

## Nikyu

### (二級、にきゅう)

Specifically required for kûkyu 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. O goshi (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)

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  $\bigcirc$  uchi gari followed by a forward throw
- d. Demonstrate a three technique combination series
- e. Demonstrate a forward throw to a rear throw (#1)
- f. Demonstrate Sasae tsuri komi ashi to  $\bigcirc$  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)

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
  - 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
  - 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
  - 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
- 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 Seoi 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 step-around then throw your partner with a foot sweep
- 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 back grip with a belt hold 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 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、ぎゃくじゅうじじめ)
      - 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)
      - ii. Ude garami (腕絡み、うでがらみ)
      - iii. Ude hishigi hiza gatame (腕挫膝固め、うでひしぎひざがため)
      - iv. Ude hishigi ude gatame (腕挫腕固め、うでひしぎうでがため)
    - 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
- 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 Seo-i nage from a back Do jime or rear choke attack
- iii. With uke in the guard position
  1. Demonstrate a knee-in guard pass stepping over with the back leg
  2. Demonstrate a knee-in guard pass sliding your knee over uke's bottom leg
  3. Trap your partner's ankle and step across your partner's leg with your knee
  4. Trap your partner's ankle and duck your head under your partner's leg
  5. Move your partner's leg up and then sharply down then move past the guard position
  6. Demonstrate a sleeve pull around and move past the guard position
- 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
- 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
  - 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
  - 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
  - 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
  - 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
6. Kata
- a. Demonstrate the first four sections of the Nage no Kata as tori
  - b. Demonstrate the entire Nage no Kata as uke
  - c. 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. Jû (十、じゅう)
- b. Rei (礼、れい)
  - c. Dôjô (道場、どうじょう)
  - d. Jûdôgi (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、せいりょくぜんよう)
  - z. Jita Kyoiei (自他共栄、じたきよえい)
  - aa. Tori (取り、とり)
  - bb. Uke (受け、うけ)
  - cc. Jû (柔、じゅう)
  - dd. Dô (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. Demonstrate a competence in contest jūdō through participation in at least two tournaments since promotion to purple 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

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
	Oguruma
	Uki otoshi

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
	<i>O</i> uchi gari to Forward throw
	Forward throw to Rear throw #1
	Sutemi waza to Pin
	<i>Rear throw #2 to a pin</i>

	Rear throw #1 to a pin
	Combination of 3 throws #1
	Sasae tsurikomi ashi to <i>O</i> soto gari
	<i>Forward throw #2 to a pin</i>

Chart 4-6

## Renraku Waza (Attack Combinations)

	Your tokui waza to Forward throw
	Forward throw to Your tokui waza
	<i>Your tokui waza to Rear throw</i>

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

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
	Hip rotation (start of <i>O</i> soto gari)
	Outside leg jump around
	<i>Elbow roll against 2-Knee Seo'i nage</i>

	Inside leg jump around
	Hip twist
	Drive (start of Tani otoshi)

Chart 4-9

## Bogyo (Defenses Against Throwing Attack)

	Turn-out against <i>O</i> soto gari
	Defense against De ashi harai

	Turn-out against forward throw
	<i>Turn-out against rear throws</i>

Chart 4-10

## Bogyo (Defenses Against Attack)

	Defense against Juji gatame
	Defense against Uchi mata

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

Chart 4-11

## Kaeshi Waza

	Forward throw to Inside leg jump around to forward throw
	De ashi harai to Tsubame gaeshi
	2-knee Seo'i nage to Rear choke
	<i>Forward throw to Outside leg jump around to foot sweep</i>

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

Chart 4-12

## Kumi Kata (Grip Control Manuevers)

	Standard sleeve and lapel grip		Through the armpit back grip
	Collar Grip		Over shoulder back grip
	Double sleeve grip		Back grip with belt hold

Chart 4-13

## Kumi Kata (Grip Breaking)

	Swinging elbow break against sleeve grip		Inner sleeve grip against high lapel grip
	Snap out break through against a low lapel grip		Double sleeve counter grip
	Ude gatame break against lapel grip		

Chart 4-14

## Katame Waza

	Kesa gatame		Kata gatame
	Kami shiho gatame		Kuzure kami shiho gatame
	Yoko shiho gatame		Tate shiho gatame

Chart 4-15

## Shime Waza

	Kata juji jime		Gyaku juji jime
	Nami juji jime		Hadaka jime
	Okuri eri jime		Kata ha jime

Chart 4-16

## Katame Waza (Kansetsu)

	Juji gatame		Ude garami
	Hiza gatame		Ude gatame

Chart 4-17

## Hairi Waza (Hands &amp; Knees Top)

	Half-nelso push from the front		Figure 4 with head walk-around
	Cross face turn over		Elbow & knee pull
	Juji gatame with somersault		

Chart 4-18

## Hairi Waza (Hands &amp; 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

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

Chart 4-21

## Fusegi (Escapes From Kesa Gatame)

	Bridge & roll escape		Sit-up escape
	Uphill turn escape		Shoot out/legs over

Chart 4-22

## Fusegi (Escapes From Yoko Shiho Gatame)

	Bridge & roll escape		Uphill turn escape
	Leg hooking head escape		Leg entangling leg escape

Chart 4-23

## Fusegi (Escapes From Kami Shiho Gatame)

	Single roll escape		Double bridge & roll escape
	Double arm		

Chart 4-24

## Fusegi (Escapes From Miscellaneous Matwork Attacks)

	Defense/escape against rear chokes		Defense/escape against juji gatame
	Defense/escape against front choke		Legs-over escape from Kata gatame

Chart 4-25

## Free an Entangled Leg in Ne Waza

	Bear hug and pry the leg free		Cross hand strangle against an entangled leg
	Other (Press legs open from above)		Other (Pants grab and pull leg out)
	Key lock and pry the leg free		Other
	Other		

Chart 4-26

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

Miscellaneous

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

### Yonkyu stop here

### Sankyu and up continue

### Sankyu stop here

### Nikyu and up continue

- |   |                                      |
|---|--------------------------------------|
| 104. Third class (kyu) judo rank: _____           | 137. First degree black belt: _____  |
| 105. Second class (kyu) judo rank: _____          | 138. Second degree black belt: _____ |
| 106. First class (kyu) judo rank: _____           | 139. Third degree black belt: _____  |
| 107. Meditate! (command at close of class): _____ | 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 - \_\_\_\_\_

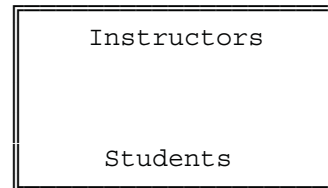
28. What are the four sides of the dojo called?

(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)