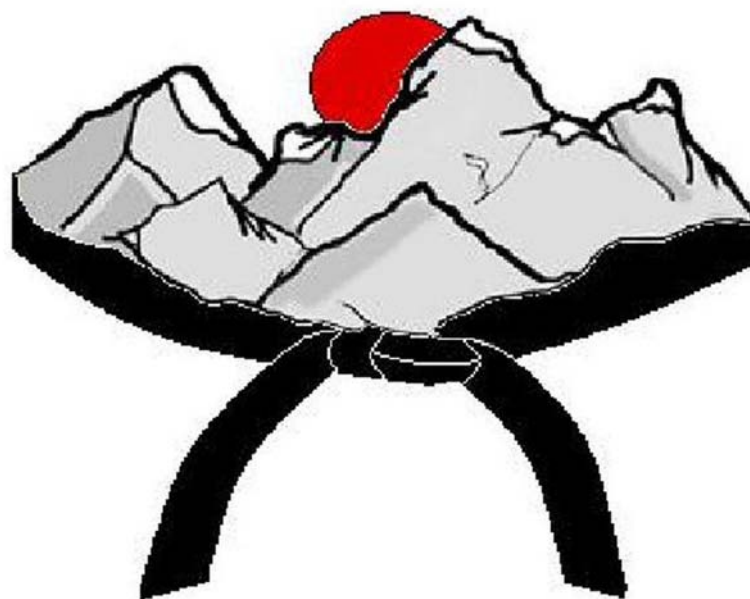


DENVER JUDO JUNIOR RANK REQUIREMENTS

(version 2 – January 2009)

Denver Judo



Junior Points and Time in Grade

- Please note that you are responsible for maintaining your own competition record. Record books are available at the dojo.
- Time in grade and points requirements are MINIMUMS.
- All promotions must be approved by a Denver Judo sensei
- Points and time in grade accumulated reset to zero after each promotion.
- You may or may not be tested on all items on your list. Be prepared to demonstrate all techniques.
- You must score at least 75% on the written exam to be eligible for promotion.
- Practical tests will be scored out of 4 (0 = failing, 1 = poor, 2 = fair, 3 = good, 4 = excellent). You need to average at least 3.0 to be eligible for promotion.

How to earn points:

Enter local tournament: 1 point

Enter national tournament: 2 points (E level, Junior Nationals, Junior Olympics, Fall Classic, Ladder Tournament, High School Nationals, Collegiate Nationals, Senior Nationals, Masters Nationals)

Enter international tournament: 3 points (D level or higher, Junior US Open, etc)

Defeat player with a lower rank than yours: ½ point

Defeat player with same rank: 1 point

Defeat player 1 rank higher: 1 ½ points (color or dan)

Defeat player 2 ranks higher: 2 points

Defeat player 3 or more ranks higher: 3 points

Non-competitive points*:

Keep score or bracket at tournament: 1 point

Referee at tournament: 1.5 points

Tournament director: 3 points

Enter a local kata tournament: 1 point

Enter a national kata tournament: 2 points

Enter an international kata tournament: 3 points

Kata 1st place: 3 points

Kata 2nd place: 2 points

Kata 3rd place: 1 point

*Non-competitive players will have longer time in grade and lower point requirements than competitive players. This will be determined on a case by case basis.

Junior Point Requirements:

Yellow Belt 0 points

Yellow Belt 1st stripe 5 points

Yellow Belt 2nd stripe 7 points

Orange Belt 10 points

Orange Belt 1st stripe 10 points

Orange Belt 2nd stripe 13 points

Green Belt 15 points

Blue belt 20 points

Purple belt 20 points

Sankyu and higher – see senior points requirements

Time in grade Requirements:

Promotionals will be held at least 4 times per year: January, April, July, and October. Batsugan (merit) promotions between tests are possible for outstanding performances and students may be asked to test off-cycle if necessary. Time in grade is generally a minimum standard. You may or may not be eligible to test at these intervals. Time in grade is from date of last promotion.

Junior Time in Grade:

Yellow Belt	2 months or 12 classes
Yellow Belt 1 st Stripe	2 months (4 months total in judo)
Yellow Belt 2 nd Stripe	4 months (8 months total in judo)
Orange Belt	4 months (12 months total in judo)
Orange Belt 1 st Stripe	4 months (16 months total in judo)
Orange Belt 2 nd Stripe	4 months (20 months total in judo)
Green Belt	4 months (24 months total in judo)
Blue belt	6 months (30 months total in judo)
Purple belt	12 months (42 months total in judo)
Sankyu and higher	– see senior requirements

Junior Minimum Age Requirements:

Yellow belt	5 years
Orange belt	6 years
Green belt	8 years
Blue belt	10 years
Purple belt	12 years
Sankyu	13 years (see senior rank requirement)

Yellow Belt



Nage Waza (Throwing Techniques)

O soto gari – big outside reap
Ippon Seoi Nage – one arm shoulder throw
O goshi – big hip throw

Katame Waza (Holding Techniques)

Kesa Gatame
Bridge and Roll Escape from Kesa Gatame
Yoko Shiho Gatame – Side four corners hold-down
Leg Entanglement Escape from Yoko Shiho Gatame

Ukemi Waza (Falling Techniques)

Yoko Ukemi – Side Falls
Koho Ukemi – Back Falls

Vocabulary

Begin!	Hajime!
Stop!	Matte!
Judo Instructor	Sensei
Judo School	Dojo
Attention!	Kyotsuke!
Bow!	Rei!
One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Hachi
Nine	Ku
Ten	Ju

General Information

Who was the founder of judo?	Jigoro Kano
What was the name of the judo school he founded?	The Kodokan
What was the year of the founding of judo?	1882

Yellow Belt 1st Stripe



Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Ippon seoi nage – one arm shoulder throw
- Morote seoi nage – two arm shoulder throw
- O Uchi Gari – Big inner reap

Katame Waza

- Kesa gatame – scarf hold
- Bridge and roll escape from kesa gatame
- Yoko Shiho Gatame – Side four corners hold down
- Leg Entanglement escape from yoko shiho gatame.

Ukemi Waza (Falling Techniques)

- Zempo Kaiten Ukemi – forward rolling breakfalls, stay on mat
- Yoko Ukemi – side falls
- Koho Ukemi – back falls

Vocabulary

Begin!	Hajime!
Stop!	Matte!
Judo Instructor	Sensei
Judo School	Dojo
Attention!	Kyotsuke!
Bow!	Rei!
One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Hachi
Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame

General Information

Who was the founder of judo?	Jigoro Kano
What was the name of the judo school he founded?	The Kodokan
What was the date of the founding of judo?	1882

Attitude, Attendance, Participation

Yellow Belt 2nd Stripe



Nage Waza (Throwing Techniques)

O soto gari – big outside reap
O goshi – hip throw
Ippon seoi nage – one arm shoulder throw
Morote seoi nage – two arm shoulder throw
O uchi gari – big inside reap
Ko uchi gari – small inside reap

Katame Waza

Kesa Gatame – scarf hold
Kata Gatame – shoulder hold
Bridge and roll escape from kesa gatame
Yoko Shiho Gatame – Side four corners hold
Leg Entanglement Escape from Yoko Shiho Gatame

Ukemi Waza (Falling Techniques)

Zempo Kaiten Ukemi – forward rolling breakfalls, stay on mat, left and right
Yoko Ukemi – side falls
Koho Ukemi – back falls

Vocabulary

Begin!	Hajime!
Stop!	Matte!
Judo Instructor	Sensei
Judo School	Dojo
Attention!	Kyotsuke!
Bow!	Rei!
One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Hachi
Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame
Person doing the technique	Tori
Person receiving the technique	Uke
Falling methods	Ukemi

Forward rolling breakfalls
Side Falls

Zempo Kaiten Ukemi
Yoko Ukemi

General Information

Who was the founder of judo?

Jigoro Kano

What was the name of the judo school he founded?

The Kodokan

What was the date of the founding of judo?

1882

What were unarmed martial arts called in Japan before judo?

Jujitsu

Attitude, Attendance, Participation

Orange Belt



Nage Waza (Throwing Techniques)

O soto gari – big outside reap
O goshi – hip throw
Ippon seoi nage – one arm shoulder throw
Morote seoi nage – two arm shoulder throw
O uchi gari – big inside reap
Ko uchi gari – small inside reap
Koshi guruma – headlock hip throw
Tani otoshi – counter throw

Katame Waza

Kesa Gatame – scarf hold
Kata Gatame – shoulder hold
Bridge and roll escape from Kesa Gatame
Yoko Shiho Gatame – Side four corners hold
Leg entanglement escape from Yoko Shiho Gatame
Kami Shiho Gatame – Upper four corners hold-down

Ukemi Waza (Falling Techniques)

Zempo Kaiten Ukemi – forward rolling breakfalls, come to feet, left and right
Yoko Ukemi – side falls
Koho Ukemi – back falls

Vocabulary

Begin!	Hajime!
Stop!	Matte!
Judo Instructor	Sensei
Judo School	Dojo
Attention!	Kyotsuke!
Bow!	Rei!
One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Hachi
Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame

Person doing the technique	Tori
Person receiving the technique	Uke
Falling methods	Ukemi
Forward rolling breakfalls	Zempo Kaiten Ukemi
Side Falls	Yoko Ukemi
Free practice or sparring	Randori
Tournament	Shiai
Form practice	Kata
Hold-down!	Osae Komi!
Hold-down broken!	Toketa!
Full point!	Ippon!
Half point!	Waza Ari!
Quarter point!	Yuko!
That is all!	Sore Made!

General Information

Who was the founder of judo?	Jigoro Kano
What was the name of the judo school he founded?	The Kodokan
What was the date of the founding of judo?	1882
What were unarmed martial arts called in Japan before judo?	Jujitsu

What are the three parts of a judo throw, in Japanese and English?

Kuzushi	Off-balance
Tsukuri	Entrance
Kake	Execution

Attitude, Attendance, Participation, Competition Record

Orange Belt 1st Stripe



Nage Waza (Throwing Techniques)

O soto gari – big outside reap
O goshi – hip throw
Ippon seoi nage – one arm shoulder throw
Morote seoi nage – two arm shoulder throw
O uchi gari – big inside reap
Ko uchi gari – small inside reap
Koshi guruma – headlock hip throw
Tani otoshi – counter throw
De ashi harai – advancing foot sweep
Okuri ashi harai – Sliding sideways footsweep

Katame Waza

Kesa Gatame – scarf hold
Kata Gatame – shoulder hold
Bridge and roll escape from kesa gatame
Yoko Shiho Gatame – Side four corners hold
Leg entanglement escape from Yoko Shiho Gatame
Kami Shiho Gatame – Upper four corners hold
Uphill escape from kesa gatame

Ukemi Waza (Falling Techniques)

Zempo Kaiten Ukemi – forward rolling breakfalls, come to feet, left and right
Yoko Ukemi – side falls
Koho Ukemi – back falls

Vocabulary

Begin!	Hajime!
Stop!	Matte!
Judo Instructor	Sensei
Judo School	Dojo
Attention!	Kyotsuke!
Bow!	Rei!
One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Hachi
Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi

Judo Player	Judoka
Judo Mat	Tatame
Person doing the technique	Tori
Person receiving the technique	Uke
Falling methods	Ukemi
Forward rolling breakfalls	Zempo Kaiten Ukemi
Side Falls	Yoko Ukemi
Free practice or sparring	Randori
Tournament	Shiai
Form practice	Kata
Hold-down!	Osae Komi!
Hold-down broken!	Toketa!
Full point!	Ippon!
Half point!	Waza Ari!
Quarter point!	Yuko!
That is all!	Sore Made!
Normal Walking	Ayumi Ashi
Sliding Foot Walking	Tsugi Ashi
Minor Penalty	Shido
Disqualification	Hansokumake
Decision!	Hantai!
Don't Move!	Sono Mama!
Continue	Yoshi!

General Information

Who was the founder of judo?	Jigoro Kano
What was the name of the judo school he founded?	The Kodokan
What was the date of the founding of judo?	1882
What were unarmed martial arts called in Japan before judo?	Jujitsu
What are the three parts of a judo throw, in Japanese and English?	
Kuzushi	Off-balance
Tsukuri	Entrance
Kake	Execution
Name the two divisions of techniques in judo:	
Nage waza – throwing techniques	
Katame Waza – ground techniques	

Attitude, Attendance, Participation, Competition Record

Orange Belt 2nd Stripe



Nage Waza (Throwing Techniques)

O soto gari – big outside reap
O goshi – hip throw
Ippon Seoi Nage – one arm shoulder throw
Morote Seoi Nage – two arm shoulder throw
O uchi gari – big inside reap
Ko uchi gari – small inside reap
Koshi Guruma – headlock hip throw
Tani Otoshi – counter throw
De Ashi Harai – advancing foot sweep
Okuri Ashi Harai – Sliding sideways footsweep
Uki Goshi – Floating hip throw
Harai Goshi – Sweeping hip throw

Katame Waza

Kesa Gatame – scarf hold
Kata Gatame – shoulder hold
Bridge and roll escape from kesa gatame
Yoko Shiho Gatame – Side four corners hold
Leg entanglement escape from Yoko Shiho Gatame
Kami Shiho Gatame – Upper four corners hold
Tate Shiho Gatame – Lower four corners hold
Uphill escape from Kesa Gatame

Ukemi Waza (Falling Techniques)

Zempo Kaiten Ukemi – forward rolling breakfalls, come to feet, left and right
Yoko Ukemi – side falls
Koho Ukemi – back falls

Vocabulary

Begin!	Hajime!
Stop!	Matte!
Judo Instructor	Sensei
Judo School	Dojo
Attention!	Kyotsuke!
Bow!	Rei!
One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Hachi
Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza

Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame
Person doing the technique	Tori
Person receiving the technique	Uke
Falling methods	Ukemi
Forward rolling breakfalls	Zempo Kaiten Ukemi
Side Falls	Yoko Ukemi
Free practice or sparring	Randori
Tournament	Shiai
Form practice	Kata
Hold-down!	Osae Komi!
Hold-down broken!	Toketa!
Full point!	Ippon!
Half point!	Waza Ari!
Quarter point!	Yuko!
That is all!	Sore Made!
Normal Walking	Ayumi Ashi
Sliding Foot Walking	Tsugi Ashi
Minor Penalty	Shido
Disqualification	Hansokumake
Decision!	Hantai!
Don't Move!	Sono Mama!
Continue	Yoshi!
Throwing Techniques	Nage Waza
Hand	Te
Hand Techniques	Te Waza
Foot	Ashi
Foot Techniques	Ashi Waza
Fundamental Natural Posture	Shizen Hontai
Fundamental Defensive Posture	Jigo Hontai

General Information

Who was the founder of judo?	Jigoro Kano
What was the name of the judo school he founded?	The Kodokan
What was the date of the founding of judo?	1882
What were unarmed martial arts called in Japan before judo?	Jujitsu
What are the three parts of a judo throw, in Japanese and English?	
Kuzushi	Off-balance
Tsukuri	Entrance
Kake	Execution
Name the two divisions of techniques in judo:	
Nage waza – throwing techniques	
Katame Waza – ground techniques	
Name the four divisions of standing techniques in judo:	
Koshi Waza – hip techniques	
Te Waza – hand techniques	
Sutemi Waza – sacrifice techniques	
Ashi Waza – foot techniques	

Attitude, Attendance, Participation, Competition Record, Leadership

Green Belt



Nage Waza (Throwing Techniques)

O soto gari – big outside reap
O goshi – hip throw
Ippon Seoi Nage – one arm shoulder throw
Morote Seoi Nage – two arm shoulder throw
O uchi gari – big inside reap
Ko uchi gari – small inside reap
Koshi Guruma – headlock hip throw
Tani Otoshi – counter throw
De Ashi Harai – advancing foot sweep
Okuri Ashi Harai – Sliding sideways footsweep
Uki Goshi – Floating hip throw
Harai Goshi – Sweeping hip throw
Tai Otoshi – Body drop
Hiza Guruma – Knee Wheel
Sasae Tsurikomi Ashi – lower prop stop foot sweep
Kata Guruma – Shoulder Wheel
Combination Ippon Seoi Nage to O Soto Gari

Katame Waza

Kesa Gatame – scarf hold
Kata Gatame – shoulder hold
Bridge and roll escape from kesa gatame
Yoko Shiho Gatame – Side four corners hold
Leg entanglement escape from Yoko Shiho Gatame
Kami Shiho Gatame – Upper four corners hold
Tate Shiho Gatame – Lower four corners hold
Uphill escape from Kesa Gatame
Sankanku Gatame – figure-four turn over and hold-down

Ukemi Waza (Falling Techniques)

Zempo Kaiten Ukemi – forward rolling breakfalls, come to feet, left and right
Yoko Ukemi – side falls
Koho Ukemi – back falls

Vocabulary

Begin!	Hajime!
Stop!	Matte!
Judo Instructor	Sensei
Judo School	Dojo
Attention!	Kyotsuke!
Bow!	Rei!
One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go

Six	Roku
Seven	Shichi
Eight	Hachi
Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame
Person doing the technique	Tori
Person receiving the technique	Uke
Falling methods	Ukemi
Forward rolling breakfalls	Zempo Kaiten Ukemi
Side Falls	Yoko Ukemi
Free practice or sparring	Randori
Tournament	Shiai
Form practice	Kata
Hold-down!	Osae Komi!
Hold-down broken!	Toketa!
Full point!	Ippon!
Half point!	Waza Ari!
Quarter point!	Yuko!
That is all!	Sore Made!
Normal Walking	Ayumi Ashi
Sliding Foot Walking	Tsugi Ashi
Minor Penalty	Shido
Disqualification	Hansokumake
Decision!	Hantai!
Don't Move!	Sono Mama!
Continue	Yoshi!
Throwing Techniques	Nage Waza
Hand	Te
Hand Techniques	Te Waza
Foot	Ashi
Foot Techniques	Ashi Waza
Fundamental Natural Posture	Shizen Hontai
Fundamental Defensive Posture	Jigo Hontai
Big or Major	O
Small or Minor	Ko
Hip	Goshi or Koshi
Hip Techniques	Koshi Waza
Sweep	Gari
Outside	Soto
Inside	Uchi
Internal force or energy	Ki
Shout to gather inner strength	Kiai
Favorite Technique	Tokui Waza

General Information

Who was the founder of judo?	Jigoro Kano
What was the name of the judo school he founded?	The Kodokan
What was the date of the founding of judo?	1882
What were unarmed martial arts called in Japan before judo?	Jujitsu

What are the three parts of a judo throw, in Japanese and English?

Kuzushi Off-balance

Tsukuri Entrance

Kake Execution

Name the two divisions of techniques in judo:

Nage waza – throwing techniques

Katame Waza – ground techniques

Name the four divisions of standing techniques in judo:

Koshi Waza – hip techniques

Te Waza – hand techniques

Sutemi Waza – sacrifice techniques

Ashi Waza – foot techniques

Name the three divisions of ground techniques in judo:

Osae waza – pinning techniques

Shime waza – choking techniques

Kansetsu Waza – arm-locking techniques

Attitude, Attendance, Participation, Competition Record, Leadership

Blue Belt



Nage Waza (Throwing Techniques)

O soto gari – big outside reap
O goshi – hip throw
Ippon Seoi Nage – one arm shoulder throw
Morote Seoi Nage – two arm shoulder throw
O uchi gari – big inside reap
Ko uchi gari – small inside reap
Koshi Guruma – headlock hip throw
Tani Otoshi – counter throw
De Ashi Harai – advancing foot sweep
Okuri Ashi Harai – Sliding sideways footsweep
Uki Goshi – Floating hip throw
Harai Goshi – Sweeping hip throw
Tai Otoshi – Body drop
Hiza Guruma – Knee Wheel
Sasae Tsurikomi Ashi – lower prop stop foot sweep
Ko Soto Gari – small outside reap
Kata Guruma – Shoulder Wheel
Combination Ippon Seoi Nage to O Soto Gari
Combination Ippon Seoi Nage to Ko Uchi Gari

Katame Waza

Kesa Gatame – scarf hold
Kata Gatame – shoulder hold
Bridge and roll escape from kesa gatame
Yoko Shiho Gatame – Side four corners hold
Leg entanglement escape from Yoko Shiho Gatame
Kami Shiho Gatame – Upper four corners hold
Tate Shiho Gatame – Lower four corners hold
Uphill escape from Kesa Gatame
Sankaku Gatame – figure four turn over and hold-down

Ukemi Waza (Falling Techniques)

Zempo Kaiten Ukemi – forward rolling breakfalls, come to feet, left and right
Yoko Ukemi – side falls
Koho Ukemi – back falls

Vocabulary

Begin!	Hajime!
Stop!	Matte!
Judo Instructor	Sensei
Judo School	Dojo
Attention!	Kyotsuke!
Bow!	Rei!
One	Ichi
Two	Ni
Three	San

Four	Shi	
Five	Go	
Six	Roku	
Seven	Shichi	
Eight	Hachi	
Nine	Ku	
Ten	Ju	
Sitting formal style	Seiza	
Sitting cross-legged	Anza	
Judo Uniform	Judogi	
Judo Player	Judoka	
Judo Mat	Tatame	
Person doing the technique	Tori	
Person receiving the technique	Uke	
Falling methods	Ukemi	
Forward rolling breakfalls	Zempo Kaiten Ukemi	
Side Falls	Yoko Ukemi	
Free practice or sparring	Randori	
Tournament	Shiai	
Form practice	Kata	
Hold-down!	Osae Komi!	
Hold-down broken!	Toketa!	
Full point!	Ippon!	
Half point!	Waza Ari!	
Quarter point!	Yuko!	
That is all!	Sore Made!	
Normal Walking	Ayumi Ashi	
Sliding Foot Walking	Tsugi Ashi	
Minor Penalty	Shido	
Disqualification	Hansokumake	
Decision!	Hantai!	
Don't Move!	Sono Mama!	
Continue	Yoshi!	
Throwing Techniques	Nage Waza	
Hand	Te	
Hand Techniques	Te Waza	
Foot	Ashi	
Foot Techniques	Ashi Waza	
Fundamental Natural Posture	Shizen Hontai	
Fundamental Defensive Posture	Jigo Hontai	
Big or Major	O	
Small or Minor	Ko	
Hip	Goshi or Koshi	
Hip Techniques	Koshi Waza	
Sweep	Gari	
Outside	Soto	
Inside	Uchi	
Internal force or energy	Ki	
Shout to gather inner strength	Kiai	
Favorite Technique	Tokui Waza	
Repetitive attacks without throwing	Uchi Komi	
Repetitive throwing practice without resistance	Nage Komi	
Side	Yoko	
Class of belt ranks below black belt	Kyu grades	

Degree in the black belt ranks	Dan
Holder of any black belt rank	Yudansha
Holder of any rank under black belt	Mudansha

General Information

Who was the founder of judo?	Jigoro Kano
What was the name of the judo school he founded?	The Kodokan
What was the date of the founding of judo?	1882
What were unarmed martial arts called in Japan before judo?	Jujitsu
What are the three parts of a judo throw, in Japanese and English?	
Kuzushi	Off-balance
Tsukuri	Entrance
Kake	Execution
Name the two divisions of techniques in judo:	
Nage waza – throwing techniques	
Katame Waza – ground techniques	
Name the four divisions of standing techniques in judo:	
Koshi Waza – hip techniques	
Te Waza – hand techniques	
Sutemi Waza – sacrifice techniques	
Ashi Waza – foot techniques	
Name the three divisions of ground techniques in judo:	
Osae waza – pinning techniques	
Shime waza – choking techniques	
Kansetsu Waza – arm-locking techniques	
What are the two basic principals of judo as defined by Dr. Jigoro Kano?	
Mutual Benefit and Welfare – Jita Kyoei	
Maximum Efficiency – Seiryoku Zenyo	
What year was judo introduced into the Olympics for men?	1964
What year was judo introduced into the Olympics for women?	1992
Who were the four members of the first Olympic team?	
Paul Muruyama	
Jim Bregman	
George Harris	
Ben Nighthorse Campbell	

Attitude, Attendance, Participation, Competition Record, Leadership

Purple Belt



Nage Waza (Throwing Techniques)

O soto gari – big outside reap
O goshi – hip throw
Ippon Seoi Nage – one arm shoulder throw
Morote Seoi Nage – two arm shoulder throw
O uchi gari – big inside reap
Ko uchi gari – small inside reap
Koshi Guruma – headlock hip throw
Tani Otoshi – counter throw
De Ashi Harai – advancing foot sweep
Okuri Ashi Harai – Sliding sideways footsweep
Uki Goshi – Floating hip throw
Harai Goshi – Sweeping hip throw
Tai Otoshi – Body drop
Hiza Guruma – Knee Wheel
Sasae Tsurikomi Ashi – lower prop stop foot sweep
Ko Soto Gari – small outside reap
Kata Guruma – Shoulder Wheel
Combination Ippon Seoi Nage to O Soto Gari
Combination Ippon Seoi Nage to Ko Uchi Gari
O soto gari on the left side
O goshi on the left side
Ippon seoi nage on the left side
Morote seoi nage on the left side

Katame Waza

Kesa Gatame – scarf hold
Kata Gatame – shoulder hold
Bridge and roll escape from kesa gatame
Yoko Shiho Gatame – Side four corners hold
Leg entanglement escape from Yoko Shiho Gatame
Kami Shiho Gatame – Upper four corners hold
Tate Shiho Gatame – Lower four corners hold
Uphill escape from Kesa Gatame
Sankaku Gatame – figure 4 turn over and hold-down

Shime Waza (if 12 years or older)

Nami Juji Jime – normal cross choke (thumbs inside)
Gyaku Juji Jime – reverse cross choke (fingers inside)

Ukemi Waza (Falling Techniques)

Zempo Kaiten Ukemi – forward rolling breakfalls, come to feet, left and right
Yoko Ukemi – side falls
Koho Ukemi – back falls

Nage no Kata

First set of Nage no Kata

Vocabulary

Begin!	Hajime!
Stop!	Matte!
Judo Instructor	Sensei
Judo School	Dojo
Attention!	Kyotsuke!
Bow!	Rei!
One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Hachi
Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame
Person doing the technique	Tori
Person receiving the technique	Uke
Falling methods	Ukemi
Forward rolling breakfalls	Zempo Kaiten Ukemi
Side Falls	Yoko Ukemi
Free practice or sparring	Randori
Tournament	Shiai
Form practice	Kata
Hold-down!	Osae Komi!
Hold-down broken!	Toketa!
Full point!	Ippon!
Half point!	Waza Ari!
Quarter point!	Yuko!
That is all!	Sore Made!
Normal Walking	Ayumi Ashi
Sliding Foot Walking	Tsugi Ashi
Minor Penalty	Shido
Disqualification	Hansokumake
Decision!	Hantai!
Don't Move!	Sono Mama!
Continue	Yoshi!
Throwing Techniques	Nage Waza
Hand	Te
Hand Techniques	Te Waza
Foot	Ashi
Foot Techniques	Ashi Waza
Fundamental Natural Posture	Shizen Hontai
Fundamental Defensive Posture	Jigo Hontai
Big or Major	O

Small or Minor	Ko	
Hip	Goshi or Koshi	
Hip Techniques	Koshi Waza	
Sweep	Gari	
Outside	Soto	
Inside	Uchi	
Internal force or energy	Ki	
Shout to gather inner strength	Kiai	
Favorite Technique		Tokui Waza
Repetitive attacks without throwing		Uchi Komi
Repetitive throwing practice without resistance		Nage Komi
Side		Yoko
Class of belt ranks below black belt		Kyu grades
Degree in the black belt ranks		Dan
Holder of any black belt rank		Yudansha
Holder of any rank under black belt		Mudansha
Kneeling bow		Zarei
Standing Bow		Ritsurei
Knee		Hiza
Wheel		Guruma

General Information

Who was the founder of judo?	Jigoro Kano
What was the name of the judo school he founded?	The Kodokan
What was the date of the founding of judo?	1882
What are the three parts of a judo throw, in Japanese and English?	
Kuzushi	Off-balance
Tsukuri	Entrance
Kake	Execution
Name the two divisions of techniques in judo:	
Nage waza – throwing techniques	
Katame Waza – ground techniques	
Name the four divisions of standing techniques in judo:	
Koshi Waza – hip techniques	
Te Waza – hand techniques	
Sutemi Waza – sacrifice techniques	
Ashi Waza – foot techniques	
Name the three divisions of ground techniques in judo:	
Osae waza – pinning techniques	
Shime waza – choking techniques	
Kansetsu Waza – arm-locking techniques	
What are the two basic principals of judo as defined by Dr. Jigoro Kano?	
Mutual Benefit and Welfare – Jita Kyoei	
Maximum Efficiency – Seiryoku Zenyo	
What year was judo introduced into the Olympics for men?	1964
What year was judo introduced into the Olympics for women?	1992
Who were the four members of the first Olympic team?	
Paul Muruyama	
Jim Bregman	
George Harris	
Ben Nighthorse Campbell	

Attitude, Attendance, Participation, Competition Record, Leadership, Teaching Ability

Denver Judo Junior Rank Exam
(v. 2 1/2009)

Name: _____

Date: _____

Rank Testing For: _____

Yellow Belt:

1. Begin! _____
2. Stop! _____
3. Judo Instructor _____
4. Judo School _____
5. Attention! _____
6. Bow! _____
7. One _____
8. Two _____
9. Three _____
10. Four _____
11. Five _____
12. Six _____
13. Seven _____
14. Eight _____
15. Nine _____
16. Ten _____
17. Who was the founder of judo? _____
18. What was the name of the judo school he founded? _____
19. What was the year of the found of judo? _____

Score: _____

Yellow Belt 1st Stripe:

1. Sitting formal style _____
2. Sitting cross-legged _____
3. Judo Uniform _____
4. Judo Player _____
5. Judo Mat _____

Score: _____

Yellow Belt 2nd Stripe:

1. Person doing the technique _____
2. Person receiving the technique _____
3. Falling methods _____
4. Forward rolling breakfalls _____
5. Side falls _____
6. What were unarmed martial arts called in Japan before judo? _____

Score: _____

Orange Belt:

1. Free practice or sparring _____
2. Tournament _____
3. Form practice _____
4. Hold-down! _____
5. Hold-down broken! _____
6. Full point! _____
7. Half-point! _____
8. Quarter point! _____
9. That is all! _____
10. What are the three parts of judo throw in English and Japanese?
 - a) _____
 - b) _____
 - c) _____

Score: _____

Orange Belt 1st Stripe:

1. Normal Walking _____
2. Sliding Foot Walking _____
3. Minor Penalty _____
4. Disqualification _____
5. Decision! _____
6. Don't Move! _____
7. Continue! _____
8. Name the two divisions of techniques in judo in English and Japanese.
 - a) _____
 - b) _____

Score: _____

Orange Belt 2nd Stripe:

1. Throwing Techniques _____
2. Hand _____
3. Hand Techniques _____
4. Foot _____
5. Foot Techniques _____
6. Fundamental Natural Posture _____
7. Fundamental Defensive Posture _____
8. Name the four divisions of standing techniques in judo in English and Japanese.
 - a) _____
 - b) _____
 - c) _____
 - d) _____

Score: _____

Green Belt:

1. Big or Major _____
2. Small or Minor _____
3. Hip _____
4. Hip Techniques _____
5. Sweep _____
6. Outside _____
7. Inside _____
8. Internal force or energy _____
9. Shout to gather inner strength _____
10. Favorite Technique _____
11. Name the three divisions of ground techniques in judo in English and Japanese.
 - a) _____
 - b) _____
 - c) _____

Score: _____

Blue Belt:

1. Repetitive attacks without throwing _____
2. Repetitive throwing practice without resistance _____
3. Side _____
4. Class of belt rank below black belt _____
5. Degree in the black belt ranks _____
6. Holder of any black belt rank _____
7. Holder of any rank under black belt _____
8. What are the two basic principals of judo as defined by Dr. Kano? (in English and Japanese)
 - a) _____
 - b) _____
9. What year was judo introduced into the Olympics for men? _____
10. What year was judo introduced into the Olympics for women? _____
11. Who were the four members of the first Olympic team?
 - a) _____
 - b) _____
 - c) _____
 - d) _____

Score: _____

Purple Belt:

1. Kneeling Bow _____
2. Standing Bow _____
3. Knee _____
4. Wheel _____

Score: _____

