

Samurai Judo and Jujitsu Judo Jr. Eighth (8th) Degree – Blue / Purple

Requirements (Minimum)

Age – 11

Time 7th Degree – 5 months

Class Attendance – 40 classes

Promotions Points – 11 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: (20)

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

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25. What other colored belts are black belt holders entitled to wear in the USJA Senior Rank System?
[1st – 3rd Dan are Black, 4th – 5th are Red & Black Panel, 6th – 8th are Red & White Panel, 9th and 10th are Red. All levels can wear just Black]
26. Name three men who attained tenth degree black belt while they were still alive. [Nagoaka, Mifune, Osoga, Yamashita, Lizuka, Samura]

Judo Vocabulary: (94)

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 [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]
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]

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| <p>95. Five stages of throwing techniques, the basic syllabus of Kodokan Judo [Gokyo No Waza]</p> <p>96. Newly certified throwing techniques of Kodokan Judo [Shimmeisho no Waza]</p> <p>97. Counter technique [Kaeshi Waza]</p> <p>98. Sixth degree black belt [Rokudan]</p> <p>99. Entry methods into matwork</p> <p>100. Slide lapel choke [Okuri Eri-jime]</p> <p>101. Naked choke [Hadaka-jime]</p> <p>102. Single wing choke [Kataha-jime]</p> | <p>103. Rear, behind (as in throwing and pinning) [Ushiro]</p> <p>104. Tournament [Shiai]</p> <p>105. Practice hall for judo [Dojo]</p> <p>106. Judo practitioner or player [Judoka]</p> <p>107. Arm [Garami]</p> <p>108. Entangle [Hairi Kata]</p> <p>109. Escape (as from a pin) [Fusegi]</p> <p>110. Side of the dojo or tournament mat where high ranking black belts sit [Joseki]</p> <p>111. Seventh Degree Black Belt [Shichidan]</p> |
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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: (14)

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| 1. Ukemi – Falling (up to 6 ways) | Pass _____ | Fail _____ |
| 2. Referee – Demonstrate the award of Koka, Yuko, Waza-ari & Ippon | Pass _____ | Fail _____ |
| 3. Instructors choice – up to 6 skills | Pass _____ | Fail _____ |

Kumi Kata (Gripping Forms): (6)

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| 1. Demonstrate and discuss 4 grips | Pass _____ | Fail _____ |
| 2. Demonstrate 4 grip breaks | Pass _____ | Fail _____ |

Nage Waza (Throwing Techniques): (24)

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| <p>1. O Goshi (Major Hip Throw)</p> <p>2. O Soto Gari (Major Outside Reap)</p> <p>3. Ippon Seionage (Shoulder Throw)</p> <p>4. Tani Otoshi (Valley Drop)</p> <p>5. Deashi Harai (Advancing Foot Sweep)</p> <p>6. Uki Goshi (Floating Hip, or ½ Hip throw)</p> <p>7. Sasae Tsuru Komi Ashi (Lower Prop Lift Pull Foot)</p> <p>8. Harai Goshi (Sweeping Hip throw)</p> <p>9. Ouchi Gari (Large Inner Reap)</p> <p>10. Okuri Ashi Harai (Following Foot Sweep)</p> <p>11. Morote Seionage (Two-hand Shoulder Throw)</p> | <p>12. Kouchi Gari (Minor Outer Reap)</p> <p>13. Koshi Garuma (Hip Wheel)</p> <p>14. Uchi Mata (Inner Thigh Reaping Throw)</p> <p>15. Hiza Garuma (Knee Wheel)</p> <p>16. Tai Otoshi (Body Drop)</p> <p>17. Demonstrate five throwing techniques from both sides (instructors may combine 17-19)</p> <p>18. Demonstrate 5 throws when Uki is moving</p> <p>19. Demonstrate throws using four different grips</p> |
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- Score : _____

Renraku Waza (Combination Techniques): (4)

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| 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 Sutemi (sacrifice) throw (instructor's choice) | Pass _____ | Fail _____ |

Bogyo (Defense Against Throws): (3)

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| 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)

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| 1. Demonstrate counter techniques to 5 instructor choice attacks | Pass _____ | Fail _____ |
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Katame Waza (Hold Down Techniques): (5)

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| 1. Demonstrate 6 instructor choice hold down techniques | Pass _____ | Fail _____ |
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Hairi Kata (Entry Into Matwork): (14)

Uke on Hands and Knees Tori on Top

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| 1. Demonstrate 5 different turnovers | Pass _____ | Fail _____ |
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Uke on Back In Guard Position

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| 2. Demonstrate 4 different escapes | Pass _____ | Fail _____ |
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Tori on Hands and Knees, Uke on Top

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| 3. Demonstrate 2 different escapes from side attack | Pass _____ | Fail _____ |
| 4. Demonstrate 2 different escapes from rear attack | Pass _____ | Fail _____ |

Tori on Back in Guard

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| 5. Demonstrate 4 different pins from this position | Pass _____ | Fail _____ |
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Fusegi (Escape Methods From Hold-downs): (3)

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| 1. Demonstrate 3 escapes from Sensei choice hold-down | Pass _____ | Fail _____ |
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Shime Waza (Choking Techniques – 11 years and older): (2)

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| 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 _____ |
| 4. Hadaka Jime (Naked Choke) | Pass _____ | Fail _____ |
| 5. Kataha Jime (Single-wing Lock) | Pass _____ | Fail _____ |

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