

United States Judo Association Rank Examination For Junior First Degree (1st Yellow 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

Judo Vocabulary

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

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

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>
14 of a possible 19	_____	_____	_____

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 ___

Posture & Movement

15. Randori (free practice)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kumi Kata

Gripping Forms

16. Standard Sleeve & Lapel Grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
17. Swinging arm break for sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Nage Waza

Throwing Techniques

18. De Ashi Barai (advancing foot sweep)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
19. Hiza Guruma (knee wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kaeshi Waza

Counter Throwing Techniques

20. Counter for Hiza Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Renwaku Waza

Combination Techniques

21. O Soto Gari to Kesa Gatame combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Katame Waza

Grappling Techniques

Osaekomi Waza

Holding Techniques

22. Kesa Gatame (scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
23. Yoko Shiho Gatame (side 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Fusegi

Escapes from Grappling Techniques

24. Uphill turn escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
25. Bridge and roll escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
26. Leg entangling escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Hairi Waza

Entry Techniques into Mat-work

27. Half-Nelson entry from the front.
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
28. Half-Nelson entry from the side.
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Technical Demonstration Required Score = 56

Actual Score _____