. Five stages of throwing techniques, the basic syllabus of Kodokan Judo [[Gokyo No Waza](#)]
96. Newly certified throwing techniques of Kodokan Judo [[Shimmeisho no Waza](#)]
97. Counter technique [[Kaeshi Waza](#)]
98. Sixth degree black belt [[Rokudan](#)]

### Demonstration

## Melbourne Judokai Jr. Seventh (7<sup>th</sup>) Degree - Blue

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

### Miscellaneous Skills: (6)

- |   |            |            |
|---|------------|------------|
| 1. Ukemi – Falling                      | Pass _____ | Fail _____ |
| 2. Instructors choice – up to 10 skills | Pass _____ | Fail _____ |

### Kumi Kata (Gripping Forms): (4)

- |                                    |            |            |
|------------------------------------|------------|------------|
| 1. Demonstrate and discuss 4 grips | Pass _____ | Fail _____ |
|------------------------------------|------------|------------|

### Nage Waza (Throwing Techniques): (22)

- |   |  |
|---|--|
| 1. <b>O Goshi</b> (Major Hip Throw)                         | 11. <b>Morote Seionage</b> (Two-hand Shoulder Throw)     |
| 2. <b>O Soto Gari</b> (Major Outside Reap)                  | 12. <b>Kouchi Gari</b> (Minor Outer Reap)                |
| 3. <b>Ippon Seionage</b> (Shoulder Throw)                   | 13. <b>Koshi Garuma</b> (Hip Wheel)                      |
| 4. <b>Tani Otoshi</b> (Valley Drop)                         | 14. <b>Uchi Mata</b> (Inner Thigh Reaping Throw)         |
| 5. <b>Deashi Harai</b> (Advancing Foot Sweep)               | 15. Demonstrate four throwing techniques from both sides |
| 6. <b>Uki Goshi</b> (Floating Hip, or ½ Hip throw)          | 16. Demonstrate 5 throws when Uki is moving              |
| 7. <b>Sasae Tsuru Komi Ashi</b> (Lower Prop Lift Pull Foot) | 17. Demonstrate throws using four different grips        |
| 8. <b>Harai Goshi</b> (Sweeping Hip throw)                  |  |
| 9. <b>Ouchi Gari</b> (Large Inner Reap)                     |  |
| 10. <b>Okuri Ashi Harai</b> (Following Foot Sweep)          |  |

Score : \_\_\_\_\_

### Renraku Waza (Combination Techniques): (4)

- |   |            |            |
|---|------------|------------|
| 1. 2 combinations starting with forward throw (instructor's choice)         | Pass _____ | Fail _____ |
| 2. 2 combinations starting with rear throw (instructor's choice)            | Pass _____ | Fail _____ |
| 3. 1 combination from <b>Sutemi</b> (sacrifice) throw (instructor's choice) | Pass _____ | Fail _____ |

### Bogyo (Defense Against Throws): (3)

- |  |            |            |
|--|------------|------------|
| 1. Demonstrate 2 defenses against a forward attack | Pass _____ | Fail _____ |
| 2. Demonstrate 2 defenses against a rear attack    | Pass _____ | Fail _____ |

### Kaeshi-No-Waza (Counter Techniques): (4)

- |  |            |            |
|--|------------|------------|
| 1. Demonstrate counter techniques to 5 instructor choice attacks | Pass _____ | Fail _____ |
|--|------------|------------|

### Katame Waza (Hold Down Techniques): (5)

- |   |            |            |
|---|------------|------------|
| 1. Demonstrate 6 instructor choice hold down techniques | Pass _____ | Fail _____ |
|---|------------|------------|

### Hairi Kata (Entry Into Matwork): (14)

- |   |            |            |
|---|------------|------------|
| <i>Uke on Hands and Knees Tori on Top</i>           |            |            |
| 1. Demonstrate 5 different turnovers                | Pass _____ | Fail _____ |
| <i>Uke on Back In Guard Position</i>                |            |            |
| 2. Demonstrate 4 different escapes                  | Pass _____ | Fail _____ |
| <i>Tori on Hands and Knees, Uke on Top</i>          |            |            |
| 3. Demonstrate 2 different escapes from side attack | Pass _____ | Fail _____ |
| 4. Demonstrate 2 different escapes from rear attack | Pass _____ | Fail _____ |
| <i>Tori on Back in Guard</i>                        |            |            |
| 5. Demonstrate 4 different pins from this position  | Pass _____ | Fail _____ |

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

- |   |            |            |
|---|------------|------------|
| 1. Demonstrate 3 escapes from Sensei choice hold-down | Pass _____ | Fail _____ |
|---|------------|------------|

### Shime Waza (Choking Techniques – 11 years and older): (3)

- |   |            |            |
|---|------------|------------|
| 1. <b>Nami Juji-jime</b> (Normal Cross Choke)   | Pass _____ | Fail _____ |
| 2. <b>Gyaku Juji-jime</b> (Reverse Cross Choke) | Pass _____ | Fail _____ |
| 3. <b>Kata Juji-jime</b> (Half Cross Choke)     | Pass _____ | Fail _____ |
| 4. <b>Hadaka Jime</b> (Naked Choke)             | Pass _____ | Fail _____ |

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