

# United States Judo Association Rank Examination For Junior Seventh Degree (1<sup>st</sup> Blue 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 Kyoiei
  - 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
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

## General Knowledge

22. Which Kata is considered most useful for learning throwing techniques?

Nage No Kata

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

Katame No Kata

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) <u><i>Rokyu</i></u>	<u><i>Yellow</i></u>
b) <u><i>Gokyu</i></u>	<u><i>Orange</i></u>
c) <u><i>Yonkyu</i></u>	<u><i>Green</i></u>
d) <u><i>Sankyu</i></u>	<u><i>Brown</i></u>
e) <u><i>Nikyu</i></u>	<u><i>Brown</i></u>
f) <u><i>Ikkyu</i></u>	<u><i>Brown</i></u>

28. Give the Japanese name for the ten black belt ranks and the belt colors, in order.

<u>English</u>	<u>Japanese</u>	<u>Color</u>	<u>Alternate Color</u>
a) <i>1st Degree</i>	<u><i>Shodan</i></u>	<u><i>Black</i></u>	
b) <i>2nd Degree</i>	<u><i>Nidan</i></u>	<u><i>Black</i></u>	
c) <i>3rd Degree</i>	<u><i>Sandan</i></u>	<u><i>Black</i></u>	
d) <i>4th Degree</i>	<u><i>Yodan</i></u>	<u><i>Red &amp; Black</i></u>	<u><i>Black</i></u>
e) <i>5th Degree</i>	<u><i>Godan</i></u>	<u><i>Red &amp; Black</i></u>	<u><i>Black</i></u>
f) <i>6th Degree</i>	<u><i>Rokudan</i></u>	<u><i>Red &amp; White</i></u>	<u><i>Black</i></u>
g) <i>7th Degree</i>	<u><i>Shichidan</i></u>	<u><i>Red &amp; White</i></u>	<u><i>Black</i></u>

## General Knowledge

h) 8th Degree `	<u>Hachidan</u>	<u>Red &amp; White</u>	<u>Black</u>
i) 9th Degree `	<u>Kudan</u>	<u>Red</u>	<u>Black</u>
j) 10th Degree `	<u>Judan</u>	<u>Red</u>	<u>Black</u>

## 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>
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>

## Judo Vocabulary

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

## Judo Vocabulary

83. Reverse cross choke <u>Gyaku Juji Jime</u>	<i>Shimmeisho no Waza</i>
84. Knee <u>Hiza</u>	<i>Yoko Sutemi Waza</i>
85. Knee wheel throw <u>Hiza Guruma</u>	<i>Gokyo No Waza</i>
86. Sacrifice <u>Sutemi</u>	<i>Gyaku Juji-jime</i>
87. Side or lateral <u>Yoko</u>	<i>Yoko</i>
88. Throwing techniques done by falling on one's back or side <u>Sutemi Waza</u>	<i>Yoko Shiho-gatame</i>
89. Side falling sacrifice throws <u>Yoko Sutemi Waza</u>	<i>Rokudan</i>
90. Forms of gripping an opponent <u>Kumi Kata</u>	<i>Kumi Kata</i>
91. Four corners (as in pins) <u>Shiho</u>	<i>Sutemi</i>
92. Locking of the side four corners <u>Yoko Shiho Gatame</u>	<i>Hiza</i>
93. 5 stages of throwing tech., the basic syllabus of Kodokan Judo <u>Gokkyo No Waza</u>	<i>Hiza-guruma</i>
94. Newly certified throwing techniques of Kodokan Judo <u>Shimmeisho No Waza</u>	<i>Sutemi Waza</i>
95. Counter technique <u>Kaeshi Waza</u>	<i>Shiho</i>
96. Sixth degree black belt <u>Rokudan</u>	<i>Kaeshi Waza</i>

*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>
130 of a possible 185	_____	_____	_____

## 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 \_\_\_
48. Okuri Ashi Barai (sliding foot sweep)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
49. Harai Goshi (sweeping hip throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

**Bogyo**  
**Defense Against Throws**

50. Defense against Hiza Guruma  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
51. Defense against O Goshi  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
52. Defense against Osoto Gari  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
53. Defense against Seoinage  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

**Kaeshi Waza**  
**Counter Throwing Techniques**

54. Counter for Hiza Guruma  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
55. Counter for O Goshi  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
56. Counter for Osoto Gari  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
57. Counter for Seoinage  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
58. Counter for Ouchi Gari  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
59. Counter for De Ashi Barai  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
60. Counter for Uki Goshi  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

**Renwaku Waza**  
**Combination Techniques**

61. Hiza Guruma to O Soto Gari combination  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
62. O Soto Gari to Kesa Gatame combination  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
63. Ko Uchi Gari to Seoinage combination  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

64. Seoinage to Ko Uchi Gari combination  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
65. De Ashi Barai to Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

**Katame Waza**  
**Grappling Techniques**

**Osaekomi Waza**  
**Holding Techniques**

66. Kesa Gatame (scarf hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
67. Yoko Shiho Gatame (side 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
68. Kami Shiho Gatame (upper 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
69. Kuzure Kesa Gatame (modified scarf hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
70. Kata Gatame (shoulder hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
71. Ushiro Kesa Gatame (reverse scarf hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
72. Tate Shiho Gatame (straddling 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

**Shime Waza**  
**Strangulation (Choking) Techniques**

73. Okuri Eri Jime (sliding lapel choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
74. Nami Juji Jime (normal cross choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
75. Kata Juji Jime (half cross choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
76. Gyaku Juji Jime (reverse cross choke)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

**Fusegi**  
**Escapes from Grappling Techniques**

77. Uphill turn escape from Kesa Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
78. Bridge and roll escape from Kesa Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
79. Sit up escape from Kesa Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
80. Leg entangling escape from Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
81. Bridge and roll escape from Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
82. Uphill turn escape from Yoko Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
83. Single roll escape from Kami Shiho Gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

84. Double bridge roll escape from Kami Shiho Gatame  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
85. Press out escape from Kami Shiho Gatame  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
86. Legs over escape from Kata Gatame  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
87. Leg out escape from Tate Shiho Gatame  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
88. Basic defense/escape for chokes from behind  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
89. Basic defense/escape for chokes from in front  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

### **Hairi Waza**

#### **Entry Techniques into Mat-work**

90. Half-Nelson entry from the front.  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
91. Half-Nelson entry from the side.  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
92. Cross face turn over entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
93. Break out entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
94. Swinging knee entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
95. Sleeve pull around entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
96. Double belt pull entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
97. Somersault entry for mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
98. Double leg grip entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
99. Knee in entry into mat work  
 4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_