



# UNITED STATES JUDO ASSOCIATION

## Examination for Senior Ikkyu Judo Rank

Name: \_\_\_\_\_

Date of Birth \_\_\_\_\_

USJA Membership # \_\_\_\_\_

Membership Expiration Date: \_\_\_\_\_

Exam Date(s): \_\_\_\_\_

Time-in-grade Required: 8 to 12 months

Time-in-grade: \_\_\_\_\_

### Promotion Points

Class Attendance Points \_\_\_\_\_

Clinic/Camp Points \_\_\_\_\_

Tournament Entry Points \_\_\_\_\_

Tournament Win Points \_\_\_\_\_

Tournament Placement Points \_\_\_\_\_

Judo Service Points \_\_\_\_\_

USJA Service Points \_\_\_\_\_

Certification Points \_\_\_\_\_

Required Promotion Points: 22 to 24 points

**Total Points** \_\_\_\_\_

1. You must be a current member of the United States Judo Association with insurance in order to be examined for judo rank promotion. Upon successful completion of this test and processing by the USJA National Office, a certificate of promotion, a rank patch and a membership card showing your new rank will be issued to you.
2. The demonstration part of the exam is scored 0 thru 4. In general:
  - 0 = wrong technique or grossly boggled
  - 1 = fair demonstration
  - 2 = average/good score
  - 3 = above average/very good
  - 4 = skillful enough to use it in randori or competition
3. The written portion is scored 1 point for each blank (some questions have multiple blanks).
4. Techniques may be demonstrated either right side or left side unless otherwise specified.
5. Candidates for shodan and nidan can have no more than two zero (0) scores regardless of total points in order to pass. Candidates for sandan and yodan can not have any zero (0) scores regardless of total points in order to pass. Candidates for godan and above can not have any zero (0) or one (1) scores regardless of total points in order to pass.
6. Candidates will be asked to perform each technique by verbal instruction in Japanese and English: for instance "Please show me OGOSHI, major hip throw."

*Recommendation by the Instructor:* I authorize that my student \_\_\_\_\_ is qualified to be examined and promoted to in accordance with USJA policies and procedures.

\_\_\_\_\_  
Signature of Instructor

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Instructor

\_\_\_\_\_  
Rank of Instructor

***Certification by the Candidate:*** I certify that all answers and scores recorded on this exam were properly earned.

\_\_\_\_\_  
Signature of Candidate

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Candidate

*Certification by the Examiner(s):* I certify that the above named candidate  has passed  has not passed the attached examination as administered by me and has met all other requirements for this rank promotion.

\_\_\_\_\_  
Signature of Examiner #1

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Examiner #1

\_\_\_\_\_  
Rank of Examiner #1

\_\_\_\_\_  
Certification Level of Examiner #1

\_\_\_\_\_  
Signature of Examiner #2

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Examiner #2

\_\_\_\_\_  
Rank of Examiner #2

\_\_\_\_\_  
Certification Level of Examiner #2

### CANDIDATE'S EXAM SUMMARY

|                     |       |                       |              |
|---------------------|-------|-----------------------|--------------|
| Vocabulary Score    | _____ | Minimum Passing Score | _____ %      |
| General Info. Score | _____ | Minimum Passing Score | _____ %      |
| Demonstration Score | _____ | Minimum Passing Score | _____ points |

### CANDIDATE'S CERTIFICATION REQUIREMENTS

|                                  |                              |                             |                              |
|----------------------------------|------------------------------|-----------------------------|------------------------------|
| USJA Kata Certification          | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> N/A |
| USJA Referee Certification       | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> N/A |
| USJA Rank Examiner Certification | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> N/A |
| USJA Coach Certification         | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> N/A |

Examination for USJA Senior Ikkyu Judo Rank

**JAPANESE VOCABULARY**

Write the Japanese words for the following:

1. Attention!: Kiyotsuke
2. Bow: Rei
3. Begin! Hajime
4. Stop!: Matte
5. Practice hall for judo: Dojo
6. Teacher: Sensei
7. Sitting on knees: Seiza
8. Sitting crossed legged: Anza
9. Following foot walking: Tsugi Ashi
10. Normal walking: Ayumi Ashi
11. Judo uniform: Judo gi
12. Judo practitioner or player: Judoka
13. Person performing technique: Tori
14. Person receiving technique: Uke
15. Left: Hidari
16. Right: Migi
17. Falling methods or ways: Ukemi
18. Falling methods to the rear: Ushiro Ukemi
19. Falling methods to the side: Yoko Ukemi
20. Forward rolling falling: Zempo Kaiten Ukemi
21. Free practice: Randori
22. Formal pre-arranged routine practice: Kata
23. Tournament: Shiai
24. Hold-down! (referee's call): Osaekomi
25. Hold-down broken! (referee's call): Toketa
26. One point! (referee's award): Ippon
27. Almost ippon! (1/2 point): Waza Ari
28. Near waza-ari! (referee's award): Yuko
29. Near yuko! (referee's award): Koka
30. That is all! (referee's call): Sore Made
31. Sixth class (kyu) judo rank: Rokyu/Rokkyu
32. Note! (referee's penalty call): Shido
33. Loss by rule violation: Hansoku Make
34. Decision! (referee for judges' decision): Hantei
35. Don't move! (referee's call): Sono Mama
36. Continue! (referee call): Yoshi
37. Fundamental natural posture: Shizen Hon Tai
38. Fundamental defensive posture: Jigo Hon Tai
39. Off balance: Kuzushi
40. Entry into a throw: Tsukuri
41. Execution of a throw: Kake
42. Sweeping action done with the leg: Harai/Barai
43. Reaping action done with the leg: Gari
44. Dashing action done with the leg: Kake/Gake
45. Springing action done with the leg: Hane
46. Throw (noun): Nage
47. Technique(s): Waza
48. Throwing technique(s): Nage Waza
49. Hand: Te
50. Hand techniques: Te Waza
51. Foot or Leg: Ashi
52. Foot techniques: Ashi Waza
53. Big or major: O
54. Little or minor: Ko
55. Waist or hip: Koshi/Goshi
56. Waist or hip techniques: Koshi Waza
57. Major hip throw: O Goshi
58. Outside: Soto
59. Inside: Uchi
60. Major outside reaping throw: O Soto Gari
61. Internal force or spiritual energy: Ki
62. Shout to gather inner strength: Kiai
63. Fifth class (kyu) judo rank: Gokyu
64. Decision win! (referee's award): Yusei Gachi
65. Draw match! (referee s award): Hiki Wake
66. Win by 2 waza-ari's: Waza Ari Awasete Ippon
67. Grappling techniques: Katame Waza
68. Techniques from a supine position: Ne Waza
69. Holding techniques: Osae Komi Waza
70. Choke: Shime/Jime
71. Choking techniques: Shime Waza
72. Joint locking techniques: Kansetsu Waza
73. The principle of gentleness or giving way: Ju
74. Way of life: Do
75. Gentle way: Judo
76. Gentle arts: Jujitsu

77. Favorite technique: Tokui Waza
78. Way of the warrior: Bushido
79. Martial arts: Budo
80. Class of belt ranks below black belt: Kyu
81. Step or degree in the black belt ranks: Dan
82. Holder of any black belt rank: Yudansha
83. Holder of any rank below black belt: Mudansha
84. Black belt association: Yudanshakai
85. Repetition attack practice without throwing, done with partner: Uchi Komi
86. Alternate throwing practice without resistance, done with partner: Sute Geiko
87. Solo practice: Tandoku Renshu
88. Practice in pairs: Sotai Renshu
89. Practice in general: Keiko
90. Fourth class (kyu) judo rank: Yonkyu
91. Kneeling bow: Za Rei
92. Standing bow: Ritsu Rei
93. Knee: Hiza
94. Lock or Hold: Katame/Gatame
95. Wheel: Guruma
96. Side or lateral: Yoko
97. 8 directions of off-balancing: Happo no Kuzushi
98. Third class (kyu) judo rank: Sankyū
99. Second class (kyu) judo rank: Nikyu
100. First class (kyu) judo rank: Ikkyū
101. Five stages of throwing techniques, the basic syllabus of Kodokan Judo: Go Kyo No Waza
102. Newly certified throwing techniques of Kodokan Judo: Shinmesho No Waza
103. Instantaneous promotion: Batsugun
104. Sacrifice: Sutemi
105. Throwing (standing): Tachi Waza
106. Throwing techniques done by falling on one's back or side: Sutemi Waza
107. Back falling sacrifice throws: Ma Sutemi Waza
108. Side falling sacrifice throws: Yoko Sutemi Waza
109. Striking techniques to vital areas: Atemi Waza
110. Judo uniform belt: Obi
111. Judo uniform jacket: Uwagi
112. Judo uniform pants: Zubon
113. Judo uniform sleeve: Sode
114. Judo uniform lapel: Eri
115. Illegal act of locking the legs around the torso of an opponent: Do Jime
116. Warm-up exercises in judo: Junbi Undo
117. Cooling-off exercises in judo: Shumatsu Undo
118. Exercises in general: Taiso
119. Variation (of a technique): Kuzure
120. Counter technique: Kaeshi Waza
121. Combination technique: Renwaku Waza
122. Four comers (as in pins): Shi Ho
123. I surrender! : Maitta
124. Forms of gripping an opponent: Kumi Kata
125. Normal: Nami
126. Reverse: Gyaku
127. Cross : Juji
128. Arm: Ude
129. Armpit: Wake
130. First degree black belt: Shodan
131. Second degree black belt: Nidan
132. Third degree black belt: Sandan
133. Fourth degree black belt: Yodan/Yondan
134. Fifth degree black belt: Godan
135. Sixth degree black belt: Rokudan
136. Seventh degree black belt: Shichidan
137. Eighth degree black belt: Hachidan
138. Ninth degree black belt: Kudan
139. Tenth degree black belt: Judan
140. Twelfth degree black belt (held only by Dr. Kano): Junidan (this is debated)
141. Loss of any type: Make
142. Win of any type: Kachi/Gachi
143. Win by forfeit or default of the opponent before a match: Fusen Gachi
144. Win by withdrawal of the opponent during a match: Kiken Gachi
145. Combination win by adding a half point from a violation and one waza-ari: Sogo Gachi
146. Side of the dojo or tournament mat reserved for senior judoka or officials: Joseki
147. Cross arm lock Juji Gatame

148. Entangle: Garami
149. Formal forms of throwing: Nage No Kata
150. Formal forms of holding: Katame No Kata
151. Formal forms of gentleness: Ju No Kata
152. Formal forms of self-defense: Goshijitsu No Kata
153. Formal forms of decision: Kime No Kata
154. Ancient forms: Koshiki No Kata
155. Forms of five: Itsutsu No Kata
156. Past master of judo (title traditionally applied only to Dr. Kano): Shihan
157. Mutual benefit & welfare: Jita Kyoie
158. Maximum efficiency: Seiroyku Zenyo
159. "Winner stays up" team contest: Kohaku Shiai
160. Man-for-man, elimination tournament: Tentori Shiai
161. Methods of resuscitation in judo: Katsu/Kappo
162. Illegal act of entwining the leg: Kawazu Gake
163. Contest area: Shiaijo
164. Referee: Shimpan
165. To float or floating: Uki
166. Lift: Tsuri
167. Pull: Komi
168. Lift-pull action: Tsuri Komi
169. Defense (to an attack): Bogyo
170. Escape (as from a pin): Fusegi
171. Entry methods into mat work: Hairi Kata
172. Body: Tai
173. Thigh: Mata
174. Rear, behind: Ushiro
175. Reverse side, back: Ura
176. Pivoting or turning the body: Tai Sabaki
177. Single handed: Katate
178. Double handed: Ryote
179. Both hands: Morote
180. Avoiding or evasive action: Sukashi
181. A little: Sukoshi
182. Same side gripping (right vs right, left vs left):  
Ai Yotsu
183. Opposite side gripping (right vs left): Kenka Yotsu
184. Drawing hand: Hikite
185. Power hand: Tsurite

186. Time! (referee's call): Jikan
187. Decision or decisiveness: Kime
188. To drop: Otoshi

**Japanese Vocabulary Perfect Score = 188**

**Passing Score = 132 or higher**

**Actual Score = \_\_\_\_\_**

## GENERAL INFORMATION

*Write the answers for the following:*

- What is the name of your club? Budokan Judo
- Name of Instructor? Marshall Coffman
- What is the name of your judo organization?  
The United States Judo Association (USJA)
- Who was the founder of judo? Dr. Jigoro Kano
- What is the name of the school he founded?  
The Kodokan
- What is the date of the founding of Kodokan Judo? 1882
- What was unarmed combat called in Japan before judo?  
Jujitsu
- How long had unarmed combat martial arts been practiced in Japan? 600 to 1,000 years
- Name the three parts of unarmed combat in English and Japanese.
  - Throwing Techniques / Nage Waza
  - Grappling Techniques / Katame Waza
  - Striking Techniques / Atemi Waza  
(English) (Japanese)
- Name the three parts of a judo throw in English and Japanese.
  - Off-balancing / Kuzushi
  - Entry / Tsukuri
  - Execution or Completion/ Kake  
(English) (Japanese)
- List the belt ranks after white in order by color.
 

|               |                                 |
|---------------|---------------------------------|
| <u>Yellow</u> | <u>Black</u>                    |
| <u>Orange</u> | <u>Black &amp; Red (panels)</u> |
| <u>Green</u>  | <u>Red &amp; White (panels)</u> |
| <u>Brown</u>  | <u>Red</u>                      |
- Name the two divisions of throwing techniques in English and Japanese.

1. Standing Techniques / Tachi Waza

2. Sacrifice Techniques / Sutemi Waza  
(English) (Japanese)

13. Name the three divisions of standing throwing techniques in English and Japanese.

1. Hand Techniques / Te Waza

2. Hip Techniques / Koshi Waza

3. Foot & Leg Techniques / Ashi Waza  
(English) (Japanese)

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

1. Back Sacrifice Tech. / Ma Sutemi Waza

2. Side Sacrifice Tech. / Yoko Sutemi Waza  
(English) (Japanese)

15. What are the ordinal numbers between one and ten in Japanese? (Count to ten!)

1. Ichi 6. Roku

2. Ni 7. Shichi

3. San 8. Hachi

4. Shi 9. Ku

5. Go 10. Ju

16. Name the three divisions of mat techniques in English and Japanese.

1. Holding Techniques / Osaekomi Waza

2. Choking Techniques / Shime Waza

3. Joint Locking Techniques / Kansetsu Waza  
(English) (Japanese)

17. Name three of the eight men who attained 10th degree black belt (Judan) in judo while they were still alive.

1. Yoshiake Yamashita 5. Kunisaburo Iizuka

2. Hidekazu Nagaoka 6. Kaichiro Samura

3. Hajime Isogai 7. Shotaro Tabata

4. Kyuzo Mifune 8. Sumiyuki Kotani

18. What are the two principles of Kodokan Judo as defined by Dr. Kano?

1. Mutual Welfare & Benefit – Jita Kyoei

2. Maximum Efficiency – Seiryoku Zenyo

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

The harmonious development and eventual  
perfection of human character

20. What does the acronym G.E.T. P.A.D. (tactical variables for randori/shiai) stand for?

G = Grip P = Posture

E. = Edge of Mat A = Angle of Attack

T = Tempo D = Direction of Movement

21. What year was judo first introduced into the summer Olympic Games? 1964

22. Who were the four men on the first U.S. Olympic Judo Team?

1. Ben Campbell (now a US Senator)

2. Jim Bregman (retired US Gov. & Consultant)

3. George Harris (retired US Air Force NCO)

4. Paul Maruyama (retire US Air Force Officer)

23. Which American placed the first time Judo was included at the Olympics, and what place did he win?

Jim Bregman Bronze – Third Place  
(Name) (Place)

24. Name the six kyu ranks and colored belts from highest to lowest rank (do not list White Belt):

1. Brown / Ikkyu

2. Brown / Nikyu

3. Brown / Sankyu

4. Green / Yonkyu

5. Orange / Gokyu

6. Yellow / Rokyu  
(Color) (Japanese Name)

25. Name (Japanese Name) the 10 black belt ranks in order:

1. Shodan 6. Rokudan

2. Nidan 7. Shichidan

3. Sandan 8. Hachidan

4. Yodan 9. Kudan

5. Godan 10. Judan

26. What does the word "JUDO" mean in English?  
The Gentle Way

27. What other colored belt are some black belt persons entitled to wear?

1st Degree - Black

2nd Degree - Black

3rd Degree - Black

4th Degree – Black & Red Panel or Black

5th Degree - Black & Red Panel or Black

6th Degree – Red & White Panel or Black

7th Degree - Red & White Panel or Black

8th Degree - Red & White Panel or Black

9th Degree - Red or Black

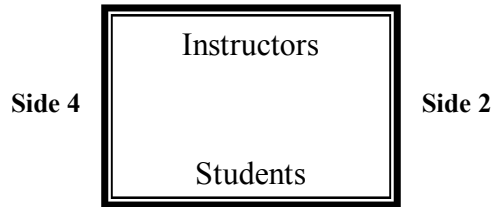
10th Degree - Red or Black

28. What are the four sides of the dojo called? (Refer to diagram below.)

1. Upper Seat / Kamiza

2. Upper Side / Joseki  
 3. Lower Seat / Shimoza  
 4. Lower Side / Shimoseki  
 (English) (Japanese)

**Side 1**



**Side 3**

29. Which American was the first to win a medal at the World Championships in judo and what place did he win?

Jim Bregman Bronze – Third Place  
 (Name) (Place)

30. List the nine Kata of Kodokan Judo in English and Japanese.

- Form of Throwing / Nage No Kata
- Form of Grappling / Katame No Kata
- Forms of Gentleness / Ju No Kata
- Forms of Self-Defense / Goshijitsu No Kata
- Forms of Decision / Kime No Kata
- Forms of Self-Defense for Women / Joshi-Goshinho
- Forms of Five / Itsutsu No Kata
- Forms of Antiquity / Koshiki No Kata
- Maximum Efficiency Physical Exercise / Seiryoku Zenyo Kokuimin Taiku  
 (English) (Japanese)

31. Name four Americans who have won medals at the Olympic Games in judo, and what place they won.

- Jim Bregman Bronze – Third Place
- Allen Coage Bronze – Third Place
- Eddie Liddie Bronze – Third Place
- Robert Berland Silver – Second Place
- Kevin Asano Silver – Second Place
- Michael Swain Bronze – Third Place
- Lynn Roethke Silver – Second Place
- Margaret Castro-Gomez Bronze – Third Place
- Jason Morris Silver – Second Place
- Jimmy Pedro Bronze – Third Place
- Jimmy Pedro Bronze – Third Place  
 (Name) (Place)

32. Which American was the first to win a gold medal at the Men's World Games in judo?

Michael Swain 1987  
 (Name) (Year)

33. Which American was the first to win a gold medal at the Women's World Games in judo?

AnnMaria Burns now De Mars 1984  
 (Name) (Year)

34. What year was women's judo first introduced into the summer Olympic Games as a full medal event? 1988 as a Demonstration Event

35. What are the ordinal numbers between eleven and twenty in Japanese?

- Ju Ichi 16. Ju Roku
- Ju Ni 17. Ju Shichi
- Ju San 18. Ju Hachi
- Ju Shi 19. Ju Ku
- Ju Go 20. Ni Ju

**General Knowledge Perfect Score = 162**

**Passing Score = 114 or higher**

**Actual Score = \_\_\_\_\_**

**DEMONSTRATION**

| Point Score Scale |               |              |      |               |
|-------------------|---------------|--------------|------|---------------|
| Excellent         | Above Average | Good Average | Fair | Wrong Boggled |
| 4                 | 3             | 2            | 1    | 0             |

**Ukemi**

**Falling Ways**

*(The candidate must successfully complete this section in order to proceed with the exam.)*

- Ushiro Ukemi (Back falls)  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
- Migi Yoko Ukemi (Right Side falls)  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
- Hidari Yoko Ukemi (Left Side falls)  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
- Zempo Kaiten Ukemi (Forward rolling falls)  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
- Front falls  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

## Sitting & Bowing

6. Seiza (sitting on knees and feet)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
7. Anza (sitting cross-legged)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
8. Za Rei (formal kneeling bow)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
9. Ritsu Rei (standing bow)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

## Posture & Movement

10. Shizen hontai (basic natural posture)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
11. Jigo hontai (basic defense posture)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
12. Tsugi ashi (Follow foot movement)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
13. Ayumi ashi (normal walking)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
14. Tai sabaki Front and rear 90 degree  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
15. Tai sabaki Front and rear 180 degree  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
16. Happo no Kuzushi (forms of off balancing)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

## Kumi Kata

### Gripping Forms

17. Standard Sleeve & Lapel Grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
18. Swinging arm break for sleeve grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
19. Swinging elbow break through for sleeve grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
20. Collar grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
21. Drive through break for collar grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
22. Inner sleeve counter grip for collar grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
23. Low lapel grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
24. Snap out break through for low lapel grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
25. High lapel grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
26. Inner Sleeve counter grip for high lapel grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
27. Pull down break through for high lapel grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
28. Double sleeve grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
29. Double sleeve counter grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
30. Jacket end grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

31. Inner sleeve counter grip for jacket end grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
32. Ude Gatame break for sleeve grip.  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
33. Ude Gatame break for lapel grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
34. Wake Gatame break for lapel grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

## Nage Waza

### Throwing Techniques

## Go Kyo No Waza

### Five Stages of Techniques

35. Hiza Guruma (knee wheel)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
36. O Goshi (major hip throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
37. Ippon Seoinage (Single shoulder throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
38. Osoto Gari (major outside reaping)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
39. De Ashi Barai (advancing foot sweep)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
40. Uchi Gari (major inside reaping)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
41. Uki Goshi (floating hip throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
42. Sasae Tsuru Komi Ashi (propping-lift-pull-foot)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
43. Ko Uchi Gari (minor inside reap)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
44. Koshi Guruma (hip wheel)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
45. Ko Soto Gari (minor outside reap)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
46. Tsuru Komi Goshi (lifting-pulling hip throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
47. Okuri Ashi Barai (sliding foot sweep)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
48. Harai Goshi (sweeping hip throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
49. Tai Otoshi (body drop)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
50. Uchi Mata (inner thigh throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
51. Ko Soto Gake (minor outside dash)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
52. Tsuru Goshi (lifting hip throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
53. Harai Tsuru Komi Ashi (sweeping lift-pull foot)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
54. Hane Goshi (springing hip throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
55. Yoko Otoshi (side drop)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
56. Kata Guruma (shoulder wheel)

|                                  |   |   |   |   |   |
|----------------------------------|---|---|---|---|---|
|                                  | 4 | 3 | 2 | 1 | 0 |
| 57. Tomoe Nage (circle throw)    | 4 | 3 | 2 | 1 | 0 |
| 58. Ashi Guruma (leg/foot wheel) | 4 | 3 | 2 | 1 | 0 |

## Bogyo Defense Against Throws

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 59. Defense against Hiza Guruma           | 4 | 3 | 2 | 1 | 0 |
| 60. Defense against O Goshi               | 4 | 3 | 2 | 1 | 0 |
| 61. Defense against Osoto Gari            | 4 | 3 | 2 | 1 | 0 |
| 62. Defense against Seoinage              | 4 | 3 | 2 | 1 | 0 |
| 63. Defense against Ouchi Gari            | 4 | 3 | 2 | 1 | 0 |
| 64. Defense against De Ashi Barai         | 4 | 3 | 2 | 1 | 0 |
| 65. Defense against Uki Goshi             | 4 | 3 | 2 | 1 | 0 |
| 66. Defense against Sasae Tsuru Komi Ashi | 4 | 3 | 2 | 1 | 0 |
| 67. Defense for Kouchi Gari               | 4 | 3 | 2 | 1 | 0 |
| 68. Defense for Koshi Guruma              | 4 | 3 | 2 | 1 | 0 |
| 69. Defense for Okuri Ashi Barai          | 4 | 3 | 2 | 1 | 0 |
| 70. Defense for Harai Goshi               | 4 | 3 | 2 | 1 | 0 |
| 71. Defense against Tai Otoshi            | 4 | 3 | 2 | 1 | 0 |
| 72. Defense against Uchi Mata             | 4 | 3 | 2 | 1 | 0 |
| 73. Defense against Ko Soto Gake          | 4 | 3 | 2 | 1 | 0 |
| 74. Defense against Tsuru Goshi           | 4 | 3 | 2 | 1 | 0 |
| 75. Defense against Harai Tsuru Komi Ashi | 4 | 3 | 2 | 1 | 0 |
| 76. Defense against Hane Goshi            | 4 | 3 | 2 | 1 | 0 |

## Kaeshi Waza Counter Throwing Techniques

|                             |   |   |   |   |   |
|-----------------------------|---|---|---|---|---|
| 77. Counter for Hiza Guruma | 4 | 3 | 2 | 1 | 0 |
| 78. Counter for O Goshi     | 4 | 3 | 2 | 1 | 0 |
| 79. Counter for Osoto Gari  | 4 | 3 | 2 | 1 | 0 |

|                                       |   |   |   |   |   |
|---------------------------------------|---|---|---|---|---|
| 80. Counter for Seoinage              | 4 | 3 | 2 | 1 | 0 |
| 81. Counter for Ouchi Gari            | 4 | 3 | 2 | 1 | 0 |
| 82. Counter for De Ashi Barai         | 4 | 3 | 2 | 1 | 0 |
| 83. Counter for Uki Goshi             | 4 | 3 | 2 | 1 | 0 |
| 84. Counter for Sasae Tsuru Komi Ashi | 4 | 3 | 2 | 1 | 0 |
| 85. Counter for Ko Uchi Gari          | 4 | 3 | 2 | 1 | 0 |
| 86. Counter for Koshi Guruma          | 4 | 3 | 2 | 1 | 0 |
| 87. Counter for Okuri Ashi Barai      | 4 | 3 | 2 | 1 | 0 |
| 88. Counter for Harai Goshi           | 4 | 3 | 2 | 1 | 0 |
| 89. Counter for Tai Otoshi            | 4 | 3 | 2 | 1 | 0 |
| 90. Counter for Uchi Mata             | 4 | 3 | 2 | 1 | 0 |
| 91. Counter for Ko Soto Gake          | 4 | 3 | 2 | 1 | 0 |
| 92. Counter for Tsuru Goshi           | 4 | 3 | 2 | 1 | 0 |

## Renwaku Waza Combination Techniques

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 93. Hiza Guruma to O Soto Gari combination                | 4 | 3 | 2 | 1 | 0 |
| 94. O Soto Gari to Hiza Guruma combination                | 4 | 3 | 2 | 1 | 0 |
| 95. Ko Uchi Gari to Seoinage combination                  | 4 | 3 | 2 | 1 | 0 |
| 96. Seoinage to Ko Uchi Gari combination                  | 4 | 3 | 2 | 1 | 0 |
| 97. Hiza Guruma to De Ashi Barai combination              | 4 | 3 | 2 | 1 | 0 |
| 98. De Ashi Barai to Hiza Guruma combination              | 4 | 3 | 2 | 1 | 0 |
| 99. Sasae Tsuru Komi Ashi to De Ashi Barai combination    | 4 | 3 | 2 | 1 | 0 |
| 100. De Ashi Barai to Sasae Tsuru Komi Ashi combination   | 4 | 3 | 2 | 1 | 0 |
| 101. Harai Goshi to opposite side O Soto Gari combination | 4 | 3 | 2 | 1 | 0 |
| 102. O Soto Gari to opposite side Harai Goshi combination | 4 | 3 | 2 | 1 | 0 |
| 103. Right forward to left forward combination            | 4 | 3 | 2 | 1 | 0 |
| 104. Left forward to right forward combination            | 4 | 3 | 2 | 1 | 0 |
| 105. Uchi Mata to Ko Uchi Gari or O Uchi Gari combination | 4 | 3 | 2 | 1 | 0 |
| 106. Ko Uchi Gari or O Uchi Gari to Uchi Mata combination | 4 | 3 | 2 | 1 | 0 |

## Katame Waza Grappling Techniques

### Osaekomi Waza Holding Techniques

107. Kesa Gatame (scarf hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
108. Yoko Shiho Gatame (side 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
109. Kami Shiho Gatame (upper 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
110. Kuzure Kesa Gatame (modified scarf hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
111. Kuzure Yoko Shiho gatame (modified side 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
112. Kuzure Kami Shiho Gatame (modified upper 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
113. Kata Gatame (shoulder hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
114. Ushiho Kesa Gatame (reverse scarf hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
115. Tate Shiho Gatame (straddling 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

## Shime Waza

### Strangulation (Choking) Techniques

116. Hadaka Jime (naked choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
117. Okuri Eri Jime (sliding lapel choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
118. Kata Ha Jime (single wing choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
119. Nami Juji Jime (normal cross choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
120. Kata Juji Jime (half cross choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
121. Gyaku Juji Jime (reverse cross choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

## Kansetsu Waza

### Joint Locking Techniques

122. Juji Gatame (cross arm lock)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
123. Ude Gatame (normal arm lock)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
124. Ude Garami (bent arm lock)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

## Fusegi

### Escapes from Grappling Techniques

125. Uphill turn escape from Kesa Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
126. Bridge and roll escape from Kesa Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

127. Sit up escape from Kesa Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
128. Leg entangling escape from Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
129. Bridge and roll escape from Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
130. Uphill turn escape from Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
131. Single roll escape from Kami Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
132. Double bridge roll escape from Kami Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
133. Uphill turn escape from Kami Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
134. Double arm escape from Kami Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
135. Press out escape from Kami Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
136. Legs over escape from Kami Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
137. Legs over escape from Kata Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
138. Up hill turn escape from Ushiho Kesa Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
139. Leg out escape from Tate Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
140. Basic defense/escape for chokes from behind  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
141. Basic defense/escape for chokes from in front  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
142. Basic defense against arm locks  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

## Hairi Waza

### Entry Techniques into Mat-work

143. Half-Nelson entry from the front.  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
144. Half-Nelson entry from the side.  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
145. Cross face turn over entry into mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
146. Break out entry into mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
147. Swinging knee entry into mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
148. Sleeve pull around entry into mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
149. Double belt pull entry into mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
150. Sumi Gaeshi take down into mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
151. Somersault entry for mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
152. Double leg grip entry into mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
153. Knee in entry into mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

**Demonstration Perfect Score = 612**

**Minimum Passing Score = 306 or higher**

**Actual Score = \_\_\_\_\_**