

United States Judo Association Rank Examination For Junior Third Degree (1st 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 Kyoie*
 - 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)

11. Name the Japanese equivalent of the three parts of a Judo throw.

a) <u>Off-Balance</u>	<i>Kuzushi</i>	<i>Tsukuri</i>	<i>Anza</i>	<i>Kake</i>
b) <u>Entry</u>	<i>Kuzushi</i>	<i>Tsukuri</i>	<i>Anza</i>	<i>Kake</i>
c) <u>Execution</u>	<i>Kuzushi</i>	<i>Tsukuri</i>	<i>Anza</i>	<i>Kake</i>
12. Count to ten in Japanese. (May be done verbally.)
 - a) One _____
 - b) Two _____
 - c) Three _____
 - d) Four _____
 - e) Five _____
 - f) Six _____

General Knowledge

g) Seven _____

h) Eight _____

i) Nine _____

j) Ten _____

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 _____ | <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 practice with a partner without throwing _____ | <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> |
|
 | |
| 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 hold _____ | <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>Gari</i> |
| 28. Reaping action done with the leg _____ | <i>O-goshi</i> |
| 29. 1 st Degree (Beginning) black belt _____ | <i>O-Soto Gari</i> |

Judo Vocabulary

30. A full point by adding two waza-ari scores _____	<i>Koshi-guruma</i>
31. Near waza-ari! (referee's award) _____	<i>Nidan</i>
32. Near yuko! (referee's award) _____	<i>Koka!</i>
33. That is all! (referee's call) _____	<i>Yoshi!</i>
34. Don't move! (referee's call) _____	<i>Sono mama!</i>
35. Continue! (referee's call) _____	<i>Ko</i>
36. Note! (referee's call for a penalty) _____	<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</i> <i>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.*

<u>Required Score</u>	<u>General Score</u>	<u>Vocabulary Score</u>	<u>Total Score</u>
50 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 ___