

United States Judo Association Rank Examination For All Junior Ranks

Name: _____

Rank testing for: _____

Date of rank: _____

Classes attended: _____

Promotion points earned: _____

Time in grade: _____

Date: _____

In order to be examined for a USJA junior judo rank the following requirements must be met as set forth in the USJA junior handbook.

1. You must be a current member of the United States Judo Association.
2. You must have obtained the required time in grade, class attendance and promotion points for the rank being tested, as indicated in the table below.

	Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
Time in Grade in months	2	2	3	3	4	4	5	5	6	6
Classes Attended	16	16	24	24	32	32	40	40	48	48
Promotion Points	4	5	6	7	8	9	10	11	12	12

General Knowledge and Vocabulary

The general knowledge portion of the exam consists largely of multiple choice questions. The student circles or fills in the correct answer where appropriate. The vocabulary consists of a list of English judo terms. The student fills in the Japanese equivalent from the list to the right of the English terms. Both sections are to be completed down to the indicated rank being tested for. If desired this portion of the exam may be given orally. The general knowledge and vocabulary section of the test should be completed and passed before the technical demonstration portion is administered.

Technical Demonstration

Next to each list is a guide indicating the required number of techniques for each rank.

List 4-5

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	2	3	4	5	5	5	6	6

The top row indicates the rank being tested for.

The bottom row indicates the number of techniques required for each rank.

Below each guide is a list of techniques. Place a check mark next to the technique the student is to demonstrate. The student should be asked to demonstrate the technique by verbal instruction in both Japanese and English where appropriate. For example: "Please show me O Goshi Major hip throw." Where indicated, some opposite/both side techniques will be required.

A score of 1 is given if the student is able to demonstrate the required technique. A score of 0 is given if the student does the wrong technique or grossly bungles it.

If the student fails to meet the requirements from three or more LISTS the entire technical portion of the test must be retaken. At the coach's discretion if three or fewer LISTS are failed, the student may be required to successfully demonstrate these LISTS only to complete the technical portion of the exam.

Note: This exam represents the minimum requirements for each USJA junior judo rank. Additional requirements may be required by individual USJA clubs or instructors.

General Information

Instructions: Circle or fill in the correct answers.

1. What is the name of your Judo organization?
United States Judo Association United States Judo Federation International Judo Federation
2. Who was the founder of Judo?
Nagaoka Mifune Jigoro Kano Kotani
3. What is the name of the school he founded?
Epizoundes Kodokan Budokan Shudokan
4. What is the date of the founding of Judo?
1881 1882 1910 1886

Junior First stop here

5. What are the two principals of Kodokan Judo as defined by Dr. Kano?
a. Maximum efficiency – Seiryoku Zenyo
b. Mutual benefit and welfare – Jita Kyoei
c. Win at any cost
d. Never admit defeat
6. How long have unarmed combat martial arts been practiced in Japan?
600 to 1000 years 500 to 800 years 600 to 1500 years
7. What was unarmed combat called in Japan before Judo?
Jujitsu Kungfu Karate Boxing
8. How many degrees are there currently in the USJA junior rank system?
five six eight ten
9. List the five USJA junior judo belt colors in order by color (do not list white).

Junior Second stop here

10. Name the Japanese equivalent of the three parts of a Judo throw.
a. Balance Kuzushi Tsukuri Anza Kake
b. Entry Kuzushi Tsukuri Anza Kake
a. Execution Kuzushi Tsukuri Anza Kake
11. Count to ten in Japanese. (May be done verbally.)

12. Give a verbal explanation of the principal of maximum efficiency.
13. Give a verbal explanation of the principal of mutual benefit and welfare.

Junior Third stop here

General Information

14. Name the two divisions of sacrifice techniques in English and Japanese

- | | | | |
|--------------------------------------|-----------------------|-------------------------|-------------------------|
| a. Back falling sacrifice techniques | <i>Ma sutemi Waza</i> | <i>Yoko sutemi waza</i> | <i>Kesa sutemi waza</i> |
| b. Side falling sacrifice techniques | <i>Ma sutemi Waza</i> | <i>Yoko sutemi waza</i> | <i>Kesa sutemi waza</i> |

15. Name the three parts of unarmed combat in Japanese.

- | | | | | |
|--------------|--------------------|-------------------|-------------------|------------------|
| a. Throwing | <i>Katame waza</i> | <i>Atemi waza</i> | <i>Goshi waza</i> | <i>Nage waza</i> |
| b. Grappling | <i>Katame waza</i> | <i>Atemi waza</i> | <i>Goshi waza</i> | <i>Nage waza</i> |
| c. Striking | <i>Katame waza</i> | <i>Atemi waza</i> | <i>Goshi waza</i> | <i>Nage waza</i> |

16. Fill in the English for the three divisions of mat techniques.

Osaekomi Waza _____

Shime Waza _____

Kansetsu Waza _____

Junior Fourth stop here

17. What is Kata?

- a. a dance b. a throw c. a hold down d. a formal prearranged practice routine

18. How many Kata are there in Kodokan Judo?

- a. 10 b. 12 c. 7 d. 9

19. Which Kata is considered most useful for learning throwing techniques?

20. Which Kata is considered most useful for learning grappling techniques?

Junior Fifth stop here

21. What is the ultimate goal of judo as defined by Dr. Kano?

- a. To win at any cost
b. To become a great judo player
c. The harmonious development and eventual perfection of human character

22. What are Kyu ranks in Judo?

- a. Student ranks below black belt
b. Judo ranks for junior players
c. Black belt ranks

23. Name the six kyu ranks and color belts from highest to lowest senior rank (do not list white).

Junior Sixth stop here

General Information

24. Name the ten black belt ranks in order

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

25. Name the three black belt ranks that are considered student ranks.

1. _____
2. _____
3. _____

26. What other colored belts are black belt holders entitled to wear in the USJA Senior Rank System?

- | | |
|-------------|-------|
| 1st Degree | _____ |
| 2nd Degree | _____ |
| 3rd Degree | _____ |
| 4th Degree | _____ |
| 5th Degree | _____ |
| 6th Degree | _____ |
| 7th Degree | _____ |
| 8th Degree | _____ |
| 9th Degree | _____ |
| 10th Degree | _____ |

Junior Seventh stop here

27. Name three of the ten men who attained tenth degree black belt while they were still alive.

1. _____
2. _____
3. _____

Junior Eighth stop here

28. List the English for the nine kata of Kodokan.

- | | |
|------------------------------------|--------------------------|
| 1. Nage No Kata | Forms of _____ |
| 2. Katame No Kata | Forms of _____ |
| 3. Ju No Kata | Forms of _____ |
| 4. Goshinjitsu No Kata | Forms of _____ |
| 5. Kime No Kata | Forms of _____ |
| 6. Joshi Goshinho | Forms of _____ |
| 7. Itsutsu No Kata | Forms of _____ |
| 8. Koshiki No Kata | Forms of _____ |
| 9. Seiryoku-Zen-yo Kokuimin Taiiku | Maximum Efficiency _____ |

Junior Ninth stop here

29. What year was judo first introduced into the summer Olympic games?

30. Who were the four men on the first U.S. Olympic judo team?

31. Which American was the first to win an Olympic medal in judo and what place did he win?

Junior Tenth stop here: End of general information portion of exam.

Judo Vocabulary

Directions: Fill in the Japanese equivalent for the following English terms from the list to the right.

- | | |
|---|-------------------|
| 1. Teacher _____ | <i>Randori</i> |
| 2. Sitting on knees _____ | <i>Seiza</i> |
| 3. Sitting crossed legged _____ | <i>Tori</i> |
| 4. Attention! _____ | <i>Uchi Komi</i> |
| 5. Bow! _____ | <i>Kiyotsuke!</i> |
| 6. Falling methods or ways _____ | <i>Anza</i> |
| 7. Off balance _____ | <i>Rei!</i> |
| 8. Repetition attack practice without throwing, done with a partner _____ | <i>Kuzushi</i> |
| 9. Person receiving technique _____ | <i>Uke</i> |
| 10. Person performing technique _____ | <i>Ukemi</i> |
| 11. Begin! _____ | <i>Hajime!</i> |
| 12. Stop! _____ | <i>Matte!</i> |
| 13. I surrender! _____ | <i>Maitta!</i> |
| 14. Free practice _____ | <i>Sensei</i> |

Junior First stop here

- | | |
|--|---------------------------|
| 15. Big or major _____ | <i>Kesa-gatame</i> |
| 16. Waist or hip _____ | <i>Waza Ari!</i> |
| 17. Major hip throw _____ | <i>Kuzure-kesa-gatame</i> |
| 18. Outside _____ | <i>Koshi or Goshi</i> |
| 19. Major outside reaping throw _____ | <i>Dan</i> |
| 20. One point! (referee's award) _____ | <i>Soto</i> |
| 21. Almost ippon! (1/2 point) _____ | <i>Ippon!</i> |
| 22. Scarf _____ | <i>O</i> |
| 23. Lock or hole _____ | <i>Kesa</i> |
| 24. Scarf lock _____ | <i>Gatame</i> |
| 25. Modified _____ | <i>Shodan</i> |
| 26. Modified scarf lock _____ | <i>Kuzure</i> |
| 27. Black belt grade or rank _____ | <i>O Goshi</i> |
| 28. Beginning black belt _____ | <i>O Soto Gari</i> |

Junior Second stop here

- | | |
|--|--------------------------------|
| 29. A full point by adding two waza-ari scores _____ | <i>Koshi Guruma</i> |
| 30. Near waza-ari! (referee's award) _____ | <i>Gari</i> |
| 31. Near yuko! (referee's award) _____ | <i>Nidan</i> |
| 32. That is all! (referee's call) _____ | <i>Koka!</i> |
| 33. Don't move! (referee's call) _____ | <i>Yoshi!</i> |
| 34. Continue! (referee's call) _____ | <i>Sono mama!</i> |
| 35. Note! (referee's call for slight penalty) _____ | <i>Ko</i> |
| 36. Reaping action done with the leg _____ | <i>Uchi</i> |
| 37. Little or minor _____ | <i>Kouchi Gari</i> |
| 38. Inside _____ | <i>Koshi Waza</i> |
| 39. Minor inside reaping throw _____ | <i>Yuko!</i> |
| 40. Waist or hip techniques _____ | <i>Sore made!</i> |
| 41. Wheel _____ | <i>Guruma</i> |
| 42. Hip wheel throw _____ | <i>Shido!</i> |
| 43. Second degree black belt _____ | <i>Waza-ari Awasete Ippon!</i> |

Junior Third stop here

Judo Vocabulary

44. Caution! (referee's call for moderate penalty) _____
45. Warning! (referee's call for severe penalty) _____
46. Shoulder Hold _____
47. Upper 4 Corner Hold _____
48. Variant Upper 4 Corner Hold _____
49. Side 4 Corner Hold _____
50. Modified Side 4 Corner Hold _____
51. Straddling Hold _____
52. Holddown! (referee's call) _____
53. Holddown broken! (referee's call) _____
54. Sweeping action done with the leg _____
55. Sweeping hip throw _____
56. Third Degree Black Belt _____

Toketa
Kami Shiho-gatame
Kuzure Kami Shiho-gatame
Yuko Shiho-gatame
Chui
Kuzure Yoko Shiho-gatame
Osae-komi!
Keikoku
Harai or Barai
Harai-goshi
Tate Shiho Gatame
Sandan
Kata-gatame

Junior Fourth stop here

57. Technique _____
58. Throw (noun) _____
59. Throwing technique(s) _____
60. Hand _____
61. Hand techniques _____
62. Foot or Leg _____
63. Foot techniques _____
64. Holding techniques _____
65. Grappling techniques _____
66. Loss by rule violation (referee's call) _____
67. Judo uniform _____
68. Judo uniform sleeve _____
69. Judo uniform belt _____
70. Fourth Degree Black Belt _____

Nage Waza
Yodan
Katame Waza
Judogi
Te Waza
Waza
Obi
Sode
Ashi Waza
Nage
Te
Osae-komi Waza
Hansoku Make
Ashi

Junior Fifth stop here

71. Judo uniform lapel _____
72. Body _____
73. To drop _____
74. Body drop throw _____
75. Choke _____
76. Choking techniques _____
77. Normal _____
78. Reverse _____
79. Cross _____
80. Joint locking techniques _____
81. Cross arm lock _____
82. Normal Cross Choke _____
83. Half Cross Choke _____
84. Fifth Degree Black Belt _____

Eri
Tai
Otoshi
Tai Otoshi
Shime or Jime
Shime Waza
Nami
Gyaku
Juji
Kansetsu Waza
Juji gatame
Nami Juji-jime
Kata Juji-jime
Godan

Junior Sixth stop here

Judo Vocabulary

85. Reverse cross choke _____	<i>Shimmeisho no Waza</i>
86. Knee _____	<i>Yoko Sutemi Waza</i>
87. Knee wheel throw _____	<i>Gokyo No Waza</i>
88. Sacrifice _____	<i>Gyaku Juji-jime</i>
89. Side or lateral _____	<i>Yoko</i>
90. Throwing techniques done by falling on one's back or side _____	<i>Yoko Shiho Gatame</i>
91. Side falling sacrifice throws _____	<i>Rokudan</i>
92. Forms of gripping an opponent _____	<i>Kumi Kata</i>
93. Four corners (as in pins) _____	<i>Sutemi</i>
94. Locking of the side four corners _____	<i>Hiza</i>
95. Five stages of throwing techniques, the basic syllabus of Kodokan Judo _____	<i>Hiza Guruma</i>
96. Newly certified throwing techniques of Kodokan Judo _____	<i>Sutemi Waza</i>
97. Counter technique _____	<i>Shiho</i>
98. Sixth degree black belt _____	<i>Kaeshi Waza</i>

Junior Seventh stop here

99. Entry methods into matwork _____	<i>Shichidan</i>
100. Slide lapel choke _____	<i>Garami</i>
101. Naked choke _____	<i>Fusegi</i>
102. Single wing choke _____	<i>Judoka</i>
103. Rear, behind (as in throwing and pinning) _____	<i>Hairi Kata</i>
104. Tournament _____	<i>Uki</i>
105. Practice hall for judo _____	<i>Dojo</i>
106. Judo practitioner or player _____	<i>Kata Ha-jime</i>
107. Arm _____	<i>Ude</i>
108. Entangle _____	<i>Okuri Eri-jime</i>
109. Escape (as from a pin) _____	<i>Shiai</i>
110. Side of the dojo or tournament mat where high ranking black belts sit _____	<i>Joseki</i>
111. To float or floating _____	<i>Ushiro</i>
112. Seventh Degree Black Belt _____	<i>Hadaka Jime</i>

Junior Eighth stop here

113. Lift _____	<i>Hachidan</i>
114. Pull _____	<i>Ura-nage</i>
115. Lift pull hip throw _____	<i>Tokui Waza</i>
116. Reverse side, back _____	<i>Zarei</i>
117. Rear throw _____	<i>Tsuri</i>
118. Dashing action done with the leg _____	<i>Uki Goshi</i>
119. Kneeling bow _____	<i>Kosoto Gake</i>
120. Standing bow _____	<i>Gake or Kake</i>
121. Minor outside dashing throw _____	<i>Komi</i>
122. Both hands _____	<i>Tsurikomi Goshi</i>
123. Two hand reap _____	<i>Ritsurei</i>
124. Floating hip throw _____	<i>Morote</i>
125. Favorite technique _____	<i>Ura</i>
126. Eighth degree black belt _____	<i>Morote Gari</i>

Junior Ninth stop here

Judo Vocabulary

127. Pivoting or turning the body _____	<i>Judan</i>
128. Judo mats (straw japanese) _____	<i>Bushido</i>
129. Instantaneous promotion _____	<i>Tai Sabaki</i>
130. Formal forms of throwing _____	<i>Budo</i>
131. Formal form of holding _____	<i>Sukashi</i>
132. Shout to gather inner strength _____	<i>Batsugun</i>
133. Avoiding or evasive action _____	<i>Katame No Kata</i>
134. Martial arts _____	<i>Kiai</i>
135. Way of the warrior _____	<i>Tomoe Nage</i>
136. Alternate throwing practice, done with a partner _____	<i>Sute Geiko</i>
137. Circle _____	<i>Tomoe</i>
138. Circle throw _____	<i>Kudan</i>
139. Ninth Degree black belt _____	<i>Nage No Kata</i>
140. Tenth Degree black belt _____	<i>Tatami</i>

Junior Tenth stop here

Instructions for the Examiner:

Each correct answer counts as one point. Add the correct answers from both the general information and vocabulary sections of the test. This represents the Student's Total Score. Record the student's total score in the section below.

	Required score	Recorded total score
Junior first degree	13	_____
Junior second degree	27	_____
Junior third degree	42	_____
Junior fourth degree	54	_____
Junior fifth degree	67	_____
Junior sixth degree	81	_____
Junior seventh degree	94	_____
Junior eighth degree	105	_____
Junior ninth degree	117	_____
Junior tenth degree	129	_____

To be filled in by the examiner:

I certify that _____ has achieved the required score on the General Information and Vocabulary portions to be considered for the rank of _____ degree and is now eligible to complete the Technical Demonstration portion of the USJA rank examination.

Signature of Examiner

Rank of Examiner

Date

Technical Demonstration

Place a checkmark next to the technique to be demonstrated. For additional instructions see page 1.

Miscellaneous Skills

List 4-19

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
8	10	12	14	16	16	16	16	16	16

- | | |
|--|---|
| <input type="checkbox"/> <input type="checkbox"/> Ukemi
<input type="checkbox"/> <input type="checkbox"/> Zarei – Kneeling bow
<input type="checkbox"/> <input type="checkbox"/> Ritsueri – Standing bow
<input type="checkbox"/> <input type="checkbox"/> Seiza – Sitting on knees and feet
<input type="checkbox"/> <input type="checkbox"/> Anza – Sitting crossed-legged
<input type="checkbox"/> <input type="checkbox"/> Proper tying of belt
<input type="checkbox"/> <input type="checkbox"/> Randori – Free practice
<input type="checkbox"/> <input type="checkbox"/> Proper folding of the judo gi | <input type="checkbox"/> <input type="checkbox"/> Tsugi Ashi – Following foot walking
<input type="checkbox"/> <input type="checkbox"/> Ayumi Ashi – Normal walking
<input type="checkbox"/> <input type="checkbox"/> Round-off
<input type="checkbox"/> <input type="checkbox"/> Shizen Hontai – Basic natural posture
<input type="checkbox"/> <input type="checkbox"/> Jigo Hontai – Basic defensive posture
<input type="checkbox"/> <input type="checkbox"/> Migi/Hidari Sabaki 90° right/left turns
<input type="checkbox"/> <input type="checkbox"/> Maware 180° turns
<input type="checkbox"/> <input type="checkbox"/> Kyoshi – High kneeling |
|--|---|

Kumi Kata Gripping Forms

List 4-7

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	3	4	4	4	4	4	4	4

- | | |
|--|---|
| <input type="checkbox"/> <input type="checkbox"/> Standard sleeve and lapel grip
<input type="checkbox"/> <input type="checkbox"/> High lapel grip
<input type="checkbox"/> <input type="checkbox"/> Collar grip
<input type="checkbox"/> <input type="checkbox"/> Through the armpit back grip | <input type="checkbox"/> <input type="checkbox"/> Over the shoulder back grip
<input type="checkbox"/> <input type="checkbox"/> Cross grip with lapel grip
<input type="checkbox"/> <input type="checkbox"/> Other
<input type="checkbox"/> <input type="checkbox"/> Other |
|--|---|

List 4-8

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	3	4	4	4	4	4	4	4

- ☐
- ☐
- Drive through break against the collar grip
-
- ☐
- ☐
- Inner sleeve grip against a high lapel grip
-
- ☐
- ☐
- Swinging elbow break against a sleeve grip
-
- ☐
- ☐
- Swinging arm break against a sleeve grip
-
- ☐
- ☐
- Snap out break against low lapel grip
-
- ☐
- ☐
- Other
-
- ☐
- ☐
- Other

List 4-1

Nage Waza Throwing Techniques

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
2	4	6	8	10	12	14	16	18	20
0	0	1	2	3	4	4	4	4	4

Opposite/both sides

___ Deashi Harai	Advanced foot sweep	___ Yoko Wakare	Side Separation
___ Hiza Guruma	Knee wheel	___ Yoko Guruma	Side Wheel
___ Sasae Tsurikomi Ashi	Supporting Foot Lift Pull throw	___ Ushiro Goshi	Back Hip Throw
___ Uki Goshi	Floating Hip	___ Ura Nage	Back Throw
___ Osoto Gari	Large Outer Reap	___ Sumi Otoshi	Corner Drop
___ Ogoshi	Large Hip Throw	___ Yoko Gake	Side Body Drop
___ Ouchi Gari	Larger Inner Reap	___ Morote Gari	Two Hand Reap
___ Seoi Nage	Shoulder Throw	___ Kuchiki Taoshi	Dead Tree Drop
___ Kosoto Gari	Small Outer Reap	___ Kibisu Gaeshi	Heel Trip
___ Kouchi Gari	Small Inner Reap	___ Uchi Mata Sukashi	Inner Thigh Avoidance
___ Koshi Guruma	Hip Wheel	___ Dakiage	High Lift
___ Tsurikomi Goshi	Lift-Pull Hip Throw	___ Tsubame Gaeshi	Swallow Counter
___ Okuri Ashi Harai	Foot Sweep	___ Osoto Gaeshi	Major Outer Counter
___ Tai Otoshi	Body Drop	___ Ouchi Gaeshi	Major Inner Counter
___ Harai Goshi	Hip Sweep	___ Kouchi Gaeshi	Minor Inner Reap Counter
___ Uchi Mata	Inner-thigh Throw	___ Hane Goshi Gaeshi	Springing Hip Counter
___ Kosoto Gake	Small Outer Hook	___ Harai Goshi Gaeshi	Sweeping Hip Counter
___ Tsuru Goshi	Lifting Hip Throw	___ Uchi Mata Gaeshi	Inner Thigh Counter
___ Yoko Otoshi	Side Drop	___ Kani Basami	Crab Scissors
___ Ashi Guruma	Leg Wheel	___ Kawazu Gake	One Leg Entanglement
___ Hane Goshi	Hip Spring	___ Osoto Makikomi	Major Outer Wrap Around
___ Harai Tsurikomi Ashi	Lift-Pull Foot Sweep	___ Uchi Mata Makikomi	Inner Thigh Wrap Around
___ Tomoe Nage	Circular Throw	___ Harai Makikomi	Sweeping Wrap Around
___ Kata Guruma	Shoulder Wheel	___ Sode Tsuru Komi Goshi	Sleeve Lift Pull Hip Throw
___ Sumi Gaeshi	Corner Throw	___ Ippon Seoi Nage	One Arm Shoulder Throw
___ Tani Otoshi	Valley Drop	___ Obi Otoshi	Belt Drop
___ Hane Makikomi	Springing Wrap Around Throw	___ Daki Wakare	High Separation
___ Sukuinage	Scooping Throw	___ Hikikomi Gaeshi	Back Fall Reversal
___ Utsuri Goshi	Hip Shift	___ Osoto Otoshi	Major Outer Drop
___ Oguruma	Large Wheel	___ Tawara Gaeshi	Rice Bag Reversal
___ Soto Makikomi	Outer Wrap Around Throw	___ Uchi Makikomi	Inner Wrap Around
___ Uki Otoshi	Floating Drop	___ Seoi Otoshi	Shoulder Drop
___ Osoto Guruma	Large Outer Wheel	___ Yama Arashi	Mountain Storm
___ Uki Waza	Floating Throw		

List 4-2

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	3	3	4	4	5	5	6	6

Demonstrate your throwing system as an opponent moves in the following directions.

- | | |
|---|---------------|
| ___ ___ Opponent moves directly into you | ___ ___ Other |
| ___ ___ Opponent moves directly away from you | ___ ___ Other |
| ___ ___ Opponent moves to your left | ___ ___ Other |
| ___ ___ Opponent moves to your right | ___ ___ Other |

List 4-3

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
0	0	1	2	3	4	4	4	4	4

Demonstrate variations of your favorite throw using different gripping configurations

- | | |
|-------------------------|-------------------------|
| ___ ___ (Grip #1) _____ | ___ ___ (Grip #3) _____ |
| ___ ___ (Grip #2) _____ | ___ ___ (Grip #4) _____ |

Renraku Waza Combination Techniques

List 4-4

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	3	3	4	4	5	5	6	6

Demonstrate the following attack combinations either right or left side.

- | | |
|--|--|
| ___ ___ Forward throw #1 to pin | ___ ___ Rear throw to pin #2 |
| ___ ___ Forward throw #2 to pin | ___ ___ Ouchi-gari to forward throw |
| ___ ___ Forward throw #3 to pin | ___ ___ Forward throw to rear throw #1 |
| ___ ___ Forward throw to opposite side forward throw | ___ ___ Forward throw to rear throw #2 |
| ___ ___ Sutemi waza (#1) to pin | ___ ___ Forward throw to rear throw #3 |
| ___ ___ Sutemi waza (#2) to pin | ___ ___ Other |
| ___ ___ Rear throw to pin #1 | ___ ___ Other |

Bogyo Defense Against Throws

List 4-6

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
0	0	1	2	3	3	4	4	4	4

Demonstrate the following defenses against a forward throwing attack

- | | |
|--------------------------------------|-------------------|
| ___ ___ Outside leg jump around | ___ ___ Round-off |
| ___ ___ Hip twist | ___ ___ Turn out |
| ___ ___ Hip twist with cut | ___ ___ Other |
| ___ ___ Drive (start of Tani Otoshi) | ___ ___ Other |

Kaeshi-No-Waza
Counter Throw Techniques

List 4-5

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	2	3	4	5	5	5	6	6

Uke attacks with: Tori (you) counter with:

- | | |
|---|---|
| <p>___ ___ Osoto-gari with Osoto gaeshi</p> <p>___ ___ Forward throw #1 with Tani Otoshi</p> <p>___ ___ Forward throw #2 with Tani Otoshi</p> <p>___ ___ Forward throw #3 with Tani Otoshi</p> <p>___ ___ Kouchi-gari with Kouchi-gaeshi</p> <p>___ ___ Harai-Goshi with Ushiro-goshi</p> | <p>___ ___ Forward throw with inside leg step around to forward throw</p> <p>___ ___ Ouchi-gari with Ouchi-gaeshi</p> <p>___ ___ Other</p> <p>___ ___ Other</p> <p>___ ___ Other</p> <p>___ ___ Other</p> |
|---|---|

Katame Waza

List 4-9

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
2	3	4	5	6	6	6	6	6	6

Demonstrate the following pinning techniques either right or left side.

- | | |
|--|--|
| <p>___ ___ Kesa-gatame</p> <p>___ ___ Kuzure Kesa-gatame</p> <p>___ ___ Makura Kesa-gatame</p> <p>___ ___ Ushiro Kesa-gatame</p> <p>___ ___ Kata-gatame</p> <p>___ ___ Uki-gatame</p> <p>___ ___ Yoko Shiho-gatame</p> <p>___ ___ Kuzure Yoko Shiho-gatame</p> <p>___ ___ Tate Shiho-gatame</p> <p>___ ___ Kami Shiho-gatame</p> <p>___ ___ Kuzure Kami Shiho-gatame</p> <p>___ ___ Sankaku-gatame</p> <p>___ ___ Other</p> <p>___ ___ Other</p> | <p>Scarf Hold</p> <p>Variant Scarf Hold</p> <p>Pillow Scarf Hold</p> <p>Reverse Scarf Hold</p> <p>Shoulder Hold</p> <p>Floating Hold</p> <p>Side Hold</p> <p>Variant Side Hold</p> <p>Straddling Hold</p> <p>Upper 4-Corner Hold</p> <p>Variant Upper 4-Corner Hold</p> <p>Triangular Hold</p> |
|--|--|

Fusegi
Escapes from matwork

List 4-15

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	3	3	4	4	4	4	4	4

Demonstrate the following escapes from Kesa-gatame:

- ___ ___ Bridge and roll escape
- ___ ___ Uphill turn escape
- ___ ___ Leg entangling escape
- ___ ___ Sit-up escape
- ___ ___ Shoot out/legs over
- ___ ___ Other
- ___ ___ Other
- ___ ___ Other
- ___ ___ Other

List 4-17

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	2	2	2	3	3	3	3	3

Demonstrate the following escapes from Kami Shiho-gatame

- ___ ___ Single roll escape
- ___ ___ Double bridge and roll escape
- ___ ___ Double arm
- ___ ___ Legs over
- ___ ___ Press out
- ___ ___ Other
- ___ ___ Other
- ___ ___ Other
- ___ ___ Other

List 4-16

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	3	3	4	4	4	4	4	4

Demonstrate the following escapes from Yoko Shiho-gatame:

- ___ ___ Bridge and roll escape
- ___ ___ Uphill turn escape
- ___ ___ Entangling leg escape
- ___ ___ Leg hooking head escape
- ___ ___ Other
- ___ ___ Other
- ___ ___ Other
- ___ ___ Other
- ___ ___ Other

List 4-18

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
0	0	1	2	3	4	4	4	4	4

Demonstrate the following escapes from the following miscellaneous holds.

- ___ ___ Defense/escape against rear chokes
- ___ ___ Defense/escape against front chokes
- ___ ___ Legs-over escape from Kata-gatame
- ___ ___ Leg out escape from Tate Shiho-gatame
- ___ ___ Key lock and pry the leg free
- ___ ___ Other
- ___ ___ Other

List 4-11

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	3	4	5	5	5	5	5	5

With uke in the hands and knees position and tori (you) on top, demonstrate the following:

Hands & Knees Top

- ___ ___ Half-nelson turn over from the front
- ___ ___ Double lapel turn over
- ___ ___ Sankaku pullover entry
- ___ ___ Half-nelson turn over from the side
- ___ ___ Far arm and leg pull under
- ___ ___ Other
- ___ ___ Other
- ___ ___ Other

List 4-12

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
0	0	1	2	3	4	4	4	4	4

With tori (you) in the hands and knees position and uke on top, demonstrate the following:

Hands & Knees Bottom

- ___ ___ Cradle with left heel trap (opposite side heel trap)
- ___ ___ Maki Komi from head attack and arm in armpit attack
- ___ ___ Leg Hook or Seoi nage from back against dojime and choke attacks
- ___ ___ Maki Komi to Ushiro Kesa-gatame from side and opposite armpit attacks
- ___ ___ Other
- ___ ___ Other
- ___ ___ Other

List 4-13

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
0	1	2	3	3	3	4	4	6	6

With uke in the bottom guard position and tori (you) in the top position, demonstrate the following:

Legs Around Top

- ___ ___ Knee in entry, back leg
- ___ ___ Swinging leg entry
- ___ ___ Sleeve pull around
- ___ ___ Ankle trap, knee over
- ___ ___ Cross leg ankle trap
- ___ ___ Pants leg pull to Ushiro Kesa-gatame
- ___ ___ Other
- ___ ___ Other

List 4-14

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
0	0	0	1	2	3	4	4	4	4

With tori (you) in the guard position and uke on top, demonstrate the following:

Legs Around Bottom

- ___ ___ Sankaku-jime entry
- ___ ___ Turn over to Tate Shiho-gatame
- ___ ___ Sumi-gaeshi with knee push
- ___ ___ Cross Choke w/head under arm
- ___ ___ Cross Choke w/back grab
- ___ ___ Other
- ___ ___ Other
- ___ ___ Other

Shime Waza Choking Techniques

List 4-10

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
0	0	1	2	3	4	4	5	5	5

Demonstrate the following techniques (at the instructor's discretion).

___	___	Nami Juji-jime	Normal Cross Choke
___	___	Gyaku Juji-jime	Reverse Cross Choke
___	___	Kata Juji-jime	Half Cross Choke
___	___	Kata Ha-jime	Single Wing Choke
___	___	Sode Guruma Jime	Sleeve Wheel Choke
___	___	Katate-jime	One Hand Choke
___	___	Hadaka-jime	Naked Choke
___	___	Okuri Eri-jime	Sliding Lapel Choke
___	___	Jigoku jime	Hell Strangle
___	___	Sankaku jime	Triangular Choke
___	___	Ryote-jime	Two Hand Choke
___	___	Tsukkomi-jime	Trust Choke

Student's Name _____

Certification of Examiner: I certify that _____ has successfully demonstrated the required number of technique(s) from each list for the rank of Junior _____ degree.

Signature of Examiner

Rank of Examiner

Date

Certification of Student: I certify that all answers and scores recorded on this exam were properly earned.

Signature of Student

Rank of Student

Date

Upon successful completion of this test, the coach will submit with the proper fee to the USJA National Office, a current USJA junior promotion form verifying that the student has met the requirements of the United States Junior Judo Rank System as set forth in the USJA Junior Handbook. After processing, the USJA will issue a certificate of Judo promotion, a rank patch, and a membership card showing your new rank.