

United States Judo Association Rank Examination For All Junior Ranks

Name: _____
 Rank testing for: _____
 Date of rank: _____
 Classes attended: _____
 Promotion points earned: _____
 Time in grade: _____
 Date: _____

In order to be examined for a USJA junior judo rank the following requirements must be met as set forth in the USJA junior handbook.

1. You must be a current member of the United States Judo Association.
2. You must have obtained the required time in grade, class attendance and promotion points for the rank being tested, as indicated in the table below.

	Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
Time in Grade in months	2	2	3	3	4	4	5	5	6	6
Classes Attended	16	16	24	24	32	32	40	40	48	48
Promotion Points	4	5	6	7	8	9	10	11	12	12

General Knowledge and Vocabulary

The general knowledge portion of the exam consists largely of multiple choice questions. The student circles or fills in the correct answer where appropriate. The vocabulary consists of a list of English judo terms. The student fills in the Japanese equivalent from the list to the right of the English terms. Both sections are to be completed down to the indicated rank being tested for. If desired this portion of the exam may be given orally. The general knowledge and vocabulary section of the test should be completed and passed before the technical demonstration portion is administered.

Technical Demonstration

Next to each list is a guide indicating the require number of techniques for each rank

List 4-5

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	2	3	4	5	5	5	6	6

The top row indicates the rank being tested for.

The bottom row indicates the number of techniques required for each rank.

Below each guide is a list of techniques. Place a check mark next to the technique the student is to demonstrate. The student should be asked to demonstrate the technique by verbal instruction in both Japanese and English where appropriate for example: *"Please show me O Goshi Major hip throw"*. Where indicated, some opposite/both side techniques will be required.

A score of 1 is given if the student is able to demonstrate the required technique. A score of 0 is given if the student does the wrong technique or grossly bungles it.

If the student fails to meet the requirements from three or more LISTS the entire technical portion of the test must be retaken. At the coaches discretion if three or fewer LISTS are failed, the student may be required to successfully demonstrate these LISTS only to complete the technical portion of the exam.

Note: This exam represents the minimum requirements for each USJA junior judo rank. Additional requirements may be required by individual USJA clubs or instructors.

General Information

Instructions: Circle or fill in the correct answers.

1. What is the name of your Judo organization?
United States Judo Association United States Judo Federation International Judo Federation
2. Who was the founder of Judo?
Nagaoka Mifune Jigoro Kano Kotani
3. What is the name of the school he founded?
Epizoundes Kodokan Budokan Shudokan
4. What is the date of the founding of Judo?
1881 1882 1910 1886

Junior First stop here

5. What are the two principals of Kodokan Judo as defined by Dr. Kano?
*a. Maximum efficiency - Seiryoku Zenyo
b. Mutual benefit & welfare - Jita Kyoei
c. Win at any cost.
d. Never admit defeat*
6. How long have unarmed combat martial arts been practiced in Japan?
600-1000 years 500 to 800 years 600 to 1500 years
7. What was unarmed combat called in Japan before Judo?
Jujitsu Kungfu Karate Boxing
8. How many degrees are there currently in the USJA junior rank system?
five six eight ten
9. List the five USJA junior judo belt colors in order by color. (do not list white)

Junior Second stop here

10. Name the Japanese equivalent of the three parts of a Judo throw.
*a. Balance Kuzushi Tsukuri Anza Kake
b. Entry Kuzushi Tsukuri Anza Kake
c. Execution Kuzushi Tsukuri Anza Kake*
11. Count to ten in Japanese. (May be done verbally.)

12. Give a verbal explanation of the principal of maximum efficiency.
13. Give a verbal explanation of the principal of mutual benefit and welfare.

Junior Third stop here

General Information

14. Name the two divisions of sacrifice techniques in English and Japanese.
- a. Back falling sacrifice techniques *Ma Sutemi Waza* *Yoko sutemi waza* *Kesa setemi waza*
 - b. Side falling sacrifice techniques *Ma sutemi Waza* *Yoko sutemi waza* *Kesa sutemi waza*
15. Name the three parts of unarmed combat in Japanese.
- a. Throwing *Katame waza* *Atemi waza* *Goshi waza* *Nage waza*
 - b. Grappling *Katame waza* *Atemi waza* *Goshi waza* *Nage waza*
 - c. Striking *Katame waza* *Atemi waza* *Goshi waza* *Nage waza*
16. Fill in the English for the three divisions of mat techniques.
- Osaekomi Waza _____
- Shime Waza _____
- Kansetsu Waza _____

Junior Fourth stop here

17. What is Kata?
- a. a dance
 - b. a throw
 - c. a hold down
 - d. a formal prearranged practice routine
18. How many Kata are there in Kodokan Judo?
- a. 10
 - b. 12
 - c. 7
 - d. 9
19. Which Kata is considered most useful for learning throwing techniques?
- _____
20. Which Kata is considered most useful for learning grappling techniques?
- _____

Junior Fifth stop here

21. What is the ultimate goal of judo as defined by Dr. Kano?
- a. To win at any cost
 - b. To become a great judo player
 - c. The harmonious development and eventual perfection of human character
22. What are Kyu ranks in Judo?
- a. Student ranks below black belt
 - b. Judo ranks for junior players
 - c. Black belt ranks
23. Name the six kyu ranks and color belts from highest to lowest senior rank.(do not list white)
- _____
- _____
- _____
- _____
- _____

Junior Sixth stop here

General Information

24. Name the ten black belt ranks in order.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

25. Name the three black belt ranks that are considered student ranks.

1. _____
2. _____
3. _____

26. What other colored belts are black belt holders entitled to wear in the USJA Senior Rank System?

- | | |
|--------------------|-------|
| <i>1st Degree</i> | _____ |
| <i>2nd Degree</i> | _____ |
| <i>3rd Degree</i> | _____ |
| <i>4th Degree</i> | _____ |
| <i>5th Degree</i> | _____ |
| <i>6th Degree</i> | _____ |
| <i>7th Degree</i> | _____ |
| <i>8th Degree</i> | _____ |
| <i>9th Degree</i> | _____ |
| <i>10th Degree</i> | _____ |

Junior Seventh stop here

27. Name three of the ten men who attained tenth degree black belt while they were still alive.

1. _____
2. _____
3. _____

Junior Eighth stop here

28. List the English for the nine kata of Kodokan

- | | | |
|------------------------------------|---------------------------|-------|
| 1. Nage No Kata | <i>Forms of</i> | _____ |
| 2. Katame No Kata | <i>Forms of</i> | _____ |
| 3. Ju No Kata | <i>Forms of</i> | _____ |
| 4. Goshinjitsu No Kata | <i>Forms of</i> | _____ |
| 5. Kime No Kata | <i>Forms of</i> | _____ |
| 6. Joshi Goshincho | <i>Formsof</i> | _____ |
| 7. Itsutsu No Kata | <i>Forms of</i> | _____ |
| 8. Koshiki No Kata | <i>Forms of</i> | _____ |
| 9. Seiryoku-Zen-yo Kokuimin Taiiku | <i>Maximum Efficiency</i> | _____ |

Junior Ninth stop here

29. What year was judo first introduced into the summer Olympic games?

30. Who were the four men on the first U.S. Olympic judo team?

31. Which American was the first to win an Olympic medal in judo and what place did he win?

Junior Tenth stop here: End of general information portion of exam.

Judo Vocabulary

Directions: Fill in the Japanese equivalent for the following English terms from the list to the right.

- | | |
|---|-------------------|
| 1. Teacher _____ | <i>Randori</i> |
| 2. Sitting on knees _____ | <i>Seiza</i> |
| 3. Sitting crossed legged _____ | <i>Tori</i> |
| 4. Attention! _____ | <i>Uchi Komi</i> |
| 5. Bow! _____ | <i>Kiyotsuke!</i> |
| 6. Falling methods or ways _____ | <i>Anza</i> |
| 7. Off balance _____ | <i>Rei!</i> |
| 8. Repetition attack practice without throwing, done with a partner _____ | <i>Kuzushi</i> |
| 9. Person receiving technique _____ | <i>Uke</i> |
| 10. Person performing technique _____ | <i>Ukemi</i> |
| 11. Begin! _____ | <i>Hajime!</i> |
| 12. Stop! _____ | <i>Matte!</i> |
| 13. I surrender! _____ | <i>Maitta!</i> |
| 14. Free practice _____ | <i>Sensei</i> |

Junior First stop here

- | | |
|--|---------------------------|
| 15. Big or major _____ | <i>Kesa-gatame</i> |
| 16. Waist or hip _____ | <i>Waza Ari!</i> |
| 17. Major hip throw _____ | <i>Kuzure-kesa-gatame</i> |
| 18. Outside _____ | <i>Koshi or Goshi</i> |
| 19. Major outside reaping throw _____ | <i>Dan</i> |
| 20. One point! (referee's award) _____ | <i>Soto</i> |
| 21. Almost ippon! (1/2 point) _____ | <i>Ippon!</i> |
| 22. Scarf _____ | <i>O</i> |
| 23. Lock or hold _____ | <i>Kesa</i> |
| 24. Scarf lock _____ | <i>Gatame</i> |
| 25. Modified _____ | <i>Shodan</i> |
| 26. Modified scarf lock _____ | <i>Kuzure</i> |
| 27. Black belt grade or rank _____ | <i>O-goshi</i> |
| 28. Beginning black belt _____ | |

Junior Second stop here

- | | |
|--|--------------------------------|
| 29. A full point by adding two waza-ari scores _____ | <i>Koshi-guruma</i> |
| 30. Near waza-ari! (referee's award) _____ | <i>Gari</i> |
| 31. Near yuko! (referee's award) _____ | <i>Nidan</i> |
| 32. That is all! (referee's call) _____ | <i>Koka!</i> |
| 33. Don't move! (referee's call) _____ | <i>Yoshi!</i> |
| 34. Continue! (referee's call) _____ | <i>Sono mama!</i> |
| 35. Note! (referee's call for slight penalty) _____ | <i>Ko</i> |
| 36. Reaping action done with the leg _____ | <i>Uchi</i> |
| 37. Little or minor _____ | <i>Kouchi-gari</i> |
| 38. Inside _____ | <i>Koshi Waza</i> |
| 39. Minor inside reaping throw _____ | <i>Yuko!</i> |
| 40. Waist or hip techniques _____ | <i>Sore made!</i> |
| 41. Wheel _____ | <i>Guruma</i> |
| 42. Hip wheel throw _____ | <i>Shido!</i> |
| 43. Second degree black belt _____ | <i>Waza-ari Awasete Ippon!</i> |

Junior Third stop here

Judo Vocabulary

44. Caution!(referee's call for moderate penalty) _____	<i>Toketa</i>
45. Warning! (referee's call for severe penalty) _____	<i>Kami Shiho-gatame</i>
46. Shoulder Hold _____	<i>Kuzure Kami Shiho-gatame</i>
47. Upper 4 Corner Hold _____	<i>Yoko Shiho-gatame</i>
48. Variant Upper 4 Corner Hold _____	<i>Chui</i>
49. Side 4 Corner Hold _____	<i>Kuzure Yoko Shiho-gatame</i>
50. Modified Side 4 Corner Hold _____	<i>Osae-komi!</i>
51. Straddling Hold _____	<i>Keikoku</i>
52. Holddown! (referee's call) _____	<i>Harai or Barai</i>
53. Holddown broken! (referee's call) _____	<i>Harai-goshi</i>
54. Sweeping action done with the leg _____	<i>Tate Shiho-gatame</i>
55. Sweeping hip throw _____	<i>Sandan</i>
56. Third Degree Black Belt _____	<i>Kata-gatame</i>

Junior Forth stop here

57. Technique _____	<i>Nage Waza</i>
58. Throw (noun) _____	<i>Yodan</i>
59. Throwing technique(s) _____	<i>Katame Waza</i>
60. Hand _____	<i>Judogi</i>
61. Hand techniques _____	<i>Te Waza</i>
62. Foot or Leg _____	<i>Waza</i>
63. Foot techniques _____	<i>Obi</i>
64. Holding techniques _____	<i>Sode</i>
65. Grappling techniques _____	<i>Ashi Waza</i>
66. Loss by rule violation (referee's call) _____	<i>Nage</i>
67. Judo uniform _____	<i>Te</i>
68. Judo uniform sleeve _____	<i>Osae-komi Waza</i>
69. Judo uniform belt _____	<i>Hansoku Make</i>
70. Fourth Degree Black Belt _____	<i>Ashi</i>

Junior Fifth stop here

71. Judo uniform lapel _____	<i>Eri</i>
72. Body _____	<i>Tai</i>
73. To drop _____	<i>Otoshi</i>
74. Body drop throw _____	<i>Tai-otoshi</i>
75. Choke _____	<i>Shime or Jime</i>
76. Choking techniques _____	<i>Shime Waza</i>
77. Normal _____	<i>Nami</i>
78. Reverse _____	<i>Gyaku</i>
79. Cross _____	<i>Juji</i>
80. Joint locking techniques _____	<i>Kansetsu Waza</i>
81. Cross arm lock _____	<i>Juji gatame</i>
82. Normal Cross Choke _____	<i>Nami Juji-jime</i>
83. Half Cross Choke _____	<i>Kata Juji-jime</i>
84. Fifth Degree Black Belt _____	<i>Godan</i>

Junior Sixth stop here

Judo Vocabulary

85. Reverse cross choke _____	<i>Shimmeisho no Waza</i>
86. Knee _____	<i>Yoko Sutemi Waza</i>
87. Knee wheel throw _____	<i>Gokyo No Waza</i>
88. Sacrifice _____	<i>Gyaku Juji-jime</i>
89. Side or lateral _____	<i>Yoko</i>
90. Throwing techniques done by falling on one's back or side _____	<i>Yoko Shiho-gatame</i>
91. Side falling sacrifice throws _____	<i>Rokudan</i>
92. Forms of gripping an opponent _____	<i>Kumi Kata</i>
93. Four corners (as in pins) _____	<i>Sutemi</i>
94. Locking of the side four corners _____	<i>Hiza</i>
95. Five stages of throwing techniques, the basic syllabus of Kodokan Judo _____	<i>Hiza-guruma</i>
96. Newly certified throwing techniques of Kodokan Judo _____	<i>Sutemi Waza</i>
97. Counter technique _____	<i>Shiho</i>
98. Sixth degree black belt _____	<i>Kaeshi Waza</i>

Junior Seventh stop here

99. Entry methods into matwork _____	<i>Shichidan</i>
100. Slide lapel choke _____	<i>Garami</i>
101. Naked choke _____	<i>Fusegi</i>
102. Single wing choke _____	<i>Judoka</i>
103. Rear, behind (as in throwing and pinning) _____	<i>Hairi Kata</i>
104. Tournament _____	<i>Uki</i>
105. Practice hall for judo _____	<i>Dojo</i>
106. Judo practitioner or player _____	<i>Kata Ha-jime</i>
107. Arm _____	<i>Ude</i>
108. Entangle _____	<i>Okuri Eri-jime</i>
109. Escape (as from a pin) _____	<i>Shiai</i>
110. Side of the dojo or tournament mat where high ranking black belts sit _____	<i>Joseki</i>
111. To float or floating _____	<i>Ushiro</i>
112. Seventh Degree Black Belt _____	<i>Hadaka-jime</i>

Junior Eighth stop here

113. Lift _____	<i>Hachidan</i>
114. Pull _____	<i>Ura-nage</i>
115. Lift pull hip throw _____	<i>Tokui Waza</i>
116. Reverse side, back _____	<i>Zarei</i>
117. Rear throw _____	<i>Tsuri</i>
118. Dashing action done with the leg _____	<i>Uki Goshi</i>
119. Kneeling bow _____	<i>Kosoto-gake</i>
120. Standing bow _____	<i>Gake or Kake</i>
121. Minor outside dashing throw _____	<i>Komi</i>
122. Both hands _____	<i>Tsurikomi-goshi</i>
123. Two hand reap _____	<i>Ritsurei</i>
124. Floating hip throw _____	<i>Morote</i>
125. Favorite technique _____	<i>Ura</i>
126. Eight degree black belt _____	<i>Morote Gari</i>

Junior Ninth stop here

Technical Demonstration

Place a check X next to the technique to be demonstrated. For additional instructions see page 1.

Miscellaneous Skills

List 4-19

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
8	10	12	14	16	16	16	16	16	16

- | | |
|--|---|
| <input type="checkbox"/> <input type="checkbox"/> Ukemi
<input type="checkbox"/> <input type="checkbox"/> Zarei - Kneeling bow
<input type="checkbox"/> <input type="checkbox"/> Ritsurei - Standing bow
<input type="checkbox"/> <input type="checkbox"/> Seiza - Sitting on knees and feet
<input type="checkbox"/> <input type="checkbox"/> Anza - Sitting crossed-legged
<input type="checkbox"/> <input type="checkbox"/> Proper tying of belt
<input type="checkbox"/> <input type="checkbox"/> Randori - Free practice
<input type="checkbox"/> <input type="checkbox"/> Proper folding of the judo gi | <input type="checkbox"/> <input type="checkbox"/> Tsugi Ashi - Following foot walking
<input type="checkbox"/> <input type="checkbox"/> Ayumi Ashi - Normal walking
<input type="checkbox"/> <input type="checkbox"/> Round-off
<input type="checkbox"/> <input type="checkbox"/> Shizen Hontai - Basic natural posture
<input type="checkbox"/> <input type="checkbox"/> Jigo Hontai - Basic defensive posture
<input type="checkbox"/> <input type="checkbox"/> Migi/Hidari Sabaki 90° right/left turns
<input type="checkbox"/> <input type="checkbox"/> Maware 180° turns
<input type="checkbox"/> <input type="checkbox"/> Kyoshi - High kneeling |
|--|---|

Kumi Kata

Gripping Forms

List 4-7

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	3	4	4	4	4	4	4	4

- | | |
|--|---|
| <input type="checkbox"/> <input type="checkbox"/> Standard sleeve and lapel grip
<input type="checkbox"/> <input type="checkbox"/> High lapel grip
<input type="checkbox"/> <input type="checkbox"/> Collar grip
<input type="checkbox"/> <input type="checkbox"/> Through the armpit back grip | <input type="checkbox"/> <input type="checkbox"/> Over the shoulder back grip
<input type="checkbox"/> <input type="checkbox"/> Cross grip with lapel grip
<input type="checkbox"/> <input type="checkbox"/> Other
<input type="checkbox"/> <input type="checkbox"/> Other |
|--|---|

List 4-8

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	3	4	4	4	4	4	4	4

- | | |
|---|--|
| <input type="checkbox"/> <input type="checkbox"/> Drive through break against the collar grip
<input type="checkbox"/> <input type="checkbox"/> Inner sleeve grip against a high lapel grip
<input type="checkbox"/> <input type="checkbox"/> Swinging elbow break against a sleeve grip
<input type="checkbox"/> <input type="checkbox"/> Swinging arm break against a sleeve grip
<input type="checkbox"/> <input type="checkbox"/> Snap out break against low lapel grip
<input type="checkbox"/> <input type="checkbox"/> Other
<input type="checkbox"/> <input type="checkbox"/> Other | |
|---|--|

List 4-1

Nage Waza

Throwing Techniques

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
2	4	6	8	10	12	14	16	18	20
0	0	1	2	3	4	4	4	4	4

Opposite/both sides

___ ___ Deashi Harai	Advanced foot sweep	___ ___ Yoko Wakare	Side Separation
___ ___ Hiza-guruma	Knee wheel	___ ___ Yoko-guruma	Side Wheel
___ ___ Sasae Tsurikomi Ashi	Supporting Foot Lift Pull throw	___ ___ Ushiro-goshi	Back Hip Throw
___ ___ Uki-goshi	Floating Hip	___ ___ Ura Nage	Back Throw
___ ___ Osoto-gari	Large Outer Reap	___ ___ Sumi Otoshi	Corner Drop
___ ___ Ogoshi	Large Hip Throw	___ ___ Yoko-gake	Side Body Drop
___ ___ Ouchi-gari	Large Inner Reap	___ ___ Morote-gari	Two Hand Reap
___ ___ Seoi Nage	Shoulder Throw	___ ___ Kuchiki Taoshi	Dead Tree Drop
___ ___ Kosoto-gari	Small Outer Reap	___ ___ Kibisu-gaeshi	Heel Trip
___ ___ Kouchi-gari	Small Inner Reap	___ ___ Uchi Mata Sukashi	Inner Thigh Avoidance
___ ___ Koshi-guruma	Hip Wheel	___ ___ Dakiage	High Lift
___ ___ Tsurikomi-goshi	Lift-Pull Hip Throw	___ ___ Tsubame-gaeshi	Swallow Counter
___ ___ Okuri Ashi Harai	Foot Sweep	___ ___ Osoto-gaeshi	Major Outer Counter
___ ___ Tai-otoshi	Body Drop	___ ___ Ouchi-gaeshi	Major Inner Counter
___ ___ Harai-goshi	Hip Sweep	___ ___ Kouchi Gaeshi	Minor Inner Reap Counter
___ ___ Uchi Mata	Inner-thigh Throw	___ ___ Hane-goshi-gaeshi	Springing Hip Counter
___ ___ Kosoto-gake	Small Outer Hook	___ ___ Harai-goshi-gaeshi	Sweeping Hip Counter
___ ___ Tsurigoshi	Lifting Hip Throw	___ ___ Uchi Mata-gaeshi	Inner Thigh Counter
___ ___ Yoko Otoshi	Side Drop	___ ___ Kani-basami	Crab Scissors
___ ___ Ashi-guruma	Leg Wheel	___ ___ Kawazu-gake	One Leg Entanglement
___ ___ Hane-goshi	Hip Spring	___ ___ Osoto Makikomi	Major Outer Wrap Around
___ ___ Harai Tsurikomi Ashi	Lift-Pull Foot Sweep	___ ___ Uchi Mata Makikomi	Inner Thigh Wrap Around
___ ___ Tomoe Nage	Circular Throw	___ ___ Harai Makikomi	Sweeping Wrap Around
___ ___ Kata-guruma	Shoulder Wheel	___ ___ Sode Tsuru-komi-goshi	Sleeve Lift Pull Hip Throw
___ ___ Sumi-gaeshi	Corner Throw	___ ___ Ippon Seoi Nage	One Arm Shoulder Throw
___ ___ Tani Otoshi	Valley Drop	___ ___ Obi Otoshi	Belt Drop
___ ___ Hane Makikomi	Springing Wrap Around Throw	___ ___ Daki Wakare	High Separation
___ ___ Sukuinage	Scooping Throw	___ ___ Hikikomi Gaeshi	Back Fall Reversal
___ ___ Utsuri Goshi	Hip Shift	___ ___ Osoto Otoshi	Major Outer Drop
___ ___ Oguruma	Large Wheel	___ ___ Tawara Gaeshi	Rice Bag Reversal
___ ___ Soto Makikomi	Outer Wrap Around Throw	___ ___ Uchi Makikomi	Inner Wrap Around
___ ___ Uki Otoshi	Floating Drop	___ ___ Seoi Otoshi	Shoulder Drop
___ ___ Osoto-guruma	Large Outer Wheel	___ ___ Yama Arashi	Mountain Storm
___ ___ Uki Waza	Floating Throw		

List 4-2

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	3	3	4	4	5	5	6	6

Demonstrate your throwing system as an opponent moves in the following directions.

- | | |
|--|---------------|
| ___ ___ Opponent moves directly into you. | ___ ___ Other |
| ___ ___ Opponent moves directly away from you. | ___ ___ Other |
| ___ ___ Opponent moves to your left. | ___ ___ Other |
| ___ ___ Opponent moves to your right. | ___ ___ Other |

List 4-3

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
0	0	1	2	3	4	4	4	4	4

Demonstrate variations of your favorite throw using different gripping configurations.

- | | |
|-------------------------|-------------------------|
| ___ ___ (Grip #1) _____ | ___ ___ (Grip #3) _____ |
| ___ ___ (Grip #2) _____ | ___ ___ (Grip #4) _____ |

Renraku Waza Combination Techniques

List 4-4

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	3	3	4	4	5	5	6	6

Demonstrate the following attack combinations either right or left side.

- | | |
|--|--|
| ___ ___ Forward throw #1 to pin | ___ ___ Rear throw to pin #2 |
| ___ ___ Forward throw #2 to pin | ___ ___ Ouchi-gari to forward throw |
| ___ ___ Forward throw #3 to pin | ___ ___ Forward throw to rear throw #1 |
| ___ ___ Forward throw to opposite side forward throw | ___ ___ Forward throw to rear throw #2 |
| ___ ___ Sutemi waza (#1) to pin | ___ ___ Forward throw to rear throw #3 |
| ___ ___ Sutemi waza (#2) to pin | ___ ___ Other |
| ___ ___ Rear throw to pin #1 | ___ ___ Other |

Bogyo Defense Against Throws

List 4-6

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
0	0	1	2	3	3	4	4	4	4

Demonstrate the following defenses against a forward throwing attack.

- | | |
|--------------------------------------|-------------------|
| ___ ___ Outside leg jump around | ___ ___ Round-off |
| ___ ___ Hip twist | ___ ___ Turn out |
| ___ ___ Hip twist with cut | ___ ___ Other |
| ___ ___ Drive (start of Tani Otoshi) | ___ ___ Other |

Kaeshi-No-Waza

Counter Throw Techniques

List 4-5

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	2	3	4	5	5	5	6	6

Uke attacks with: Tori (you) counter with:

___ ___ Osoto-gari with Osoto-gaeshi	___ ___ Forward throw with inside leg step around to forward throw
___ ___ Forward throw #1 with Tani Otoshi	___ ___ Ouchi-gari with Ouchi-gaeshi
___ ___ Forward throw #2 with Tani Otoshi	___ ___ Other
___ ___ Forward throw #3 with Tani Otoshi	___ ___ Other
___ ___ Kouchi-gari with Kouchi-gaeshi	___ ___ Other
___ ___ Harai-Goshi with Ushiro-goshi	___ ___ Other

Katame Waza

List 4-9

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
2	3	4	5	6	6	6	6	6	6

Demonstrate the following pinning techniques either right or left side.

___ ___ Kesa-gatame	Scarf Hold
___ ___ Kuzure Kesa-gatame	Variant Scarf Hold
___ ___ Makura Kesa-gatame	Pillow Scarf Hold
___ ___ Ushiro Kesa-gatame	Reverse Scarf Hold
___ ___ Kata-gatame	Shoulder Hold
___ ___ Uki-gatame	Floating Hold
___ ___ Yoko Shiho-gatame	Side Hold
___ ___ Kuzure Yoko Shiho-gatame	Variant Side Hold
___ ___ Tate Shiho-gatame	Straddling Hold
___ ___ Kami Shiho-gatame	Upper 4-Corner Hold
___ ___ Kuzure Kami Shiho-gatame	Variant Upper 4-Corner Hold
___ ___ Sankaku-gatame	Triangular Hold
___ ___ Other	
___ ___ Other	

List 4-11

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
1	2	3	4	5	5	5	5	5	5

With uke in the hands and knees position and tori (you) on top, demonstrate the following.

Hands & Knees Top

___ ___ Half-nelson turn over from the front.	___ ___ Far arm and leg pull under
___ ___ Double lapel turn over	___ ___ Other
___ ___ Sankaku pullover entry	___ ___ Other
___ ___ Half-nelson turn over from the side	___ ___ Other

List 4-11

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
------	------	------	------	------	------	------	------	------	-------

1	2	3	4	5	5	5	5	5	5
---	---	---	---	---	---	---	---	---	---

With uke in the hands and knees position and tori (you) on top, demonstrate the following.

Hands & Knees Top

- ___ ___ Half-nelson turn over from the front
- ___ ___ Double lapel turn over
- ___ ___ Sankaku pullover entry
- ___ ___ Half-nelson turn over from the side
- ___ ___ Far arm and leg pull under
- ___ ___ Other
- ___ ___ Other
- ___ ___ Other

List 4-12

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
------	------	------	------	------	------	------	------	------	-------

0	0	1	2	3	4	4	4	4	4
---	---	---	---	---	---	---	---	---	---

With tori (you) in the hands and knees position and uke on top, demonstrate the following.

Hands & Knees Bottom

- ___ ___ Cradle with left heel trap (opposite side heel trap)
- ___ ___ Maki Komi from head attack and arm in armpit attack
- ___ ___ Leg Hook or Seoi nage from back against
dojime and choke attacks
- ___ ___ Maki Komi to Ushiro Kesa-gatame
from side and opposite armpit attacks
- ___ ___ Other
- ___ ___ Other

List 4-13

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
------	------	------	------	------	------	------	------	------	-------

0	1	2	3	3	3	4	4	6	6
---	---	---	---	---	---	---	---	---	---

With uke in the bottom guard position and tori (you) in the top position, demonstrate the following.

Legs Around Top

- ___ ___ Knee in entry, back leg
- ___ ___ Swinging leg entry
- ___ ___ Sleeve pull around
- ___ ___ Ankle trap, knee over
- ___ ___ Cross leg ankle trap
- ___ ___ Pants leg pull to Ushiro Kesa-gatame
- ___ ___ Other
- ___ ___ Other

List 4-14

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
------	------	------	------	------	------	------	------	------	-------

0	0	0	1	2	3	4	4	4	4
---	---	---	---	---	---	---	---	---	---

With tori (you) in the guard position and uke on top, demonstrate the following.

Legs Around Bottom

- ___ ___ Sankaku-jime entry
- ___ ___ Turn over to Tate Shiho-gatame
- ___ ___ Sumi-gaeshi with knee push
- ___ ___ Cross Choke w/head under arm
- ___ ___ Cross Choke w/back grab
- ___ ___ Other
- ___ ___ Other
- ___ ___ Other

Shime Waza Choking Techniques

List 4-10

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
0	0	1	2	3	4	4	5	5	5

Demonstrate the following techniques (at the instructor's discretion).

___ ___ Nami Juji-jime	Normal Cross Choke
___ ___ Gyaku Juji-jime	Reverse Cross Choke
___ ___ Kata Juji-jime	Half Cross Choke
___ ___ Kata Ha-jime	Single Wing Choke
___ ___ Sode Guruma Jime	Sleeve Wheel Choke
___ ___ Katate-jime	One Hand Choke
___ ___ Hadaka-jime	Naked Choke
___ ___ Okuri Eri-jime	Sliding Lapel Choke
___ ___ Jigoku jime	Hell Strangle
___ ___ Sankaku jime	Triangular Choke
___ ___ Ryote-jime	Two Hand Choke
___ ___ Tsukkomi-jime	Thrust Choke

Students Name _____

Certification of Examiner: I certify that _____ has successfully demonstrated the required number of technique(s) from each list for the rank of Junior _____ degree.

Signature of Examiner

Rank of Examiner

Date

Certification of Student: I certify that all answers and scores recorded on this examine were properly earned.

Signature of Student

Rank of Student

Date

Upon successful completion of this tes, the coach will submit with the proper fee to the USJA National Office, a current USJA junior promotion form verifying that the student has met the requirements of the United States Junior Rank System as set forth in the USJA Junior Handbook. After processing, the USJA will issue a certificate of Judo promotion, a rank patch, and a membership card showing your new rank.