

Ikkyu

(一級、いっきゅう)

Specifically required for kúkyu are:

1. Ukemi (受身、うけみ), (All ukemi should be demonstrated in an exemplary manner)
 - a. Leaping Ushiro Ukemi (後ろ受身、うしろうけみ)
 - b. Leaping Mae Ukemi (舞え受身、まえうけみ)
 - c. Leaping Yoko Ukemi (横受身、よこうけみ)
 - i. Migi Yoko Ukemi (右横受身、みぎよこうけみ)
 - ii. Hidari Yoko Ukemi (左横受身、ひだりよこうけみ)
 - d. Running, Leaping Zempo Kaiten Ukemi (然歩回転受身、ぜんぽかいてんうけみ)
 - i. Migi Zempo Kaiten Ukemi (右然歩回転受身、みぎぜんぽかいてんうけみ)
 - ii. Hidari Zempo Kaiten Ukemi (左然歩回転受身、ひだりぜのぴかいてんうけみ)
2. Nage waza (投げ技、なげわざ)
 - a. Technical Demonstration (All techniques should be performed to both directions)
 - i. De ashi harai (出足払い、であしはらい)
 - ii. Ogoshi (大越し、おおごし)
 - iii. Tai otoshi (体お年、たいおとし)
 - iv. Ippon seoinage (一本背負い投げ、いっぽんせおいなげ)
 - v. Ko soto gari (小外がり、こそとがり)
 - vi. O soto gari (大外狩り、おそとがり)
 - vii. Ko uchi gari (小内刈り、こうちがり)
 - viii. O uchi gari (大内刈り、おおうちがり)
 - ix. Hiza guruma (膝車、ひざぐるま)
 - x. Sasae tsuri komi ashi (支え釣り込み足、ささえつりこみあし)
 - xi. Uki goshi (浮き腰、うきごし)
 - xii. Harai goshi (払い腰、はらいごし)
 - xiii. Uchi mata (内股、うちまた)
 - xiv. Tomoe nage (巴投げ、ともえなげ)
 - xv. Koshi guruma (腰車、こしぐるま)
 - xvi. Tsuru komi goshi (釣り込み腰、つりこみごし)
 - xvii. Okuri ashi harai (送り足払い、おくりあしはらい)
 - xviii. Ko soto gake (小外掛け、こそとがけ)
 - xix. Tsuru goshi (釣り腰、つりごし)
 - xx. Yoko otoshi (横落とし、よこおとし)
 - xxi. Ashi guruma (足車、あしぐるま)
 - xxii. Hane goshi (跳ね腰、はねごし)
 - xxiii. Harai tsuri komi ashi (払い釣り込み足、はらいつりこみあし)
 - xxiv. Kata guruma (肩車、かたぐるま)
 - xxv. Sumi gaeshi (隅返し、すみがえし)

- xxvi. Tani otoshi (谷落とし、たにおとし)
- xxvii. Hane makikomi (跳巻き込み)
- xxviii. Sukui nage (掬いなげ、すくいなげ)
- xxix. Utsuri goshi (移り腰、うつりごし)
- xxx. Oguruma (大車、おおぐるま)
- xxxi. Soto makikomi (外巻き込み、そとまきこみ)
- xxxii. Uki otoshi (浮き落とし、うきおとし)
- xxxiii. O soto guruma ()
- xxxiv. Uki waza ()
- xxxv. Yoko wakare ()
- xxxvi. Yoko guruma ()
- xxxvii. Ushiro goshi ()
- xxxviii. Ura nage ()
- xxxix. Sumi otoshi ()
- xl. Yoko gake ()

b. Throwing skills

i. Four Corners

1. Throw your partner to their Right-front corner
2. Throw your partner to their Right-rear corner
3. Throw your partner to their Left-front corner
4. Throw your partner to their Left-rear corner

ii. Moving Partners

1. Throw your partner as they move directly toward you
2. Throw your partner as they move directly away from you
3. Throw your partner as they move to your left
4. Throw your partner as they move to your right
5. Throw your partner as they move in a circle to your left
6. Throw your partner as they move in a circle to your right

iii. Tokui waza

1. Demonstrate your favorite technique from a sleeve and lapel grip
2. Demonstrate your favorite technique from a through-the-armpit back grip
3. Demonstrate your favorite technique from an over-the-shoulder back grip
4. Demonstrate your favorite technique from a cross grip with a lapel grip

iv. Renraku waza

1. Attacking combinations

- a. Demonstrate a forward throw to a pin (#1)
- b. Demonstrate a rear throw to a pin (#1)
- c. Demonstrate a combination using O uchi gari followed by a forward throw
- d. Demonstrate a three technique combination series (#1)
- e. Demonstrate a forward throw to a rear throw (#1)

- f. Demonstrate Sasae tsuri komi ashi to O soto gari
 - g. Demonstrate a sutemi waza throw into a pin
 - h. Demonstrate a forward throw to a pin (#2)
 - i. Demonstrate a rear throw to a pin (#2)
 - j. Demonstrate a three technique combination series (#2)
 - k. Demonstrate a three technique combination series (#3)
2. Favorite technique attacking combinations
 - a. Demonstrate your tokui waza to any forward throw
 - b. Demonstrate a rear throw to your tokui waza
 - c. Demonstrate a forward throw to your tokui waza
 - d. Demonstrate any throw to a sutemi waza (#1)
 - e. Demonstrate your favorite throw to a rear throw
 - f. Demonstrate any throw to a sutemi waza (#2)
 3. Initiate an Attack Sequence
 - a. Grip, break your partner's posture, move your partner, perform a throw, and pin your partner (#1)
 - b. Grip, break your partner's posture, move your partner, perform a throw, and pin your partner (#2)
 - c. Grip, break your partner's posture, move your partner, perform a throw, and pin your partner (#3)
- v. Bogyo
1. Defenses against a throw
 - a. Move diagonally forward to avoid a throw
 - b. Jump around your partner with your inside leg to avoid a throw
 - c. Perform a hip rotation, like the start of O soto gari, to avoid a throw
 - d. Demonstrate a hip twist to avoid a throw
 - e. Jump around your partner with your outside leg to avoid a throw
 - f. Drive, like the start of Tani otoshi, to avoid a throw
 - g. Demonstrate an elbow roll against a two-knee seoi nage
 - h. Demonstrate a pick-up around the back (Ushiro goshi)
 2. Defenses against a throwing attack
 - a. Demonstrate a turn-out against O soto gari
 - b. Demonstrate a turn-out against a forward throw
 - c. Demonstrate a defense against De ashi harai
 - d. Demonstrate a turn-out against a rear throw
 - e. Demonstrate a step-away defense against O soto gari
 3. Defenses against an attack
 - a. Demonstrate a defense against Jūji gatame
 - b. Demonstrate a defense against O uchi gari
 - c. Demonstrate a defense against Uchi mata
 - d. Demonstrate a defense against Harai goshi

- e. Demonstrate a defense against Koshi guruma
- vi. Kaeshi waza
 - 1. Jump around your partner's inside leg and perform a forward throw
 - 2. Counter your partner's O soto gari with O soto gaeshi
 - 3. Counter your partner's De ashi harai with T subame gaeshi
 - 4. Counter your partner's Uchi mata with Uchi mata sukashi
 - 5. Counter your partner's drop Seo'i nage with a rear choke
 - 6. Counter your partner's Tomoe nage with a takedown and pin
 - 7. Counter your partner's forward throw with an outside leg jump-around and perform a foot sweep
 - 8. Counter your partner's Ippon Seo'inage with Sumi gaeshi
 - 9. Counter your partner's Drop Seo'inage with a takedown and pin
- c. Gripping skills
 - i. Grip Control
 - 1. Demonstrate a standard sleeve and lapel grip and a throw from that grip
 - 2. Demonstrate a through-the-armpit back grip and a throw from that grip
 - 3. Demonstrate a collar grip and a throw from that grip
 - 4. Demonstrate an over-the-back grip and a throw from that grip
 - 5. Demonstrate a double sleeve grip and a throw from that grip
 - 6. Demonstrate a belt grip with a belt hold and a throw from that grip
 - 7. Demonstrate a cross-grip with a lapel grip and a throw from that grip
 - ii. Grip Breaking
 - 1. Demonstrate a swinging elbow grip break from a standard sleeve and lapel grip and a throw from that grip breaking sequence
 - 2. Demonstrate an inner sleeve grip against a high lapel grip then throw your partner from that grip breaking sequence
 - 3. Demonstrate a snap-out grip break against a low lapel grip and a throw from that grip breaking sequence
 - 4. Demonstrate a double sleeve counter grip and a throw from that grip breaking sequence
 - 5. Demonstrate Ude gatame as a grip breaking technique
 - 6. Demonstrate a drive-through grip break against a collar grip and a throw from that grip breaking sequence
- 3. Ne waza (固め技、ねわざ)
 - a. Osae komi waza (抑込、おさえこみ)
 - i. Kesa gatame (袈裟固め、けさがため)
 - ii. Kata gatame (肩固め、かたがため)
 - iii. Yoko shiho gatame (横四方固め、よこしほがため)
 - iv. Kami shiho gatame (上四方固め、かみしほがため)
 - v. Kuzure kami shiho gatame (崩れ上四方固め、くずれかみしほがため)
 - vi. Tate shiho gatame (縦四方固め、たてしてがため)

- b. Shime waza (絞技、しめわざ)
 - i. Nami jūji jime (並十字絞め、なみじゅうじじめ)
 - ii. Gyaku jūji jime (逆十字絞め、ぎやくじゅうじじめ)
 - iii. Kata jūji jime (片十字絞め、かたじゅうじじめ)
 - iv. Hadaka jime (裸絞め、はだかじめ)
 - v. Okuri eri jime (送り襟絞め、おくりえりじめ)
 - vi. Kata ha jime (片羽絞め、かたはじめ)
- c. Kansetsu waza (間接技、かんせつわざ)
 - i. Ude hishigi jūji gatame (腕挫十字固め、うでひしぎじゅうじがため)
 - 1. Demonstrate 2 escape technique
 - ii. Ude garami (腕絡み、うでがらみ)
 - 1. Demonstrate 2 escape technique
 - iii. Ude hishigi hiza gatame (腕挫膝固め、うでひしぎひざがため)
 - 1. Demonstrate 2 escape technique
 - iv. Ude hishigi ude gatame (腕挫腕固め、うでひしぎうでがため)
 - 1. Demonstrate 2 escape technique
- d. Hairi waza
 - i. With uke in the turtle position
 - 1. Demonstrate a Half-Nelson turnover from the front position
 - 2. Demonstrate a Figure-4 turnover from the front position
 - 3. Demonstrate a Cross face turnover from the side position
 - 4. Demonstrate an elbow and knee grab and pull turnover from the side position
 - 5. Demonstrate a somersault into Jūji gatame
 - 6. Demonstrate a belt-pull turnover into Tate shiho gatame
 - ii. With yourself in the turtle position
 - 1. Demonstrate Morote gari when your partner bear hugs you
 - 2. Demonstrate a Makikomi when your partner attacks from behind
 - 3. Demonstrate Ude garami when your partner attacks from behind
 - 4. Demonstrate a leg hook or Seoï nage from a back Do jime or rear choke attack
 - 5. Demonstrate a Makikomi into Ushiro kesa gatame from a side attack
 - iii. With uke in the guard position
 - 1. Demonstrate a knee-in guard pass stepping over with the back leg then move into a hold-down
 - 2. Demonstrate a knee-in guard pass sliding your knee over uke's bottom leg then move into a hold-down
 - 3. Trap your partner's ankle and step across your partner's leg with your knee then move into a hold-down
 - 4. Trap your partner's ankle and duck your head under your partners leg then move past the guard position into a hold-down

5. Move your partner's leg up and then sharply down then move past the guard position into a hold-down
 6. Demonstrate a sleeve pull-around then move past the guard position into a hold-down
- iv. With yourself in the guard position
 1. Demonstrate Sumi gaeshi with a knee push when your partner reaches
 2. Demonstrate Jūji gatame when your partner reaches for your lapel
 3. Demonstrate a turnover into Tate shiho gatame
 4. Demonstrate Ude garami
 5. Demonstrate Sankaku gatame
- e. Fusegi
- i. Escape from Kesa gatame
 1. Demonstrate a bridge and roll escape
 2. Demonstrate an uphill turn escape
 3. Demonstrate a sit-up escape
 4. Shoot your legs up and over your partner to escape
 5. Entangle your leg with your partner's leg to escape
 - ii. Escape from Yoko shiho gatame
 1. Demonstrate a bridge and roll escape
 2. Demonstrate an uphill turn escape
 3. Demonstrate a leg-hooking head escape
 4. Demonstrate a leg-entangling-leg escape
 5. Demonstrate any other escape technique
 - iii. Escape from Kami shiho gatame
 1. Demonstrate a single roll escape
 2. Demonstrate a double bridge and roll escape
 3. Demonstrate a double arm escape
 4. Demonstrate a legs-over escape
 - iv. Escape from Miscellaneous Matwork attacks
 1. Defend and escape against rear chokes
 2. Defend and escape a jūji gatame attack
 3. Defend and escape against front chokes
 4. Demonstrate a legs over escape from Kata gatame
 5. Demonstrate a legs-out escape from Tate shiho gatame
 - v. Free an entangled leg
 1. Demonstrate a bear hug and pry your leg free
 2. Demonstrate a cross-hand strangle against an entangled leg
 3. Press your partner's entrapping legs to free your leg
 4. Grab your partner's pants legs to free your leg
 5. Demonstrate a key lock to pry your leg free
 6. Demonstrate any other method to free your entangled leg (#1)

7. Demonstrate any other method to free your entangled leg (#2)
4. Demonstrated knowledge
 - a. Seiza (正座、せいざ)
 - b. Anza (安座、あんざ)
 - c. Ritsurei (立礼、りつれい)
 - d. Zarei (座礼、ざれい)
 - e. Correct tying of the belt (obi)
 - f. Shizen hontai (自然本体 しぜんほんたい)
 - g. Jigo hontai (自後本体、じごほんたい)
 - h. Tsugi ashi (次足、つぎあし)
 - i. Ayumi ashi (歩み足、あゆみあし)
 - j. Mae ukemi (前受身、まえうけみ)
 - k. Kyoshi (踞姿、きよし)
 - l. Migi sabaki (右捌き、みぎさばき)
 - m. Hidari sabaki (左捌き、ひだりさばき)
 - n. Mawari (回り、まわり)
 - o. Randori (乱捕り、らんどり)
 - p. Elbow roll
 - q. Atemi waza (当て身技、あてみわざ)
5. Self-defense
 - a. Demonstrate an escape from a rear arm grab
 - b. Demonstrate a counter from a lapel grab
 - c. Demonstrate a wrist lock
 - d. Demonstrate a hip throw from a side position
 - e. Demonstrate Tomoe nage from a two-handed choke
 - f. Demonstrate defenses to 20 frontal attacks
 - g. Demonstrate 20 escapes from various holds
 - h. Demonstrate 20 defenses to a lateral attack
 - i. Demonstrate 40 variations from other attacks
 - j. Demonstrate 20 techniques from a rear attack
 - k. Demonstrate 100 variations from any attack
6. Kata
 - a. Demonstrate the entire Nage no Kata as uke and tori
 - b. Memorize the techniques of the Katame no Kata, in order
7. Vocabulary
 - a. Counting to ten in Japanese
 - i. Ichi (一、いち)
 - ii. Ni (二、に)
 - iii. San (三、さん)
 - iv. Shi/yon (四、し、よん)
 - v. Go (五、ご)

- vi. Rokku (六、ろく)
 - vii. Shichi (七、しち)
 - viii. Hachi (八、はち)
 - ix. Ku (九、く)
 - x. Jū (十、じゅう)
 - b. Reī (礼、れい)
 - c. Dōjō (道場、どうじょう)
 - d. Jūdōgi (柔道着、じゅうどうぎ)
 - e. Obi (帯、ぼい)
 - f. Hajime (初め、はじめ)
 - g. Matte (待って、まって)
 - h. Sonomama (其の儘、そのまま)
 - i. Ippon (一本、いっぽん)
 - j. Waza-ari (技有、わざあり)
 - k. Yoshi (由、よし)
 - l. Osae waza (抑え込み技)
 - m. Shime waza (絞め技)
 - n. Kansetsu waza (間接技)
 - o. Te waza (手技)
 - p. Koshi waza (腰技)
 - q. Ashi waza (足技)
 - r. Ma sutemi waza (真捨て身技、ますてみわざ)
 - s. Yoko sutemi waza (横捨て身技、よこすてみわざ)
 - t. Kuzushi (崩し、くずし)
 - u. Tsukuri (作り、つくり)
 - v. Kake (掛け、かけ)
 - w. Kata (形、かた)
 - x. Randori (乱捕り、らんどり)
 - y. Seiryoku Zen'yo (精力善用、せいりよくぜんよう)
 - z. Jita Kyoei (自他共栄、じたきよえい)
 - aa. Tori (取り、とり)
 - bb. Uke (受け、うけ)
 - cc. Jū (柔、じゅう)
 - dd. Dō (道、どう)
8. General Knowledge
- a. Dr. Jigoro Kano
 - b. Your instructor
 - c. General history of jūdō
 - d. Your jūdō career hopes and goals
 - e. Explain the nature of kata and its relationship to contest jūdō.
 - f. Explain how practicing kata will affect your jūdō style

- g. Explain the nature of contest jūdō and demonstrate a knowledge of the rules of contest jūdō
- h. Explain the history of jūdō giving special consideration to Oriental and Occidental thoughts and philosophies
- i. Demonstrate a competence in contest jūdō through participation in at least two tournaments since promotion to brown belt

Chart 4-1

	De ashi harai
	Tai otoshi
	Ko soto gari
	O soto gari
	Ko uchi gari
	Uki goshi
	Uchi mata
	Koshi guruma
	Okuri ashi harai
	Tsuri goshi
	Ashi guruma
	Harai tsuri komi ashi
	Sumi gaeshi
	Hane makikomi
	Utsuri goshi
	Soto makikomi
	O soto guruma
	Yoko wakare
	Ushiro goshi
	Sumi otoshi

Nage Waza

	O goshi
	Ippon seoi nage
	Hiza guruma
	O uchi gari
	Sasae tsuri komi ashi
	Harai goshi
	Tomoe nage
	Tsuri komi goshi
	Ko soto gake
	Yoko otoshi
	Hane goshi
	Kata guruma
	Tani otoshi
	Sukui nage
	O guruma
	Uki otoshi
	Uki waza
	Yoko guruma
	Ura nage
	Yoko gake

Chart 4-2

Miscellaneous Throwing Skills (Four Corners)

	Partner's right-front corner		Partner's right-rear corner
	Partner's left-front corner		Partner's left-rear corner

Chart 4-3

Miscellaneous Throwing Skills (Partner Movement)

	Partner moves directly into you		Partner moves to your left
	Partner moves directly away from you		Partner moves to your right
	Partner circles you to the left		Partner circles you to the right

Chart 4-4

Miscellaneous Throwing Skills (Tokui Waza with Grips)

	Tokui waza from sleeve and lapel grip		Tokui waza from through the armpit around the back grip
	Tokui waza from an over the shoulder back grip		Tokui waza from cross grip with lapel grip

Chart 4-5

Renraku Waza (Attack Combinations)

	Forward throw #1 to a pin		Rear throw #1 to a pin
	Ouchi gari to Forward throw		Combination of 3 throws #1
	Forward throw to Rear throw #1		Sasae tsurikomi ashi to O soto gari
	Sutemi waza to Pin		Forward throw #2 to a pin
	Rear throw #2 to a pin		Combination of 3 throws #2
	Combination of 3 throws #3		

Chart 4-6

Renraku Waza (Attack Combinations)

	Your tokui waza to Forward throw		Rear throw to Your tokui waza
	Forward throw to Your tokui waza		Any throw to Sutemi waza #1
	Your tokui waza to Rear throw		Any throw to Sutemi waza #2

Chart 4-7

Renraku Waza (Attack Combinations)

	Grip, break opponent's posture, move opponent, throw #1, pin, (partner then escapes from hold)		
	Grip, break opponent's posture, move opponent, throw #2, pin, (partner then escapes from hold)		
	Grip, break partner's posture, move partner, attack, counter attack (partner), turn-out, turn-over and pin		

Chart 4-8

Bogyo (Defenses Against Forward Throwing Attack)

	Diagonal forward		Inside leg jump around
	Hip rotation (start of O soto gari)		Hip twist
	Outside leg jump around		Drive (start of Tani otoshi)
	Elbow roll against 2-Knee Scoi nage		Pick-up around the back (Ushiro goshi)

Chart 4-9

Bogyo (Defenses Against Throwing Attack)

	Turn-out against O soto gari		Turn-out against forward throw
	Defense against De ashi harai		Turn-out against rear throws
	Step away against O soto gari		

Chart 4-10

Bogyo (Defenses Against Attack)

	Defense against <i>Juji gatame</i>
	Defense against <i>Uchi mata</i>
	<i>Defense against Koshi guruma</i>

	Defense against <i>O uchi gari</i>
	<i>Defense against Harai goshi</i>

Chart 4-11

Kaeshi Waza

	Forward throw to Inside leg jump around to forward throw
	<i>De ashi harai to Tsubame gaeshi</i>
	2-knee <i>Seoi nage</i> to Rear choke
	<i>Forward throw to Outside leg jump around to foot sweep</i>
	<i>2-Knee Seoi nage to Takedown and pin</i>

	<i>O soto gari to O soto gaeshi</i>
	<i>Uchi mata to Uchi mata sukashi</i>
	<i>Tomoe nage to Takedown & pin</i>
	<i>Ippon seoi nage to Sumi gaeshi</i>

Chart 4-12

Kumi Kata (Grip Control Manuevers)

	Standard sleeve and lapel grip
	Collar Grip
	<i>Double sleeve grip</i>
	<i>Cross grip with lapel grip</i>

	Through the armpit back grip
	Over shoulder back grip
	<i>Back grip with belt hold</i>

Chart 4-13

Kumi Kata (Grip Breaking)

	Swinging elbow break against sleeve grip
	Snap out break through against a low lapel grip
	<i>Ude gatame break against lapel grip</i>

	Inner sleeve grip against high lapel grip
	Double sleeve counter grip
	<i>Drive through break against collar grip</i>

Chart 4-14

Katame Waza

	Kesa gatame
	Kami shiho gatame
	Yoko shiho gatame

	Kata gatame
	Kuzure kami shiho gatame
	Tate shiho gatame

Chart 4-15

Shime Waza

	Kata juji jime
	Nami juji jime
	Okuri eri jime
	<i>Sankaku jime</i>

	Gyaku juji jime
	Hadaka jime
	Kata ha jime

Chart 4-16

Katame Waza (Kansetsu)

	Juji gatame		Ude garami
	Hiza gatame		Ude gatame

Chart 4-17

Hairi Waza (Hands & Knees Top)

	Half-nelson push from the front		Figure 4 with head walk-around
	Cross face turn over		Elbow & knee pull
	<i>Juji gatame with somersault</i>		<i>Belt pull & Tate shiho gatame</i>

Chart 4-18

Hairi Waza (Hands & Knees Bottom)

	Morote gari from head & under arms bear hug		Maki komi from head attack & arm in armpit attack
	Ude garami from head attack & arm in armpit attack		Leg hook/Seoi nage from back dojime & choke attack
	<i>Maki komi/Ushiro kesa gatame from side & opposite armpit attack</i>		

Chart 4-19

Hairi Waza (Legs Around Top)

	Knee in entry, back leg		Knee in entry, cross knee
	Ankle trap, knee over		Ankle trap, head under
	Hand under, force leg up, then down		Sleeve pull around

Chart 4-20

Hairi Waza (Legs Around Bottom)

	Sumi gaeshi with knee push		Juji gatame
	Turn over to Tate shiho gatame		Ude garami
	<i>Sankaku jime entry</i>		

Chart 4-21

Fusegi (Escapes From Kesa Gatame)

	Bridge & roll escape		Sit-up escape
	Uphill turn escape		Shoot out/legs over
	<i>Leg entangling escape</i>		

Chart 4-22

Fusegi (Escapes From Yoko Shiho Gatame)

	Bridge & roll escape		Uphill turn escape
	Leg hooking head escape		Leg entangling leg escape
	<i>Other</i>		

Chart 4-23

Fusegi (Escapes From Kami Shiho Gatame)

	Single roll escape
	Double arm

	Double bridge & roll escape
	<i>Legs over</i>

Chart 4-24

Fusegi (Escapes From Miscellaneous Matwork Attacks)

	Defense/escape against rear chokes
	Defense/escape against front choke
	<i>Legs out escape from Tate shiho gatame</i>

	Defense/escape against juji gatame
	<i>Legs-over escape from Kata gatame</i>

Chart 4-25

Free an Entangled Leg in Ne Waza

	Bear hug and pry the leg free
	Other (Press legs open from above)
	Key lock and pry the leg free
	<i>Other</i>

	Cross hand strangle against an entangled leg
	Other (Pants grab and pull leg out)
	Other

Chart 4-26

Miscellaneous

	Zenpo kaiten ukemi (Leaping)
	Ma ukemi (Leaping)
	Zarei
	Ritsurei
	Shoulder Roll to a Stance (Running)
	Tsugi ashi
	Mae ukemi
	Migi/hidari sabaki
	Randori
	<i>Atemi waza</i>

	Seiza
	Anza
	Proper tying of the belt
	Shizen hontai
	Jigo hontai
	Ayumi ashi
	Kyoshi
	Maware
	Elbow roll

Chart 4-27

Kata

	Nage no Kata (Forms of Throwing); Sections 1, 2, 3, 4, 5
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Exam for all USJA Senior Judo Ranks

JAPANESE VOCABULARY

Write the Japanese words for the following:

1. Attention!: _____
2. Bow: _____
3. Begin! _____
4. Stop!: _____
5. Practice hall for judo: _____
6. Teacher: _____
7. Sitting on knees: _____
8. Sitting crossed legged: _____
9. Following foot walking: _____
10. Normal walking: _____
11. Judo uniform: _____
12. Judo practitioner or player: _____
13. Person performing technique: _____
14. Person receiving technique: _____
15. Left: _____
16. Right: _____
17. Falling methods or ways: _____
18. Falling methods to the rear: _____
19. Forward rolling falling: _____
20. Free practice: _____
21. Formal pre-arranged routine practice: _____
22. Tournament: _____
23. (Straw, Japanese) judo mats: _____
24. Hold-down! (referee's call): _____
25. Hold-down broken! (referee's call): _____
26. One point! (referee's award): _____
27. Almost ippon!(referee's award, 1/2 point): _____
28. Near waza-ari! (referee's award: _____
29. Near yuko! (referee's award): _____
30. That is all! (referee's call): _____
31. Sixth class (kyu) judo rank: _____
32. Yes!: _____
33. No!: _____
34. Please: _____
35. Thank you: _____
36. Note! (referee's call for slight penalty): _____
37. Caution! (referee's call for moderate penalty): _____
38. Warning! (referee's call for severe penalty): _____
39. Loss by rule violation (referee's call): _____
40. Decision! (call by referee for judges' decision): _____
41. Don't move! (referee's call): _____
42. Continue! (referee call): _____
43. Fundamental natural posture: _____
44. Fundamental defensive posture: _____
45. Off balance: _____
46. Entry into a throw: _____
47. Execution of a throw: _____
48. Sweeping action done with the leg: _____
49. Reaping action done with the leg: _____
50. Dashing action done with the leg: _____
51. Springing action done with the leg: _____
52. Throw (noun): _____
53. Technique(s): _____
54. Throwing technique(s): _____
55. Hand: _____
56. Hand techniques: _____
57. Foot or Leg: _____
58. Foot techniques: _____
59. Big or major: _____
60. Little or minor: _____
61. Waist or hip: _____
62. Waist or hip techniques: _____
63. Major hip throw: _____
64. Outside: _____
65. Inside: _____
66. Major outside reaping throw: _____
67. Internal force or spiritual energy: _____
68. Shout to gather inner strength: _____

Rokyu stop here

Gokyu and up continue

Gokyu stop here

Yonkyu and up continue

69. Decision win! (referee's award): _____
70. Draw match! (referee s award): _____
71. A full point by adding two waza-ari scores: _____
72. Grappling techniques: _____

Exam for all USJA Senior Judo Ranks

JAPANESE VOCABULARY (Continued)

Write the Japanese words for the following:

73. Techniques from a supine position: _____
74. Holding techniques: _____
75. Choke: _____
76. Choking techniques: _____
77. Joint locking techniques: _____
78. The principle of gentleness or giving way: _____
79. Way of life: _____
80. Gentle way: _____
81. Gentle arts: _____
82. Favorite technique: _____
83. Way of the warrior: _____
84. Martial arts: _____
85. Class of belt ranks in judo below black belt: _____
86. Step or degree in the black belt ranks: _____
87. Holder of any black belt rank: _____
88. Holder of any rank below black belt: _____
89. Black belt association: _____
90. Repetition attack practice without throwing, done with partner: _____
91. Alternate throwing practice without resistance, done with partner: _____
92. Solo practice: _____
93. Practice in pairs: _____
94. Practice in general: _____
95. Fourth class (kyu) judo rank: _____
96. Kneeling bow: _____
97. Standing bow: _____
98. Knee: _____
99. Lock or Hold: _____
100. Wheel: _____
101. Side or lateral: _____
102. Fifth class (kyu) judo rank: _____
103. Formal eight directions of off-balancing: _____
108. Five stages of throwing techniques, the basic syllabus of Kodokan Judo: _____
109. Newly certified throwing techniques of Kodokan Judo: _____
110. Instantaneous promotion: _____
111. Sacrifice: _____
112. Throwing from a standing position: _____
113. Throwing techniques done by falling on one's back or side: _____
114. Back falling sacrifice throws: _____
115. Side falling sacrifice throws: _____
116. Striking techniques to vital areas: _____
117. Judo uniform belt: _____
118. Judo uniform jacket: _____
119. Judo uniform pants: _____
120. Judo uniform sleeve: _____
121. Judo uniform lapel: _____
122. Illegal act of locking the legs around the torso of an opponent: _____
123. Warm-up exercises in judo: _____
124. Cooling-off exercises in judo: _____
125. Exercises in general: _____
126. Variation (of a technique): _____
127. Counter technique: _____
128. Combination or faking technique: _____
129. Four corners (as in pins): _____
130. I surrender! : _____
131. Forms of gripping an opponent: _____
132. Normal: _____
133. Reverse: _____
134. Cross : _____
135. Arm: _____
136. Armpit: _____

Yonkyu stop here

Sankyu and up continue

Sankyu stop here

Nikyu and up continue

104. Third class (kyu) judo rank: _____
105. Second class (kyu) judo rank: _____
106. First class (kyu) judo rank: _____
107. Meditate! (command at close of class): _____
137. First degree black belt: _____
138. Second degree black belt: _____
139. Third degree black belt: _____
140. Fourth degree black belt: _____
141. Fifth degree black belt: _____

Exam for all USJA Senior Judo Ranks

JAPANESE VOCABULARY (Continued)

Write the Japanese words for the following:

142. Sixth degree black belt: _____
143. Seventh degree black belt: _____
144. Eighth degree black belt: _____
145. Ninth degree black belt: _____
146. Tenth degree black belt: _____
147. Twelfth degree black belt (held only by Dr. Kano): _____
148. Loss of any type: _____
149. Win of any type: _____
150. Win by forfeit or default of the opponent before a match: _____
151. Win by withdrawal of the opponent during a match: _____
152. Combination win by adding a one half point from a violation and one waza-ari: _____
153. Slight superiority (contest call): _____
154. Side of the dojo or tournament mat reserved for senior judoka or officials: _____
155. Cross arm lock : _____
156. Entangle: _____
157. Formal forms of throwing: _____
158. Formal forms of holding: _____
159. Formal forms of gentleness: _____
160. Formal forms of self-defense: _____
161. Formal forms of decision: _____
162. Ancient forms: _____
163. Forms of five: _____
164. Past master of judo (title traditionally applied only to Dr. Kano): _____

Nikyu stop here
Ikkyu and up continue

165. Mutual benefit & welfare: _____
166. Maximum efficiency: _____
167. "Winner stays up" team contest: _____
168. Man-for-man, or elimination tournament: _____

169. Methods of resuscitation used in judo: _____
170. Illegal act of entwining the leg of an opponent: _____
171. Contest area: _____
172. Referee: _____
173. To float or floating: _____
174. Lift: _____
175. Pull: _____
176. Lift-pull action: _____
177. Defense (to an attack): _____
178. Escape (as from a pin): _____
179. Entry methods into matwork: _____
180. Body: _____
181. Thigh: _____
182. Rear, behind (as in throwing and pinning): _____
183. Reverse side, back: _____
184. Pivoting or turning the body: _____
185. Single handed: _____
186. Double handed: _____
187. Both hands: _____
188. Avoiding or evasive action: _____
189. A little: _____
190. Same side gripping (right vs right, left vs left): _____
191. Opposite side gripping (right vs left): _____
192. Pulling or locking hand (usually sleeve hand): _____
193. Power or drawing hand (usually lapel hand): _____
194. Red (used to differentiate players in a match): _____
195. White (used to differentiate players In a match): _____
196. Time! (referee's call): _____
197. Decision or decisiveness (as in thinking fast): _____
198. To drop: _____

Ikkyu stop here
Shodan and above stop here

Exam for all USJA Senior Judo Ranks

GENERAL INFORMATION

Write the answers for the following:

1. What is the name of your club?

2. Name of Instructor? _____
3. What is the name of your judo organization?

4. Who was the founder of judo? _____
5. What is the name of the school he founded? _____
6. What is the date of the founding of Kodokan Judo? _____
7. What was unarmed combat called in Japan before judo?

8. How long had unarmed combat martial arts been practiced in Japan? _____
9. Name the three parts of unarmed combat in English and Japanese.

1. _____ / _____
 2. _____ / _____
 3. _____ / _____
- (English) (Japanese)

10. Name the three parts of a judo throw in English and Japanese.
1. _____ / _____
 2. _____ / _____
 3. _____ / _____
- (English) (Japanese)

11. List the belt ranks in order by color.

Rokyu stop here

Gokyu and up continue

12. Name the two divisions of throwing techniques in English and Japanese.
1. _____ / _____
 2. _____ / _____
- (English) (Japanese)

13. Name the three divisions of standing throwing techniques in English and Japanese.
1. _____ / _____
 2. _____ / _____
 3. _____ / _____
- (English) (Japanese)

14. Name the two divisions of sacrifice throwing techniques in English and Japanese.

1. _____ / _____
 2. _____ / _____
- (English) (Japanese)

15. What are the ordinal numbers between one and ten in Japanese?

1. _____ 6. _____
2. _____ 7. _____
3. _____ 8. _____
4. _____ 9. _____
5. _____ 10. _____

Gokyu stop here

Yonkyu and up continue

16. Name the three divisions of mat techniques in English and Japanese.

1. _____ / _____
 2. _____ / _____
 3. _____ / _____
- (English) (Japanese)

17. Name three of the eight men who attained 10th degree black belt (Judan) in judo while they were still alive.

1. _____
2. _____
3. _____

18. What are the two principles of Kodokan Judo as defined by Dr. Kano?

1. _____
2. _____

19. What is the ultimate goal of judo as defined by Dr. Kano?

20. What does the acronym G.E.T. P.A.D. (tactical variables for randori/shiai) stand for?

- G. _____ P. _____
E. _____ A. _____
T. _____ D. _____

Yonkyu stop here

Sankyu and up continue

Exam for all USJA Senior Judo Ranks

GENERAL INFORMATION (CONTINUED)

Write the answers for the following:

21. What year was judo first introduced into the summer Olympic games? _____

22. Who were the four men on the first U.S. Olympic judo team?

1. _____
2. _____
3. _____
4. _____

23. Which American placed the first time judo was included at the Olympics, and what place did he win?

_____ (Name) _____ (Place)

24. Name the six kyu ranks and colored belts from highest to lowest rank (do not list White Belt):

1. _____ / _____
 2. _____ / _____
 3. _____ / _____
 4. _____ / _____
 5. _____ / _____
 6. _____ / _____
- (Color) (Japanese Name)

25. Name (Japanese Name) the 10 black belt ranks in order:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

26. What does the word "JUDO" mean in English?

Sankyu stop here

Nikyu and up continue

27. What other colored belt are some black belt persons entitled to wear?

- 1st Degree - _____
- 2nd Degree - _____
- 3rd Degree - _____
- 4th Degree - _____
- 5th Degree - _____
- 6th Degree - _____
- 7th Degree - _____
- 9th Degree - _____
- 9th Degree - _____
- 10th Degree - _____

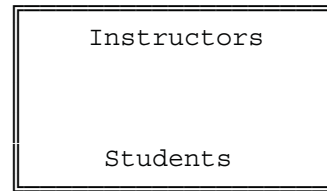
28. What are the four sides of the dojo called?

(Refer to diagram below)

1. _____ / _____
2. _____ / _____
3. _____ / _____
4. _____ / _____

(English) (Japanese)

Side 1



Side 4

Side 2

Side 3

29. Which American was the first to win a medal at the World Championships in judo and what place did he win?

_____ (Name) _____ (Place)

30. List the nine kata of Kodokan Judo in English and Japanese.

1. _____ / _____
2. _____ / _____
3. _____ / _____
4. _____ / _____
5. _____ / _____
6. _____ / _____
7. _____ / _____
8. _____ / _____
9. _____ / _____

(English) (Japanese)

Nikyu stop here

Ikkyu and up continue

31. Name four Americans who have won medals at the Olympic Games in judo, and what place they won.

1. _____
2. _____
3. _____
4. _____

(Name) (Place)

32. Which American was the first to win a gold medal at the Men's World Games in judo?

_____ (Name) _____ (Year)

Exam for all USJA Senior Judo Ranks

GENERAL INFORMATION (CONTINUED)

Write the answers for the following:

33. Which American was the first to win a gold medal at the Women's World Games in judo?

(Name) (Year)

34. What year was women's judo first introduced into the summer Olympic games as a full medal event? _____

35. What are the ordinal numbers between eleven and twenty in Japanese?

11. _____ 16. _____

12. _____ 17. _____

13. _____ 18. _____

14. _____ 19. _____

15. _____ 20. _____

ESSAY QUESTIONS

Answer the following:

36. What has judo done for you?

37. What have you done for judo?

Ikkyu stop here

Shodan and up continue

Shodan and above stop here