

Yonkyu

(四きゅう、よんきゅう)

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. 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)
 - 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
- iii. Tokui waza
 1. Demonstrate your favorite technique from a sleeve and lapel grip
 2. Demonstrate your favorite technique from a through-the-arpit 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
 2. Favorite technique attacking combinations
 - a. Your tokui waza to any forward throw
 - b. A rear throw to your tokui 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)
- v. Bogyo
 1. Defenses against a throw
 - a. Move diagonally forward to avoid a throw
 - b. Jump around your partner's 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
 2. Defenses against a ground attack
 - a. Demonstrate a defense against Jūji gatame
- 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 Tsubame gaeshi
 4. Counter your partner's Uchi mata with Uchi mata sukashi
- 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-arpit 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
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)
 - 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
 - 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
- 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
 - iii. Escape from Kami shiho gatame
 1. Demonstrate a single roll escape
 2. Demonstrate a double bridge and roll escape
 - iv. Escape from Miscellaneous Matwork attacks
 1. Defend and escape against rear chokes
 2. Defend and escape a jūji gatame attack
 - 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
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)

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
6. Kata
 - a. Demonstrate the first two sections of the Nage no Kata as uke
 - 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. 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、せいりよくぜんよう)
- 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. 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

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

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

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

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
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Chart 4-5

Renraku Waza (Attack Combinations)

	Forward throw #1 to a pin		Rear throw #1 to a pin
	O uchi gari to Forward throw		Combination of 3 throws #1

Chart 4-6

Renraku Waza (Attack Combinations)

	Your tokui waza to Forward throw		Rear throw to Your tokui waza
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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)		

Chart 4-8

Bogyo (Defenses Against Forward Throwing Attack)

	Diagonal forward		Inside leg jump around
	Hip rotation (start of O soto gari)		Hip twist

Chart 4-9

Bogyo (Defenses Against Throwing Attack)

	Turn-out against O soto gari		Turn-out against forward throw
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Chart 4-10

Bogyo (Defenses Against Attack)

	Defense against Juji gatame
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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

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		

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
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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

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
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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		

Chart 4-20

Hairi Waza (Legs Around Bottom)

	Sumi gaeshi with knee push		Juji gatame
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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		

Chart 4-23

Fusegi (Escapes From Kami Shiho Gatame)

	Single roll escape		Double bridge & roll escape
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Chart 4-24

Fusegi (Escapes From Miscellaneous Matwork Attacks)

	Defense/escape against rear chokes		Defense/escape against juji gatame
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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)

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

Miscellaneous

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

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

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): _____

Sankyu stop here
Nikyu and up continue

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