

United States Judo Association Rank Examination For Junior Eighth Degree (2nd Blue)

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?

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)	_____	_____

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>	_____	_____	
b) <i>2nd Degree</i>	_____	_____	
c) <i>3rd Degree</i>	_____	_____	
d) <i>4th Degree</i>	_____	_____	_____
e) <i>5th Degree</i>	_____	_____	_____
f) <i>6th Degree</i>	_____	_____	_____
g) <i>7th Degree `</i>	_____	_____	_____
h) <i>8th Degree `</i>	_____	_____	_____
i) <i>9th Degree `</i>	_____	_____	_____
j) <i>10th Degree `</i>	_____	_____	_____

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>
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>

Judo Vocabulary

83. Reverse cross choke _____	<i>Shimmeisho no Waza</i>
84. Knee _____	<i>Yoko Sutemi Waza</i>
85. Knee wheel throw _____	<i>Gokyo No Waza</i>
86. Sacrifice _____	<i>Gyaku Juji-jime</i>
87. Side or lateral _____	<i>Yoko</i>
88. Throwing techniques done by falling on one's back or side _____	<i>Yoko Shiho-gatame</i>
89. Side falling sacrifice throws _____	<i>Rokudan</i>
90. Forms of gripping an opponent _____	<i>Kumi Kata</i>
91. Four corners (as in pins) _____	<i>Sutemi</i>
92. Locking of the side four corners _____	<i>Hiza</i>
93. Five stages of throwing techniques, the basic syllabus of Kodokan Judo _____	<i>Hiza-guruma</i>
94. Newly certified throwing techniques of Kodokan Judo _____	<i>Sutemi Waza</i>
95. Counter technique _____	<i>Shiho</i>
96. Sixth degree black belt _____	<i>Kaeshi Waza</i>
97. Entry methods into matwork _____	<i>Shichidan</i>
98. Slide lapel choke _____	<i>Garami</i>
99. Naked choke _____	<i>Fusegi</i>
100. Single wing choke _____	<i>Judoka</i>
101. Rear, behind (as in throwing and pinning) _____	<i>Hairi Kata</i>
102. Tournament _____	<i>Uki</i>
103. Practice hall for judo _____	<i>Dojo</i>
104. Judo practitioner or player _____	<i>Kata Ha-jime</i>
105. Arm _____	<i>Ude</i>
106. Entangle _____	<i>Okuri Eri-jime</i>
107. Escape (as from a pin) _____	<i>Shiai</i>
108. Side of the dojo or tournament mat where high ranking black belts sit _____	<i>Joseki</i>
109. To float or floating _____	<i>Ushiro</i>
110. Seventh Degree Black Belt _____	<i>Hadaka-jime</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>
140 of a possible 199	_____	_____	_____

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 ___
50. Tai Otoshi (body drop)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
51. Uchi Mata (inner thigh throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Bogyo
Defense Against Throws

52. Defense against Hiza Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
53. Defense against O Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
54. Defense against Osoto Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
55. Defense against Seoinage
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kaeshi Waza
Counter Throwing Techniques

56. Counter for Hiza Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
57. Counter for O Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
58. Counter for Osoto Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
59. Counter for Seoinage
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
60. Counter for Ouchi Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
61. Counter for De Ashi Barai
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
62. Counter for Uki Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Renwaku Waza
Combination Techniques

63. Hiza Guruma to O Soto Gari combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

64. O Soto Gari to Kesa Gatame combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
65. Ko Uchi Gari to Seoinage combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
66. Seoinage to Ko Uchi Gari combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
67. De Ashi Barai to Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Katame Waza
Grappling Techniques

Osaekomi Waza
Holding Techniques

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

Shime Waza
Strangulation (Choking) Techniques

75. Okuri Eri Jime (sliding lapel choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
76. Kata Ha Jime (single wing choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
77. Nami Juji Jime (normal cross choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
78. Kata Juji Jime (half cross choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
79. Gyaku Juji Jime (reverse cross choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Fusegi
Escapes from Grappling Techniques

80. Uphill turn escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
81. Bridge and roll escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
82. Sit up escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
83. Leg entangling escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
84. Bridge and roll escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
85. Uphill turn escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

86. Single roll escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
87. Double bridge roll escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
88. Press out escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
89. Legs over escape from Kata Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
90. Leg out escape from Tate Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
91. Basic defense/escape for chokes from behind
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
92. Basic defense/escape for chokes from in front
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Hairi Waza

Entry Techniques into Mat-work

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