

United States Judo Association Rank Examination For Junior Tenth Degree (2nd Purple Belt)

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 meet the minimum age, time in grade, class attendance and promotion points requirements for the rank being tested, as indicated in the table below.

Rank	Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
Minimum Age	4	5	6	7	8	9	10	11	12	13
Time in Grade	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. If desired this portion of the exam may be given orally. Each answer counts 1 point. The general knowledge and vocabulary section of the test should be completed and passed before the technical demonstration portion is administered.

Technical Demonstration

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

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 Knowledge

Instructions: Circle or fill in the correct answer s.

1. What is the name of your Judo organization?
United States Judo Association United States Judo Federation International Judo Federation
2. What is the name of your Judo Club?
Epizoundes Kodokan Budokan Shudokan
3. Who was the founder of Judo?
Nagaoka Mifune Jigoro Kano Kotani
4. What is the name of the school he founded?
GhengisKhan Kodokan Budokan Shudokan
5. What is the date of the founding of Judo?
1881 1882 1910 1886
6. What are the two principals of Kodokan Judo as defined by Dr. Kano?
 - a) Maximum efficiency - Seiryoku Zenyo
 - b) Mutual benefit & welfare - Jita Kyoei
 - c) Win at any cost.
 - d) Never admit defeat
7. What was unarmed combat called in Japan before Judo?
Jujitsu Kungfu Karate Boxing
8. How long have unarmed combat martial arts been practiced in Japan?
600-1000 years 500 to 800 years 600 to 1500 years
9. How many degrees are there currently in the USJA junior rank system?
five six eight ten
10. List the five USJA junior judo belt colors in order by color. (do not list white)
Yellow Orange Green Blue Purple
11. Name the Japanese equivalent of the three parts of a Judo throw.
 - a) Off-Balance Kuzushi Tsukuri Anza Kake
 - b) Entry Kuzushi Tsukuri Anza Kake
 - c) Execution Kuzushi Tsukuri Anza Kake
12. Count to ten in Japanese. (May be done verbally.)
 - a) One Ichi
 - b) Two Ni
 - c) Three San
 - d) Four Shi
 - e) Five Go
 - f) Six Roku

General Knowledge

- g) Seven Shichi
- h) Eight Hachi
- i) Nine Ku
- j) Ten Ju
13. Give a verbal explanation of the principal of maximum efficiency.
14. Give a verbal explanation of the principal of mutual benefit and welfare.
15. Name the three parts of unarmed combat in Japanese.
- a) Throwing *Katame waza* *Atemi waza* *Goshi waza* *Nage waza*
- b) Grappling *Katame waza* *Atemi waza* *Goshi waza* *Nage waza*
- c) Striking *Katame waza* *Atemi waza* *Goshi waza* *Nage waza*
16. Name the two divisions throwing techniques.
- a) Standing techniques *Tachi Waza* *Sutemi waza* *Koshi waza* *Ashi Waza*
- b) Sacrifice techniques *Tachi Waza* *Sutemi waza* *Koshi waza* *Ashi Waza*
17. Name the three divisions standing techniques.
- a) Hand techniques *Ashi Waza* *Koshi waza* *Te waza* *Nage Waza*
- b) Foot techniques *Ashi Waza* *Koshi waza* *Te waza* *Nage Waza*
- c) Hip techniques *Ashi Waza* *Koshi waza* *Te waza* *Nage Waza*
18. Name the two divisions of sacrifice techniques in English and Japanese.
- a) Back falling sacrifice techniques *Ma Sutemi Waza* *Yoko sutemi waza* *Kesa setemi waza*
- b) Side falling sacrifice techniques *Ma sutemi Waza* *Yoko sutemi waza* *Kesa sutemi waza*
19. Fill in the English for the three divisions of grappling techniques.
- a) Osaekomi Waza Hold Down Techniques
- b) Shime Waza Choking Techniques
- c) Kansetsu Waza Bone Locking Techniques
20. What is Kata?
- a) *a dance*
- b) *a throw*
- c) *a hold down*
- d) *a formal prearranged practice routine*
21. How many Kata are there in Kodokan Judo?
- 10 12 7 9

General Knowledge

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

Nage No Kata

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

Katame No Kata

24. 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*

25. What are Kyu ranks in Judo?

a) *Student ranks below black belt*

b) *Judo ranks for junior players*

c) *Black belt ranks*

26. What are Dan ranks in Judo?

a) *Student ranks below black belt*

b) *Judo ranks for junior players*

c) *Black belt ranks*

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

	<u>Rank</u>	<u>Color</u>
a)	<u><i>Rokyu</i></u>	<u><i>Yellow</i></u>
b)	<u><i>Gokyu</i></u>	<u><i>Orange</i></u>
c)	<u><i>Yonkyu</i></u>	<u><i>Green</i></u>
d)	<u><i>Sankyu</i></u>	<u><i>Brown</i></u>
e)	<u><i>Nikyu</i></u>	<u><i>Brown</i></u>
f)	<u><i>Ikkyu</i></u>	<u><i>Brown</i></u>

28. Give the Japanese name for the ten black belt ranks and the belt colors, in order.

<u>English</u>	<u>Japanese</u>	<u>Color</u>	<u>Alternate Color</u>
a) <i>1st Degree</i>	<u><i>Shodan</i></u>	<u><i>Black</i></u>	
b) <i>2nd Degree</i>	<u><i>Nidan</i></u>	<u><i>Black</i></u>	
c) <i>3rd Degree</i>	<u><i>Sandan</i></u>	<u><i>Black</i></u>	
d) <i>4th Degree</i>	<u><i>Yodan</i></u>	<u><i>Red & Black</i></u>	<u><i>Black</i></u>
e) <i>5th Degree</i>	<u><i>Godan</i></u>	<u><i>Red & Black</i></u>	<u><i>Black</i></u>
f) <i>6th Degree</i>	<u><i>Rokudan</i></u>	<u><i>Red & White</i></u>	<u><i>Black</i></u>
g) <i>7th Degree</i>	<u><i>Shichidan</i></u>	<u><i>Red & White</i></u>	<u><i>Black</i></u>

General Knowledge

- | | | | |
|------------------|-----------------|------------------------|--------------|
| h) 8th Degree ` | <u>Hachidan</u> | <u>Red & White</u> | <u>Black</u> |
| i) 9th Degree ` | <u>Kudan</u> | <u>Red</u> | <u>Black</u> |
| j) 10th Degree ` | <u>Judan</u> | <u>Red</u> | <u>Black</u> |

29. List the English for the nine kata of Kodokan

- | | |
|------------------------------------|--|
| a) Nage No Kata | <u>Forms of Throwing</u> |
| b) Katame No Kata | <u>Forms of Grappling</u> |
| c) Ju No Kata | <u>Forms of Gentleness</u> |
| d) Goshinjitsu No Kata | <u>Forms of Self-Defense</u> |
| e) Kime No Kata | <u>Forms of Decision</u> |
| f) Joshi Goshincho | <u>Forms of Self-Defense for Women</u> |
| g) Itsutsu No Kata | <u>Forms of Five</u> |
| h) Koshiki No Kata | <u>Forms of Antiquity</u> |
| i) Seiryoku-Zen-yo Kokuimin Taiiku | <u>Maximum Efficiency Physical Exercises</u> |

30. What year was judo first introduced into the summer Olympic games? 1964

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

- a) Jim Bregman
- b) Ben Campbell
- c) George Harris
- d) Paul Maruyama

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

Name Jim Bregman Place 3rd Place – Bronze Medal

Judo Vocabulary

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

- | | |
|--|---------------------------|
| 1. Teacher - <u><i>Sensei</i></u> | <i>Randori</i> |
| 2. Sitting on knees - <u><i>Seiza</i></u> | <i>Seiza</i> |
| 3. Sitting crossed legged - <u><i>Anza</i></u> | <i>Tori</i> |
| 4. Attention! - <u><i>Kiyotsuke</i></u> | <i>Uchi Komi</i> |
| 5. Bow! - <u><i>Rei</i></u> | <i>Kiyotsuke!</i> |
| 6. Falling methods or ways - <u><i>Ukemi</i></u> | <i>Anza</i> |
| 7. Off balance - <u><i>Kuzushi</i></u> | <i>Rei!</i> |
| 8. Repetition practice with a partner without throwing - <u><i>Uchi Komi</i></u> | <i>Kuzushi</i> |
| 9. Person receiving technique - <u><i>Uke</i></u> | <i>Uke</i> |
| 10. Person performing technique - <u><i>Tori</i></u> | <i>Ukemi</i> |
| 11. Begin! - <u><i>Hajime</i></u> | <i>Hajime!</i> |
| 12. Stop! - <u><i>Matte</i></u> | <i>Matte!</i> |
| 13. I surrender! - <u><i>Maitta</i></u> | <i>Maitta!</i> |
| 14. Free practice - <u><i>Randori</i></u> | <i>Sensei</i> |
| | |
| 15. Big or major <u><i>O</i></u> | <i>Kesa-gatame</i> |
| 16. Waist or hip <u><i>Koshi or Goshi</i></u> | <i>Waza Ari</i> |
| 17. Major hip throw <u><i>O Goshi</i></u> | <i>Kuzure-kesa-gatame</i> |
| 18. Outside <u><i>Soto</i></u> | <i>Koshi or Goshi</i> |
| 19. Major outside reaping throw <u><i>O Soto Gari</i></u> | <i>Dan</i> |
| 20. One point! (referee's award) <u><i>Ippon</i></u> | <i>Soto</i> |
| 21. Almost ippon! (1/2 point) <u><i>Waza Ari</i></u> | <i>Ippon</i> |
| 22. Scarf <u><i>Kesa</i></u> | <i>O</i> |
| 23. Lock or hold <u><i>Gatame</i></u> | <i>Kesa</i> |
| 24. Scarf lock <u><i>Kesa Gatame</i></u> | <i>Gatame</i> |
| 25. Modified <u><i>Kuzure</i></u> | <i>Shodan</i> |
| 26. Modified scarf lock <u><i>Kuzure Kesa Gatame</i></u> | <i>Kuzure</i> |
| 27. Black belt grade or rank <u><i>Dan</i></u> | <i>Gari</i> |
| 28. Reaping action done with the leg <u><i>Gari</i></u> | <i>O-goshi</i> |
| 29. 1 st Degree (Beginning) black belt <u><i>Shodan</i></u> | <i>O-Soto Gari</i> |

Judo Vocabulary

30. A full point by adding two waza-ari scores	<u>Waza-ari Awasete Ippon</u>	<i>Koshi-guruma</i>
31. Near waza-ari! (referee's award)	<u>Yuko</u>	<i>Nidan</i>
32. Near yuko! (referee's award)	<u>Koka</u>	<i>Koka!</i>
33. That is all! (referee's call)	<u>Sore Made</u>	<i>Yoshi!</i>
34. Don't move! (referee's call)	<u>Sono Mama</u>	<i>Sono mama!</i>
35. Continue! (referee's call)	<u>Yoshi</u>	<i>Ko</i>
36. Note! (referee's call for a penalty)	<u>Shido</u>	<i>Uchi</i>
37. Little or minor	<u>Ko</u>	<i>Kouchi-gari</i>
38. Inside	<u>Uchi</u>	<i>Koshi Waza</i>
39. Minor inside reaping throw	<u>Ko Uchi Gari</u>	<i>Yuko!</i>
40. Waist or hip techniques	<u>Koshi Waza</u>	<i>Sore made!</i>
41. Wheel	<u>Guruma</u>	<i>Guruma</i>
42. Hip wheel throw	<u>Koshi Guruma</u>	<i>Shido!</i>
43. Second degree black belt	<u>Nidan</u>	<i>Waza-ari Awasete Ippon!</i>
44. Shoulder Hold	<u>Kata Gatame</u>	<i>Toketa</i>
45. Upper 4 Corner Hold	<u>Kami Shiho Gatame</u>	<i>Kami Shiho-gatame</i>
46. Variant Upper 4 Corner Hold	<u>Kuzure Kami Shiho Gatame</u>	<i>Kuzure Kami Shiho-gatame</i>
47. Side 4 Corner Hold	<u>Yoko Shiho Gatame</u>	<i>Yoko Shiho-gatame</i>
48. Modified Side 4 Corner Hold	<u>Kuzure Yoko Shiho Gatame</u>	<i>Kuzure Yoko Shiho-gatame</i>
49. Straddling Hold	<u>Tate Shiho Gatame</u>	<i>Osae-komi!</i>
50. Hold down! (referee's call)	<u>Osae Komi</u>	<i>Harai or Barai</i>
51. Hold down broken! (referee's call)	<u>Toketa</u>	<i>Harai-goshi</i>
52. Sweeping action done with the leg	<u>Harai or Barai</u>	<i>Tate Shiho-gatame</i>
53. Sweeping hip throw	<u>Harai Goshi</u>	<i>Sandan</i>
54. Third Degree Black Belt	<u>Sandan</u>	<i>Kata-gatame</i>

Judo Vocabulary

55. Technique <u>Waza</u>	<i>Nage Waza</i>
56. Throw (noun) <u>Nage</u>	<i>Yodan</i>
57. Throwing technique(s) <u>Nage Waza</u>	<i>Katame Waza</i>
58. Hand <u>Te</u>	<i>Judogi</i>
59. Hand techniques <u>Te Waza</u>	<i>Te Waza</i>
60. Foot or Leg <u>Ashi</u>	<i>Waza</i>
61. Foot techniques <u>Ashi Waza</u>	<i>Obi</i>
62. Holding techniques <u>Osae Komi Waza</u>	<i>Sode</i>
63. Grappling techniques <u>Katame Waza</u>	<i>Ashi Waza</i>
64. Loss by rule violation (referee's call) <u>Hansoku Make</u>	<i>Nage</i>
65. Judo uniform <u>Judo Gi</u>	<i>Te</i>
66. Judo uniform sleeve <u>Sode</u>	<i>Osae-komi Waza</i>
67. Judo uniform belt <u>Obi</u>	<i>Hansoku Make</i>
68. Fourth Degree Black Belt <u>Yodan</u>	<i>Ashi</i>
69. Judo uniform lapel <u>Eri</u>	<i>Kansetsu Waza</i>
70. Body <u>Tai</u>	<i>Eri</i>
71. To drop <u>Otoshi</u>	<i>Godan</i>
72. Body drop throw <u>Tai Otoshi</u>	<i>Tai</i>
73. Choke <u>Shime or Jime</u>	<i>Kata Juji-jime</i>
74. Choking techniques <u>Shime Waza</u>	<i>Otoshi</i>
75. Normal <u>Nami</u>	<i>Nami Juji-jime</i>
76. Reverse <u>Gyaku</u>	<i>Tai-otoshi</i>
77. Cross <u>Juji</u>	<i>Juji gatame</i>
78. Joint locking techniques <u>Kansetsu Waza</u>	<i>Shime or Jime</i>
79. Cross arm lock <u>Juji Gatame</u>	<i>Juji</i>
80. Normal Cross Choke <u>Nami Juji Jime</u>	<i>Shime Waza</i>
81. Half Cross Choke <u>Kata Juji Jime</u>	<i>Nami</i>
82. Fifth Degree Black Belt <u>Godan</u>	<i>Gyaku</i>

Judo Vocabulary

83. Reverse cross choke <u><i>Gyaku Juji Jime</i></u>	<i>Shimmeisho no Waza</i>
84. Knee <u><i>Hiza</i></u>	<i>Yoko Sutemi Waza</i>
85. Knee wheel throw <u><i>Hiza Guruma</i></u>	<i>Gokyo No Waza</i>
86. Sacrifice <u><i>Sutemi</i></u>	<i>Gyaku Juji-jime</i>
87. Side or lateral <u><i>Yoko</i></u>	<i>Yoko</i>
88. Throwing techniques done by falling on one's back or side <u><i>Sutemi Waza</i></u>	<i>Yoko Shiho-gatame</i>
89. Side falling sacrifice throws <u><i>Yoko Sutemi Waza</i></u>	<i>Rokudan</i>
90. Forms of gripping an opponent <u><i>Kumi Kata</i></u>	<i>Kumi Kata</i>
91. Four corners (as in pins) <u><i>Shiho</i></u>	<i>Sutemi</i>
92. Locking of the side four corners <u><i>Yoko Shiho Gatame</i></u>	<i>Hiza</i>
93. 5 stages of throwing tech., the basic syllabus of Kodokan Judo <u><i>Gokkyo No Waza</i></u>	<i>Hiza-guruma</i>
94. Newly certified throwing techniques of Kodokan Judo <u><i>Shimmeisho No Waza</i></u>	<i>Sutemi Waza</i>
95. Counter technique <u><i>Kaeshi Waza</i></u>	<i>Shiho</i>
96. Sixth degree black belt <u><i>Rokudan</i></u>	<i>Kaeshi Waza</i>
97. Entry methods into matwork <u><i>Hairi Kata</i></u>	<i>Shichidan</i>
98. Slide lapel choke <u><i>Okuri Eri Jime</i></u>	<i>Garami</i>
99. Naked choke <u><i>Hadaka Jime</i></u>	<i>Fusegi</i>
100. Single wing choke <u><i>Kata Ha Jime</i></u>	<i>Judoka</i>
101. Rear, behind (as in throwing and pinning) <u><i>Ushiro</i></u>	<i>Hairi Kata</i>
102. Tournament <u><i>Shiai</i></u>	<i>Uki</i>
103. Practice hall for judo <u><i>Dojo</i></u>	<i>Dojo</i>
104. Judo practitioner or player <u><i>Judoka</i></u>	<i>Kata Ha-jime</i>
105. Arm <u><i>Ude</i></u>	<i>Ude</i>
106. Entangle <u><i>Garami</i></u>	<i>Okuri Eri-jime</i>
107. Escape (as from a pin) <u><i>Fusegi</i></u>	<i>Shiai</i>
108. Side of the dojo or tournament mat where high ranking black belts sit <u><i>Joseki</i></u>	<i>Joseki</i>
109. To float or floating <u><i>Uki</i></u>	<i>Ushiro</i>
110. Seventh Degree Black Belt <u><i>Shichidan</i></u>	<i>Hadaka-jime</i>

Judo Vocabulary

111.	Lift <u><i>Tsuri</i></u>	<i>Hachidan</i>
112.	Pull <u><i>Komi</i></u>	<i>Ura-nage</i>
113.	Lift pull hip throw <u><i>Tsuri Komi Goshi</i></u>	<i>Tokui Waza</i>
114.	Reverse side, back <u><i>Ura</i></u>	<i>Zarei</i>
115.	Rear throw <u><i>Ura Nage</i></u>	<i>Tsuri</i>
116.	Dashing action done with the leg <u><i>Gake or Kake</i></u>	<i>Uki Goshi</i>
117.	Kneeling bow <u><i>Za Rei</i></u>	<i>Kosoto-gake</i>
118.	Standing bow <u><i>Ritsu Rei</i></u>	<i>Gake or Kake</i>
119.	Minor outside dashing throw <u><i>Ko Soto Gake</i></u>	<i>Komi</i>
120.	Both hands <u><i>Morote</i></u>	<i>Tsurikomi-goshi</i>
121.	Two hand reap <u><i>Morote Gari</i></u>	<i>Ritsurei</i>
122.	Floating hip throw <u><i>Uki Goshi</i></u>	<i>Morote</i>
123.	Favorite technique <u><i>Tokui Waza</i></u>	<i>Ura</i>
124.	Eight degree black belt <u><i>Hachi Dan</i></u>	<i>Morote Gari</i>
125.	Pivoting or turning the body <u><i>Tai Sabaki</i></u>	<i>Judan</i>
126.	Judo mats (straw japanese) <u><i>Tatami</i></u>	<i>Bushido</i>
127.	Instantaneous promotion <u><i>Batsugun</i></u>	<i>Tai Sabaki</i>
128.	Formal forms of throwing <u><i>Nage No Kata</i></u>	<i>Budo</i>
129.	Formal form of holding <u><i>Katame No Kata</i></u>	<i>Sukashi</i>
130.	Shout to gather inner strength <u><i>Kiai</i></u>	<i>Batsugun</i>
131.	Avoiding or evasive action <u><i>Sukashi</i></u>	<i>Katame No Kata</i>
132.	Martial arts <u><i>Budo</i></u>	<i>Kiai</i>
133.	Way of the warrior <u><i>Bushido</i></u>	<i>Tomoe Nage</i>
134.	Alternate throwing practice, done with a partner <u><i>Sute Geiko</i></u>	<i>Sute Geiko</i>
135.	Circle <u><i>Tomoe</i></u>	<i>Tomoe</i>
136.	Circle throw <u><i>Tomoe Nage</i></u>	<i>Kudan</i>
137.	9th Degree black belt <u><i>Ku Dan</i></u>	<i>Nage No Kata</i>
138.	10th Degree black belt <u><i>Ju Dan</i></u>	<i>Tatami</i>

General Knowledge and Vocabulary

Instructions for the Examiner:

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

<u>Required Score</u>	<u>General Score</u>	<u>Vocabulary Score</u>	<u>Total Score</u>
170 of a possible 243	_____	_____	_____

Technical Demonstration

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.)

1. Ushiro Ukemi (Back falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
2. Migi Yoko Ukemi (Right Side falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
3. Hidari Yoko Ukemi (Left Side falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
4. Zempo Kaiten Ukemi (Forward rolling falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
5. Front falls
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Judo Gi Respect & Etiquette

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

6. Proper Wearing of the Judo Gi (uniform)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
7. Proper Tying of the Judo Obi (Belt – Square Knot)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
8. Proper Folding of the Judo Gi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
9. Demonstration of respect for the Judo Gi & Obi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
10. Demonstration of respect for the Body (Neat & Clean)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Sitting & Bowing

11. Seiza (sitting on knees and feet)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
12. Anza (sitting cross-legged)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
13. Za Rei (formal kneeling bow)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
14. Ritsu Rei (standing bow)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
15. Kyoshi (high kneeling)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Posture & Movement

16. Shizen hontai (basic natural posture)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
17. Jigo hontai (basic defense posture)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

18. Tsugi ashi (Follow foot movement)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
19. Ayumi ashi (normal walking)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
20. Tai sabaki Front and rear 90 degree
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
21. Tai sabaki Front and rear 180 degree
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
22. Randori (free practice)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
23. Happo no Kuzushi (forms of off balancing)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kumi Kata Gripping Forms

24. Standard Sleeve & Lapel Grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
25. Swinging arm break for sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
26. Swinging elbow break through for sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
27. Collar grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
28. Drive through break for collar grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
29. Inner sleeve counter grip for high lapel or collar grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
30. Low lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
31. High lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Nage Waza

Throwing Techniques

32. De Ashi Barai (advancing foot sweep) - Right
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
33. De Ashi Barai (advancing foot sweep) - Left
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
34. Hiza Guruma (knee wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
35. O Goshi (major hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
36. Ippon Seoinage (Single shoulder throw) - Right
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
37. Ippon Seoinage (Single shoulder throw) - Left
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
38. Osoto Gari (major outside reaping) - Right
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
39. Osoto Gari (major outside reaping) - Left
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
40. Uchi Gari (major inside reaping)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

41. Uki Goshi (floating hip throw) - Right
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
42. Uki Goshi (floating hip throw) - Left
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
43. Sasae Tsuru Komi Ashi (propping-lift-pull-foot)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
44. Ko Uchi Gari (minor inside reap)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
45. Koshi Guruma (hip wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
46. Ko Soto Gari (minor outside reap)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
47. Tsuru Komi Goshi (lifting-pulling hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
48. Okuri Ashi Barai (sliding foot sweep)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
49. Harai Goshi (sweeping hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
50. Tai Otoshi (body drop)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
51. Uchi Mata (inner thigh throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
52. Harai Tsuru Komi Ashi (sweeping lift-pull foot)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
53. Kata Guruma (shoulder wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
54. Tani Otoshi (valley drop)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
55. Morote Seoinage (double shoulder throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Bogyo

Defense Against Throws

56. Defense against Hiza Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
57. Defense against O Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
58. Defense against Osoto Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
59. Defense against Seoinage
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kaeshi Waza

Counter Throwing Techniques

60. Counter for Hiza Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
61. Counter for O Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
62. Counter for Osoto Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
63. Counter for Seoinage
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
64. Counter for Ouchi Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
65. Counter for De Ashi Barai
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

66. Counter for Uki Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Renwaku Waza

Combination Techniques

67. Hiza Guruma to O Soto Gari combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
68. O Soto Gari to Kesa Gatame combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
69. Ko Uchi Gari to Seoinage combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
70. Seoinage to Ko Uchi Gari combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
71. Hiza Guruma to De Ashi Barai combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
72. De Ashi Barai to Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Katame Waza

Grappling Techniques

Osaekomi Waza

Holding Techniques

73. Kesa Gatame (scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
74. Yoko Shiho Gatame (side 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
75. Kami Shiho Gatame (upper 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
76. Kuzure Kesa Gatame (modified scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
77. Kata Gatame (shoulder hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
78. Ushiro Kesa Gatame (reverse scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
79. Tate Shiho Gatame (straddling 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Shime Waza

Strangulation (Choking) Techniques

80. Okuri Eri Jime (sliding lapel choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
81. Kata Ha Jime (single wing choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
82. Nami Juji Jime (normal cross choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
83. Kata Juji Jime (half cross choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
84. Gyaku Juji Jime (reverse cross choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kansetsu Waza

Joint Locking Techniques (If age 16)

85. Juji Gatame (cross arm lock)

4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Fusegi

Escapes from Grappling Techniques

86. Uphill turn escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
87. Bridge and roll escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
88. Sit up escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
89. Leg entangling escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
90. Bridge and roll escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
91. Uphill turn escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
92. Single roll escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
93. Double bridge roll escape from Kami Shiho
Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
94. Press out escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
95. Legs over escape from Kata Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
96. Leg out escape from Tate Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
97. Basic defense/escape for chokes from behind
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
98. Basic defense/escape for chokes from in front
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Hairi Waza

Entry Techniques into Mat-work

99. Half-Nelson entry from the front.
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
100. Half-Nelson entry from the side.
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
101. Cross face turn over entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
102. Break out entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
103. Swinging knee entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
104. Sleeve pull around entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
105. Double belt pull entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
106. Sumi Gaeshi take down into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
107. Somersault entry for mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
108. Double leg grip entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
109. Knee in entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___