

Rokkukyu

(六級、ろくきゅう)

Specifically required for rokkukyu are:

1. Ukemi (受身、うけみ)
 - 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)
 - b. Throwing skills
 - i. Four Corners
 1. Throw your partner to their Right-front corner
 2. Throw your partner to their Right-rear corner
 - ii. Moving Partners
 1. Throw your partner as they move directly toward you
 - iii. Renraku waza
 1. Demonstrate a forward throw to a pin (#1)
 2. Demonstrate a rear throw to a pin (#1)
 - iv. Bogyo
 1. Move diagonally forward to avoid a throw

2. Jump around your partner's inside leg to avoid a throw
- v. Kaeshi waza
 1. Jump around your partner's inside leg and perform a forward throw
- 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
 - 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
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 ()
 - 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)
 - c. 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
 - ii. 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
 - d. Fusegi
 - i. Escape from Kesa gatame
 1. Demonstrate a bridge and roll escape
 - ii. Free an entangled leg
 1. Demonstrate a bear hug and pry your leg free
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 ()

5. 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. Rei (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)
- ## 6. General Knowledge
- a. Dr. Jigoro Kano
 - b. Your instructor
 - c. General history of jūdō

Chart 4-1

	De ashi harai
	Tai otoshi
	Ko soto gari
	O soto gari
	Ko uchi gari
	Uki goshi
	Uchi mata

Nage Waza

	O goshi
	Ippon seoi nage
	Hiza guruma
	O uchi gari
	Sasae tsuri komi ashi
	Harai goshi
	Tomoe nage

Chart 4-2

Miscellaneous Throwing Skills (Four Corners)

	Partner's right-front corner		Partner's right-rear corner
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Chart 4-3

Miscellaneous Throwing Skills (Partner Movement)

	Partner moves directly into you
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Chart 4-5

Renraku Waza (Attack Combinations)

	Forward throw #1 to a pin		Rear throw #1 to a pin
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Chart 4-8

Bogyo (Defenses Against Forward Throwing Attack)

	Diagonal forward		Inside leg jump around
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Chart 4-11

Kaeshi Waza

	Forward throw to Inside leg jump around to forward throw
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Chart 4-12

Kumi Kata (Grip Control Manuevers)

	Standard sleeve and lapel grip		Through the armpit back grip
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Chart 4-13

Kumi Kata (Grip Breaking)

	Swinging elbow break against sleeve grip
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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

	Kata juji jime
	Nami juji jime

Shime Waza

	Gyaku juji jime
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Chart 4-17

	Half-nelson push from the front
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Hairi Waza (Hands & Knees Top)

	Figure 4 with head walk-around
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Chart 4-19

	Knee in entry, back leg
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Hairi Waza (Legs Around Top)

	Knee in entry, cross knee
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Chart 4-21

	Bridge & roll escape
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Fusegi (Escapes From Kesa Gatame)

Chart 4-25

	Bear hug and pry the leg free
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Free an Entangled Leg in Ne Waza

Chart 4-26

	Zenpo kaiten ukemi (Leaping)
	Ma ukemi (Leaping)
	Zarei
	Ritsurei
	Shoulder Roll to a Stance (Running)

Miscellaneous

	Seiza
	Anza
	Proper tying of the belt
	Shizen hontai

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

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