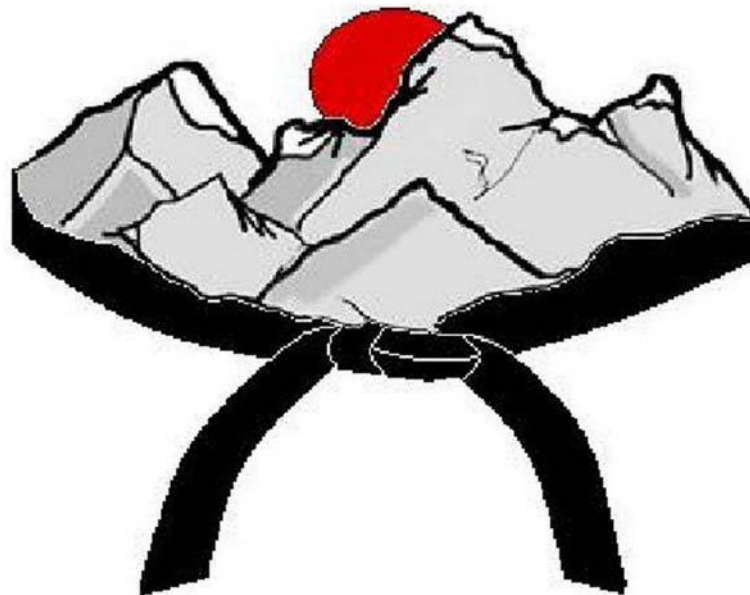


# DENVER JUDO

## JUNIOR RANK REQUIREMENTS

(version3 – May 2018)

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 1<sup>st</sup> place: 3 points

Kata 2<sup>nd</sup> place: 2 points

Kata 3<sup>rd</sup> 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 1<sup>st</sup> stripe 5 points

Yellow Belt 2<sup>nd</sup> stripe 7 points

Orange Belt 10 points

Orange Belt 1<sup>st</sup> stripe 10 points

Orange Belt 2<sup>nd</sup> 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 <sup>st</sup> Stripe | 2 months (4 months total in judo)   |
| Yellow Belt 2 <sup>nd</sup> Stripe | 4 months (8 months total in judo)   |
| Orange Belt                        | 4 months (12 months total in judo)  |
| Orange Belt 1 <sup>st</sup> Stripe | 4 months (16 months total in judo)  |
| Orange Belt 2 <sup>nd</sup> 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)**

Zempo Kaiten Ukemi – Judo rolls  
Yoko Ukemi – Side Falls  
Ushiro 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 1<sup>st</sup> 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
- Ushiro 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 2<sup>nd</sup> 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  
Ushiro 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 falls  
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  
Ushiro 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         |
| Back Falls                     | Ushiro 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!          |
| 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    |
| Take    | Execution   |

Attitude, Attendance, Participation, Competition Record

## Orange Belt 1<sup>st</sup> 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  
Ushiro 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         |
| Back Falls                     | Ushiro 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!          |
| 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 2<sup>nd</sup> 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  
Ushiro 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         |
| Back Falls                     | Ushiro 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!          |
| 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  
Ushiro 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         |
| Back Falls                     | Ushiro 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!          |
| 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  
Ushiro 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         |            |
| Back Falls                                      | Ushiro 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 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**

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  
Ushiro 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         |
| Back Falls                     | Ushiro 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!          |
| 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     |

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| Kuzushi  | Off-balance |
| Tsukuri  | Entrance    |
| Kake   | Execution   |

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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: \_\_\_\_\_

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**Yellow Belt 1<sup>st</sup> Stripe:**

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

Score: \_\_\_\_\_

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**Yellow Belt 2<sup>nd</sup> 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? \_\_\_\_\_

### Orange Belt:

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

Score: \_\_\_\_\_

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### Orange Belt 1<sup>st</sup> 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: \_\_\_\_\_

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### Orange Belt 2<sup>nd</sup> 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: \_\_\_\_\_

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**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: \_\_\_\_\_

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**Purple Belt:**

1. Kneeling Bow \_\_\_\_\_
2. Standing Bow \_\_\_\_\_
3. Knee \_\_\_\_\_
4. Wheel \_\_\_\_\_

Score: \_\_\_\_\_

