

# United States Judo Association Rank Examination For Junior Sixth Degree (2<sup>nd</sup> Green 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.
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 \_\_\_\_\_
- b) Shime Waza \_\_\_\_\_
- c) Kansetsu Waza \_\_\_\_\_
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
22. Which Kata is considered most useful for learning throwing techniques?
- \_\_\_\_\_

## General Knowledge

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

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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)	_____	_____
b)	_____	_____
c)	_____	_____
d)	_____	_____
e)	_____	_____
f)	_____	_____

## 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 <sup>st</sup> 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>
44. Shoulder Hold	<i>Toketa</i>
45. Upper 4 Corner Hold	<i>Kami Shiho-gatame</i>
46. Variant Upper 4 Corner Hold	<i>Kuzure Kami Shiho-gatame</i>
47. Side 4 Corner Hold	<i>Yoko Shiho-gatame</i>
48. Modified Side 4 Corner Hold	<i>Kuzure Yoko Shiho-gatame</i>
49. Straddling Hold	<i>Osae-komi!</i>
50. Hold down! (referee's call)	<i>Harai or Barai</i>
51. Hold down broken! (referee's call)	<i>Harai-goshi</i>
52. Sweeping action done with the leg	<i>Tate Shiho-gatame</i>
53. Sweeping hip throw	<i>Sandan</i>
54. Third Degree Black Belt	<i>Kata-gatame</i>

## Judo Vocabulary

55. Technique _____	<i>Nage Waza</i>
56. Throw (noun) _____	<i>Yodan</i>
57. Throwing technique(s) _____	<i>Katame Waza</i>
58. Hand _____	<i>Judogi</i>
59. Hand techniques _____	<i>Te Waza</i>
60. Foot or Leg _____	<i>Waza</i>
61. Foot techniques _____	<i>Obi</i>
62. Holding techniques _____	<i>Sode</i>
63. Grappling techniques _____	<i>Ashi Waza</i>
64. Loss by rule violation (referee's call) _____	<i>Nage</i>
65. Judo uniform _____	<i>Te</i>
66. Judo uniform sleeve _____	<i>Osae-komi Waza</i>
67. Judo uniform belt _____	<i>Hansoku Make</i>
68. Fourth Degree Black Belt _____	<i>Ashi</i>
69. Judo uniform lapel _____	<i>Kansetsu Waza</i>
70. Body _____	<i>Eri</i>
71. To drop _____	<i>Godan</i>
72. Body drop throw _____	<i>Tai</i>
73. Choke _____	<i>Kata Juji-jime</i>
74. Choking techniques _____	<i>Otoshi</i>
75. Normal _____	<i>Nami Juji-jime</i>
76. Reverse _____	<i>Tai-otoshi</i>
77. Cross _____	<i>Juji gatame</i>
78. Joint locking techniques _____	<i>Shime or Jime</i>
79. Cross arm lock _____	<i>Juji</i>
80. Normal Cross Choke _____	<i>Shime Waza</i>
81. Half Cross Choke _____	<i>Nami</i>
82. Fifth Degree Black Belt _____	<i>Gyaku</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>100</b> of a possible 144	_____	_____	_____

## 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 \_\_\_

### Bogyo

#### Defense Against Throws

48. Defense against Hiza Guruma  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
49. Defense against O Goshi  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
50. Defense against Osoto Gari  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

### Kaeshi Waza

#### Counter Throwing Techniques

51. Counter for Hiza Guruma  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
52. Counter for O Goshi  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
53. Counter for Osoto Gari  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
54. Counter for Seoinage  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
55. Counter for Ouchi Gari  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
56. Counter for De Ashi Barai  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

### Renwaku Waza

#### Combination Techniques

57. Hiza Guruma to O Soto Gari combination  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
58. O Soto Gari to Kesa Gatame combination  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
59. Ko Uchi Gari to Seoinage combination  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
60. De Ashi Barai to Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

### Katame Waza Grappling Techniques

#### Osaekomi Waza Holding Techniques

61. Kesa Gatame (scarf hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
62. Yoko Shiho Gatame (side 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
63. Kami Shiho Gatame (upper 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
64. Kuzure Kesa Gatame (modified scarf hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
65. Kata Gatame (shoulder hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
66. Ushiro Kesa Gatame (reverse scarf hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
67. Tate Shiho Gatame (straddling 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

### Shime Waza

#### Strangulation (Choking) Techniques

68. Okuri Eri Jime (sliding lapel choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
69. Nami Juji Jime (normal cross choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
70. Kata Juji Jime (half cross choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
71. Gyaku Juji Jime (reverse cross choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

### Fusegi

#### Escapes from Grappling Techniques

72. Uphill turn escape from Kesa Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
73. Bridge and roll escape from Kesa Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
74. Sit up escape from Kesa Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
75. Leg entangling escape from Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
76. Bridge and roll escape from Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
77. Uphill turn escape from Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
78. Single roll escape from Kami Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
79. Double bridge roll escape from Kami Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
80. Press out escape from Kami Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
81. Legs over escape from Kata Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
82. Leg out escape from Tate Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

83. Basic defense/escape for chokes from behind  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
84. Basic defense/escape for chokes from in front  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

**Hairi Waza**

**Entry Techniques into Mat-work**

85. Half-Nelson entry from the front.  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
86. Half-Nelson entry from the side.  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
87. Cross face turn over entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
88. Break out entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
89. Swinging knee entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
90. Sleeve pull around entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
91. Double belt pull entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
92. Double leg grip entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
93. Knee in entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_