

United States Judo Association

Rank Study Guide

For All Junior Ranks

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.

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.

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.

Belt color being tested for:

Time in Grade in months:

Classes Attended:

Promotion Points:

Jr.1	Jr.2	Jr.3	Jr.4	Jr.5	Jr.6	Jr.7	Jr.8	Jr.9	Jr.10
2	2	3	3	4	4	5	5	6	6
16	16	24	24	32	32	40	40	48	48
4	5	6	7	8	9	10	11	12	12

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

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.

Instructions: Circle or fill in the correct answers.

General Information

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)

Yellow *Orange* *Green* *Blue* *Purple*

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.)

Ichi, Ni, San, Shi, Go, Rokyū, Shichi, Hachi, Ku, Ju

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 Holding Techniques
Shime Waza Choking Techniques
Kansetsu Waza Arm Bar Techniques

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?

Nage No Kata

20. Which Kata is considered most useful for learning grappling techniques?

Katame No Kata

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)

- Rokyu Yellow
Gokyu Orange
Yonku Green
Sankyu Brown
Nikyu Brown
Ikkyu Brown

Junior Sixth stop here

General Information

24. Name the ten black belt ranks in order.

1. Shodan 6. Rokudan
2. Nidan 7. Shichidan
3. Sandan 8. Hachidan
4. Yodan 9. Kudan
5. Godan 10. Judan

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

1. Shodan
2. Nidan
3. Sandan

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

- | | |
|-------------|----------------------|
| 1st Degree | <u>Black</u> |
| 2nd Degree | <u>Black</u> |
| 3rd Degree | <u>Black</u> |
| 4th Degree | <u>Red and Black</u> |
| 5th Degree | <u>Red and Black</u> |
| 6th Degree | <u>Red and White</u> |
| 7th Degree | <u>Red and White</u> |
| 8th Degree | <u>Red and White</u> |
| 9th Degree | <u>Red</u> |
| 10th Degree | <u>Red</u> |

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 Throwing</i> |
| 2. Katame No Kata | <i>Forms of Grappling</i> |
| 3. Ju No Kata | <i>Forms of Gentleness</i> |
| 4. Goshinjitsu No Kata | <i>Forms of Self-Defense</i> |
| 5. Kime No Kata | <i>Forms of Decision</i> |
| 6. Joshi Goshinno | <i>Forms of Self Defense For Women</i> |
| 7. Itsutsu No Kata | <i>Forms of Five</i> |
| 8. Koshiki No Kata | <i>Forms of Antiquity</i> |
| 9. Seiryoku-Zen-yo Kokuimin Taiiku | <i>Maximum Efficiency Physical Exercise</i> |

Junior Ninth stop here

General Information

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

1964

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

Ben Campbell, Jim Bregman, George Harris, Paul Maruyama

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

Jim Bregman 3rd Place (Bronze Medal)

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>Sensei</i>	
2. Sitting on knees	<i>Seiza</i>	<i>pronounce: see zah</i>
3. Sitting crossed legged	<i>Anza</i>	
4. Attention!	<i>Kiyotsuke!</i>	<i>Pronounce: Kee Yut su kay</i>
5. Bow!	<i>Rei!</i>	<i>Pronounce: Ray</i>
6. Falling methods or ways	<i>Ukemi</i>	<i>Pronounce: oo key me</i>
7. Off balance	<i>Kuzushi</i>	
8. Repetition attack practice without throwing, done with a partner	<i>Uchi Komi</i>	<i>Pronounce: oo chee ko me</i>
9. Person receiving technique	<i>Uke</i>	<i>pronounce: oo key me</i>
10. Person performing technique	<i>Tori</i>	
11. Begin!	<i>Hajime!</i>	<i>Pronounce: Ha jee me</i>
12. Stop!	<i>Matte!</i>	<i>Pronounce: Ma tay</i>
13. I surrender!	<i>Maitta!</i>	<i>Pronounce: My et ta</i>
14. Free practice	<i>Randori</i>	

Junior First stop here

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

Junior Second stop here

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

Junior Third stop here

45. Shoulder Hold _____ *Kata-gatame*
47. Upper 4 Corner Hold _____ *Kami Shiho-gatame*
48. Variant Upper 4 Corner Hold _____ *Kuzure Kami Shiho-gatame*
49. Side 4 Corner Hold _____ *Yoko Shiho-gatame*
50. Modified Side 4 Corner Hold _____ *Kuzure Yoko Shiho-gatame*
51. Straddling Hold _____ *Tate Shiho-gatame*
52. Hold-down! (Referee's call) _____ *Osae-komi!*
53. Hold-down broken! (Referee's call) _____ *Toketa*
54. Sweeping action done with the leg _____ *Harai or Barai*
55. Sweeping hip throw _____ *Harai-goshi*
56. Third Degree Black Belt _____ *Sandan*

Junior Forth stop here

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

Junior Fifth stop here

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

Junior Sixth stop here

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

Junior Seventh stop here

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

Junior Eighth stop here

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

Junior Ninth stop here

127. Pivoting or turning the body _____ *Tai Sabaki*
 128. Judo mats (straw japanese) _____ *Tatami*
 129. Instantaneous promotion _____ *Batsugun*
 130. Formal forms of throwing _____ *Nage No Kata*
 131. Formal form of holding _____ *Katame No Kata*
 132. Shout to gather inner strength _____ *Kiai*
 133. Avoiding or evasive action _____ *Sukashi*
 134. Martial arts _____ *Budo*
 135. Way of the warrior _____ *Bushido*
 136. Alternate throwing practice, done with a partner _____ *Sute Geiko*
 137. Circle _____ *Tomoe*
 138. Circle throw _____ *Tomoe Nage*
 139. 9th Degree black belt _____ *Kudan*
 140. 10th Degree black belt _____ *Judan*

Technical Demonstration

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

Nage Waza Throwing Techniques

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

Katame Waza

Holding Techniques

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
KuzureYoko Shihogatame	Variant Side Hold
Tate Shiho-gatame	Straddling Hold
Kami Shiho-gatame	Upper 4-Corner Hold
Kuzure Kami Shihogatame	Variant Upper 4-Corner Hold
Sankaku-gatame	Triangular Hold

Shime Waza

Choking Techniques

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