

## Sankyu

(三きゅう、さんきゅう)

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. Osoto gari (大外狩り、おそとがり)
    - vii. Ko uchi gari (小内刈り、こうちがり)
    - viii. Ouchi 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)
  - 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
- 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
    - 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
  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
  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
      - 2. 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*
    - 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
  - 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
    - 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
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
  - 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
  - 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 partners leg
    5. Move your partner's leg up and then sharply down then 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
- 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
- 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
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
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

6. Kata
  - a. Demonstrate the first three 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 Kyoei (自他共栄、じたきょえい)

- 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 jûdô
  - d. Your jûdô career hopes and goals
  - e. Explain the nature of kata and its relationship to contest jûdô.
  - f. Explain how practicing kata will affect your jûdô style
  - g. Demonstrate a competence in contest jûdô through participation in at least two tournaments since promotion to green 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

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

Chart 4-2

Miscellaneous Throwing Skills (Four Corners)

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

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

Chart 4-3

Miscellaneous Throwing Skills (Partner Movement)

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

	Partner moves to your left
	Partner moves to your right
	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 an over the shoulder back grip

	Tokui waza from through the armpit around the back grip
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Chart 4-5

Renraku Waza (Attack Combinations)

	Forward throw #1 to a pin
	O uchi gari to Forward throw
	Forward throw to Rear throw #1
	Sutemi waza to Pin

	Rear throw #1 to a pin
	Combination of 3 throws #1
	Sasae tsurikomi ashi to O soto gari

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

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)

Chart 4-9

## Bogyo (Defenses Against Throwing Attack)

	Turn-out against O soto gari		Turn-out against forward throw
	Defense against De ashi harai		

Chart 4-10

## Bogyo (Defenses Against Attack)

	Defense against Juji gatame		Defense against O uchi gari
	Defense against Uchi mata		

Chart 4-11

## Kaeshi Waza

	Forward throw to Inside leg jump around to forward throw		O soto gari to O soto gaeshi
	De ashi harai to Tsubame gaeshi		Uchi mata to Uchi mata sukashi
	2-knee Seo'i nage to Rear choke		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

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

Chart 4-14

	Kesa gatame
	Kami shiho gatame
	Yoko shiho gatame

Katame Waza

	Kata gatame
	Kuzure kami shiho gatame
	Tate shiho gatame

Chart 4-15

	Kata juji jime
	Nami juji jime
	Okuri eri jime

Shime Waza

	Gyaku juji jime
	Hadaka jime
	Kata ha jime

Chart 4-16

	Juji gatame
	Hiza gatame

Katame Waza (Kansetsu)

	Ude garami
	Ude gatame

Chart 4-17

	Half-nelson push from the front
	Cross face turn over

Hairi Waza (Hands &amp; Knees Top)

	Figure 4 with head walk-around
	Elbow & knee pull

Chart 4-18

	Morote gari from head & under arms bear hug
	Ude garami from head attack & arm in armpit attack

Hairi Waza (Hands &amp; Knees Bottom)

	Maki komi from head attack & arm in armpit attack
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Chart 4-19

	Knee in entry, back leg
	Ankle trap, knee over
	Hand under, force leg up, then down

Hairi Waza (Legs Around Top)

	Knee in entry, cross knee
	Ankle trap, head under

Chart 4-20

	Sumi gaeshi with knee push
	Turn over to Tate shiho gatame

Hairi Waza (Legs Around Bottom)

	Juji gatame
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Chart 4-21

	Bridge & roll escape
	Uphill turn escape

Fusegi (Escapes From Kesa Gatame)

	Sit-up 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		

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

Chart 4-26

## Miscellaneous

	Zenpo kaiten ukemi (Leaping)		Seiza
	Ma ukemi (Leaping)		Anza
	Zarei		Proper tying of the belt
	Ritsurei		Shizen hontai
	Shoulder Roll to a Stance (Running)		Jigo hontai
	Tsugi ashi		Ayumi ashi
	Mae ukemi		Kyoshi
	Migi/hidari sabaki		Maware
	Randori		Elbow roll

Chart 4-27

## Kata

	Nage no Kata (Forms of Throwing); Sections 1, 2, 3
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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

## 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 - \_\_\_\_\_

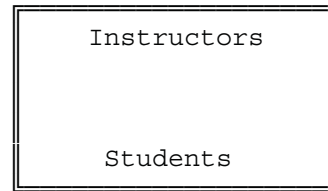
28. What are the four sides of the dojo called?

(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)