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

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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:

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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, Rokyu, 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
   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  Black
   2nd Degree  Black
   3rd Degree  Black
   4th Degree  Red and Black
   5th Degree  Red and Black
   6th Degree  Red and White
   7th Degree  Red and White
   8th Degree  Red and White
   9th Degree  Red
   10th Degree Red

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

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
   Sensei

2. Sitting on knees
   Seiza

3. Sitting crossed legged
   Anza

4. Attention!
   Kiyotsuke!

5. Bow!
   Rei!

6. Falling methods or ways
   Ukemi

7. Off balance
   Kuzushi

8. Repetition attack practice without throwing, done with a partner
   Uchi Komi

9. Person receiving technique
   Uke

10. Person performing technique
    Tori

11. Begin!
    Hajime!

12. Stop!
    Matte!

13. I surrender!
    Maitta!

14. Free practice
    Randori

Junior First stop here

15. Big or major
    O

16. Waist or hip
    Koshi or Goshi

17. Major hip throw
    O-goshi

18. Outside
    Soto

19. Major outside reaping throw
    O Soto Gari

20. One point! (referee’s award)
    Ippon!

21. Almost ippon! (1/2 point)
    Waza Ari!

22. Scarf
    Kesa

23. Lock or hold
    Gatame

24. Scarf lock
    Kesa-gatame

25. Modified
    Kuzure

26. Modified scarf lock
    Kuzure-kesa-gatame

27. Black belt grade or rank
    Dan

28. Beginning black belt
    Shodan

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. Inside ________________ Ko
38. Minor inside reaping throw ____________________________
   Kouchi-gari
39. Waist or hip techniques ________________________________
   Koshi Waza
40. Hip wheel throw ____________________________ Koshi-guruma
41. Wheel __________________________ Guruma
42. 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 ______________________ Otosho
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

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<td>Yoko-guruma</td>
<td>Side Wheel</td>
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<td>Ushiro-goshi</td>
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<td>Ura Nage</td>
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<td>Sumi Otoshi</td>
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<td>Morote-gari</td>
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<td>Ouchi-gaeshi</td>
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<td>Kouchi Gaeshi</td>
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<td>Kawazu-gake</td>
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<td>Osoto Makikomi</td>
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<td>Harai Makikomi</td>
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<td>Deashi Harai</td>
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<td>Koshi-guruma</td>
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<td>Tsurikomi-goshi</td>
<td>Lift-Pull Hip Throw</td>
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<td>Okuri Ashi Harai</td>
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<td>Lifting Hip Throw</td>
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<td>Tomoe Nage</td>
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<td>Soto Makikomi</td>
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<td>Osoto-guruma</td>
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<td>Uki Waza</td>
<td>Floating Throw</td>
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## Katame Waza
### Holding Techniques

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<td>Scarf Hold</td>
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<td>Kuzure Kesa-gatame</td>
<td>Variant Scarf Hold</td>
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<td>Pillow Scarf Hold</td>
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<td>Ushiro Kesa-gatame</td>
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<td>Kuzure Yoko Shihogatame</td>
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<td>Upper 4-Corner Hold</td>
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<td>Kuzure Kami Shihogatame</td>
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<td>Sankaku-gatame</td>
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## Shime Waza
### Choking Techniques

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<td>Nami Juji-jime</td>
<td>Normal Cross Choke</td>
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<tr>
<td>Gyaku Juji-jime</td>
<td>Reverse Cross Choke</td>
</tr>
<tr>
<td>Kata Juji-jime</td>
<td>Half Cross Choke</td>
</tr>
<tr>
<td>Kata Ha-jime</td>
<td>Single Wing Choke</td>
</tr>
<tr>
<td>Sode Guruma Jime</td>
<td>Sleeve Wheel Choke</td>
</tr>
<tr>
<td>Katate-jime</td>
<td>One Hand Choke</td>
</tr>
<tr>
<td>Hadaka-jime</td>
<td>Naked Choke</td>
</tr>
<tr>
<td>Okuri Eri-jime</td>
<td>Sliding Lapel Choke</td>
</tr>
<tr>
<td>Jigoku jime</td>
<td>Hell Strangle</td>
</tr>
<tr>
<td>Sankaku jime</td>
<td>Triangular Choke</td>
</tr>
<tr>
<td>Uki Otosh</td>
<td>Two Hand Choke</td>
</tr>
<tr>
<td>Soko-guruma</td>
<td>Third Finger Choke</td>
</tr>
<tr>
<td>Ryote-jime</td>
<td>Thumb Choke</td>
</tr>
<tr>
<td>Tsukkomi-jime</td>
<td>Thrust Choke</td>
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