

# United States Judo Association Rank Examination For Junior Third Degree (1<sup>st</sup> Orange 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.

## 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 <sup>st</sup> 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>

## 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.*

<b><u>Required Score</u></b>	<b><u>General Score</u></b>	<b><u>Vocabulary Score</u></b>	<b><u>Total Score</u></b>
<b>50</b> of a possible 73	_____	_____	_____

## 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. Shizen hontai (basic natural posture)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
16. Jigo hontai (basic defense posture)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
17. Tsugi ashi (Follow foot movement)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

18. Ayumi ashi (normal walking)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

19. Randori (free practice)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

#### Kumi Kata

##### Gripping Forms

20. Standard Sleeve & Lapel Grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
21. Swinging arm break for sleeve grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
22. Swinging elbow break through for sleeve grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
23. Collar grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
24. Drive through break for collar grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
25. Low lapel grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

#### Nage Waza

##### Throwing Techniques

26. De Ashi Barai (advancing foot sweep) - Right  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
27. De Ashi Barai (advancing foot sweep) – Left  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
28. Hiza Guruma (knee wheel)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
29. O Goshi (major hip throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
30. Ippon Seoinage (Single shoulder throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
31. Osoto Gari (major outside reaping)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
32. Uchi Gari (major inside reaping)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

#### Bogyo

##### Defense Against Throws

33. Defense against Hiza Guruma  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

#### Kaeshi Waza

##### Counter Throwing Techniques

34. Counter for Hiza Guruma  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
35. Counter for O Goshi  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
36. Counter for Osoto Gari  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

#### Renwaku Waza

##### Combination Techniques

37. Hiza Guruma to O Soto Gari combination

- 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
38. O Soto Gari to Kesa Gatame combination  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
39. De Ashi Barai to Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

**Katame Waza  
Grappling Techniques**

**Osaekomi Waza  
Holding Techniques**

40. Kesa Gatame (scarf hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
41. Yoko Shiho Gatame (side 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
42. Kami Shiho Gatame (upper 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
43. Kata Gatame (shoulder hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

**Shime Waza**

**Strangulation (Choking) Techniques**

44. Okuri Eri Jime (sliding lapel choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

**Fusegi**

**Escapes from Grappling Techniques**

45. Uphill turn escape from Kesa Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
46. Bridge and roll escape from Kesa Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
47. Sit up escape from Kesa Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
48. Leg entangling escape from Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
49. Bridge and roll escape from Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
50. Uphill turn escape from Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
51. Single roll escape from Kami Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
52. Double bridge roll escape from Kami Shiho  
Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
53. Press out escape from Kami Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
54. Basic defense/escape for chokes from behind  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

**Hairi Waza**

**Entry Techniques into Mat-work**

55. Half-Nelson entry from the front.  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
56. Half-Nelson entry from the side.  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

57. Cross face turn over entry into mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
58. Break out entry into mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
59. Swinging knee entry into mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
60. Knee in entry into mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_