

United States Judo Association Rank Examination For Junior Fourth Degree (2nd 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.
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

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>

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>
70 of a possible 97	_____	_____	_____

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. Tai sabaki Front and rear 90 degree
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
20. Tai sabaki Front and rear 180 degree
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
21. Randori (free practice)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kumi Kata

Gripping Forms

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

Nage Waza

Throwing Techniques

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

- Bogyo**
Defense Against Throws
40. Defense against Hiza Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
41. Defense against O Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

- Kaeshi Waza**
Counter Throwing Techniques
42. Counter for Hiza Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
43. Counter for O Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
44. Counter for Osoto Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
45. Counter for Seoinage
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

- Renwaku Waza**
Combination Techniques
46. Hiza Guruma to O Soto Gari combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
47. O Soto Gari to Kesa Gatame combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
48. De Ashi Barai to Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

- Katame Waza**
Grappling Techniques
- Osaekomi Waza**
Holding Techniques
49. Kesa Gatame (scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
50. Yoko Shiho Gatame (side 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
51. Kami Shiho Gatame (upper 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
52. Kuzure Kesa Gatame (modified scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
53. Kata Gatame (shoulder hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
54. Tate Shiho Gatame (straddling 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

- Shime Waza**
Strangulation (Choking) Techniques
55. Okuri Eri Jime (sliding lapel choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
56. Nami Juji Jime (normal cross choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

- Fusegi**
Escapes from Grappling Techniques
57. Uphill turn escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

58. Bridge and roll escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
59. Sit up escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
60. Leg entangling escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
61. Bridge and roll escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
62. Uphill turn escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
63. Single roll escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
64. Double bridge roll escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
65. Press out escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
66. Basic defense/escape for chokes from behind
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
67. Basic defense/escape for chokes from in front
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

- Hairi Waza**
Entry Techniques into Mat-work
68. Half-Nelson entry from the front.
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
69. Half-Nelson entry from the side.
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
70. Cross face turn over entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
71. Break out entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
72. Swinging knee entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
73. Sleeve pull around entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
74. Knee in entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___