

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
	Oguruma
	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		Forward throw #3 to a pin
	Rear throw #3 to a pin		

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 Seo'i nage		Pick-up around the back (Ushiro goshi)
	Pick-up between legs		

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		Round-off against O goshi
	Turn-out against Ouchi gari		

Chart 4-10

Bogyo (Defenses Against Attack)

	Defense against <i>Juji gatame</i>		Defense against <i>O uchi gari</i>
	Defense against <i>Uchi mata</i>		<i>Defense against Harai goshi</i>
	<i>Defense against Koshi guruma</i>		Defense against <i>Okuri ashi harai</i>

Chart 4-11

Kaeshi Waza

	Forward throw to Inside leg jump around to forward throw		<i>O soto gari to O soto gaeshi</i>
	<i>De ashi harai to Tsubame gaeshi</i>		<i>Uchi mata to Uchi mata sukashi</i>
	2-knee <i>Seoi nage</i> to Rear choke		<i>Tomoe nage to Takedown & pin</i>
	<i>Forward throw to Outside leg jump around to foot sweep</i>		<i>Ippon seoi nage to Sumi gaeshi</i>
	<i>2-Knee Seoi nage to Takedown and pin</i>		<i>O uchi gari to O uchi gaeshi</i>
	<i>Ko ouch gari to Ko uchi gaeshi</i>		

Chart 4-12

Kumi Kata (Grip Control Manuevers)

	Standard sleeve and lapel grip		Through the armpit back grip
	Collar Grip		Over shoulder back grip
	<i>Double sleeve grip</i>		<i>Back grip with belt hold</i>
	<i>Cross grip with lapel grip</i>		Low lapel grip
	High lapel 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
	<i>Ude gatame break against lapel grip</i>		<i>Drive through break against collar grip</i>
	<i>Ude gatame against sleeve grip</i>		

Chart 4-14

Katame Waza

	<i>Kesa gatame</i>		<i>Kata gatame</i>
	<i>Kami shiho gatame</i>		<i>Kuzure kami shiho gatame</i>
	<i>Yoko shiho gatame</i>		<i>Tate shiho gatame</i>

Chart 4-15

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

Shime Waza

	Gyaku juji jime
	Hadaka jime
	Kata ha jime
	Sode guruma jime

Chart 4-16

	Juji gatame
	Hiza gatame
	Sankaku gatame

Katame Waza (Kansetsu)

	Ude garami
	Ude gatame

Chart 4-17

	Half-nelso push from the front
	Cross face turn over
	<i>Juji gatame with somersault</i>
	Sankaku pull-over entry

Hairi Waza (Hands & Knees Top)

	Figure 4 with head walk-around
	Elbow & knee pull
	<i>Belt pull & Tate shiho gatame</i>

Chart 4-18

	Morote gari from head & under arms bear hug
	Ude garami from head attack & arm in armpit attack
	<i>Maki komi/Ushiro kesa gatame from side & opposite armpit attack</i>

Hairi Waza (Hands & Knees Bottom)

	Maki komi from head attack & arm in armpit attack
	<i>Leg hook/Seoi nage from back dojime & choke attack</i>
	Cradle with left heel trap

Chart 4-19

	Knee in entry, back leg
	Ankle trap, knee over
	Hand under, force leg up, then down
	Legs together to sleeve choke

Hairi Waza (Legs Around Top)

	Knee in entry, cross knee
	Ankle trap, head under
	Sleeve pull around

Chart 4-20

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

Hairi Waza (Legs Around Bottom)

	Juji gatame
	Ude garami
	Hiza gatame with knee push

Chart 4-21

Fusegi (Escapes From Kesa Gatame)

	Bridge & roll escape
	Uphill turn escape
	<i>Leg entangling escape</i>

	Sit-up escape
	Shoot out/legs over

Chart 4-22

Fusegi (Escapes From Yoko Shiho Gatame)

	Bridge & roll escape
	Leg hooking head escape
	<i>Other</i>

	Uphill turn escape
	Leg entangling leg escape

Chart 4-23

Fusegi (Escapes From Kami Shiho Gatame)

	Single roll escape
	Double arm
	Press out

	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

	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, 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 - _____

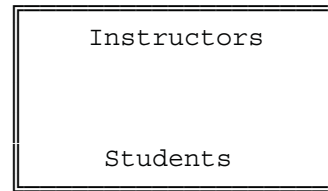
28. What are the four sides of the dojo called?

(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