

**UNITED STATES  
JUDO ASSOCIATION  
2059 Merrick Rd. # 313  
Merrick, NY 11566**



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# **Junior Rank Examination**

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## USJA Rank Examination for all Junior Ranks

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
 Current Rank: \_\_\_\_\_ Rank testing for: \_\_\_\_\_  
 Date of current rank: \_\_\_\_\_ USJA Membership #: \_\_\_\_\_  
 Number of classes attended: \_\_\_\_\_ Time in grade: \_\_\_\_\_  
 Date of Exam: \_\_\_\_\_  
 Name of Examiner: \_\_\_\_\_ Head Instructor: \_\_\_\_\_  
 Rank of Examiner: \_\_\_\_\_ Rank Head Instructor: \_\_\_\_\_

In order to be examined for a USJA Judo rank the following requirements must be met as set forth in the USJA Judo Manual.

1. You must be a current member of the United States Judo Association.
2. You must have obtained the required age, time in grade and class attendance, for the rank being tested, as indicated in the table below.
3. Junior ranks must be signed off by a Shodan or higher.

		TIG (Months)/Classes (Standard Timeframe)
JR1	4	2/16
JR2	5	2/16
JR3	6	3/24
JR4	7	3/24
JR5	8	4/32
JR6	9	4/32
JR7	10	5/40
JR8	11	5/40
JR9	12	6/48
JR10	13	6/48
JR11	14	7/56
JR12	15	7/56

**CLASSES MUST BE AT LEAST ONE HOUR LONG AND NO MORE THAN 2 CLASSES PER DAY.**

**AN EXAMINER MAY PETITION THE PROMOTION BOARD TO WAIVE ANY PROMOTIONAL REQUIREMENT FOR AN EXCEPTIONAL STUDENT. AN EXCEPTIONAL STUDENT SHALL STAND OUT NATIONALLY FROM THE STUDENT'S PEERS AS DEFINED BY THE PROMOTION BOARD. THE WAIVER SHALL REQUIRE A 2/3 VOTE OF THE ENTIRE PROMOTIONAL BOARD.**



### General Knowledge and Vocabulary Instructions

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. 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 or "open book". The general knowledge and vocabulary section of the test should be completed and passed before the technical demonstration portion is administered.

### General Knowledge Requirements

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



**Junior 1<sup>st</sup> Degree stop here**

5. What are the two principles of Kodokan Judo as defined by Dr. Kano?
- a. *Maximum efficiency – Seiryoku Zenyo*
  - b. *Mutual benefit and welfare – Jita Kyoei*
  - c. *Win at any cost*
  - d. *Never admit defeat*
6. How long have unarmed combat martial arts been practiced in Japan?
- e. *600 to 1000 years*
  - f. *500 to 800 years*
  - g. *600 to 1500 years*
7. What was unarmed combat called in Japan before Judo?
- h. *Jujitsu*
  - i. *Kungfu*
  - j. *Karate*
  - k. *Boxing*

**Junior 2<sup>nd</sup> Degree stop here**

8. How many degrees are there currently in the USJA junior and senior rank system?
- Junior* \_\_\_\_\_
- Senior* \_\_\_\_\_
9. List the colors for the junior belt colors in order of color. (*do not list white*)
- \_\_\_\_\_
10. Name the Japanese equivalent of the three parts of a Judo throw.
- Balance* \_\_\_\_\_
- Entry* \_\_\_\_\_
- Execution* \_\_\_\_\_

**Junior 3<sup>rd</sup> Degree stop here**



11. Count to ten in Japanese. (*May be done verbally*)
12. Give a verbal explanation of the principal of maximum efficiency.
13. Give a verbal explanation of the principal of mutual benefit and welfare.

**Junior 4<sup>th</sup> Degree stop here**

14. Name the two divisions of sacrifice techniques in Japanese.
  - a. *Back falling sacrifice techniques* \_\_\_\_\_
  - b. *Side falling sacrifice techniques* \_\_\_\_\_
15. Name the three parts of unarmed combat in Japanese.
  - a. *Throwing* \_\_\_\_\_
  - b. *Grappling* \_\_\_\_\_
  - c. *Striking* \_\_\_\_\_

**Junior 5<sup>th</sup> Degree stop here**

16. Fill in the English for the three divisions of mat techniques.
  - a. *Osaekomi-waza*
  - b. *Shime-waza*
  - c. *Kansetsu-waza*
17. What is Kata?
  - a. *a dance a throw*
  - b. *a hold down*
  - c. *a formal prearranged practice routine*

**Junior 6<sup>th</sup> Degree stop here**

18. Which Kata is considered most useful for learning throwing techniques?  
\_\_\_\_\_
19. Which Kata is considered most useful for learning grappling techniques?  
\_\_\_\_\_

**Junior 7<sup>th</sup> Degree stop here**

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20. 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*
21. Name the six senior kyu ranks and color belts from highest to lowest senior rank.

**Junior 8<sup>th</sup> Degree stop here**

22. What year was Judo first introduced into the summer Olympic Games?
23. Who were the four men on the first U.S. Olympic Judo team?
24. Which American was the first to win an Olympic medal in Judo and what place did he win?

**Junior 9<sup>th</sup> Degree stop here**

25. What year was Women's Judo first introduced to the summer Olympic Games?
26. What year was Women's Judo included into the summer Olympic Games as an official sport?
27. Name the five U.S. Women that have medaled in the Olympic Games.

**Junior 10<sup>th</sup> Degree stop here**

28. What is the difference between *large Judo* and *small Judo*?

**Junior 11<sup>th</sup> Degree stop here**

29. What are 3 of the prohibited acts that are penalized with Hansoku-make?

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30. What are 3 of the prohibited acts that are penalized with Shido?

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**Junior 12<sup>th</sup> Degree stop here**



## Judo Vocabulary

*Directions: Fill in the Japanese equivalent for the following English terms. The exam may be given orally.*

1. Teacher
2. Sitting on knees
3. Sitting crossed legged
4. Attention!
5. Bow!
6. Off balance
7. Entry
8. Execution
9. Person receiving technique
10. Person performing technique

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### **Junior 1<sup>st</sup> Degree stop here**

11. Begin!
12. Stop!
13. I surrender!
14. Free practice
15. Big or major
16. Waist or hip
17. Major hip throw
18. Outside
19. Major outside reaping throw
20. One Point! (referee's award)

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### **Junior 2<sup>nd</sup> Degree stop here**

21. Almost ippon!
22. Lock or hold
23. Scarf hold
24. Modified
25. Modified Scarf Hold
26. Black belt grade or rank

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- 27. Beginning black belt
- 28. That is all!
- 29. Don't move!
- 30. Little or minor

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**Junior 3<sup>rd</sup> Degree stop here**

- 31. Continue! (referee's call)
- 32. Note! (referee's call for slight penalty)
- 33. Reaping action done with the leg
- 34. Inside
- 35. Minor inside reaping throw
- 36. Waist or hip techniques
- 37. Wheel
- 38. Hip wheel throw
- 39. Shoulder Hold
- 40. Second degree black belt

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**Junior 4<sup>th</sup> Degree stop here**

- 41. Upper 4 Corner Hold
- 42. Modified Upper 4 Corner Hold
- 43. Side 4 Corner Hold
- 44. Modified Side 4 Corner Hold
- 45. Straddling Hold
- 46. Holddown! (referee call)
- 47. Holddown Broken! (referee call)
- 48. Sweeping action done with leg
- 49. Sweeping hip throw
- 50. Third degree black belt

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**Junior 5<sup>th</sup> Degree stop here**

- 51. Technique
- 52. Throw (noun)
- 53. Throwing technique(s)
- 54. Hand
- 55. Hand technique(s)
- 56. Foot or Leg

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- 57. Foot technique(s)
- 58. Holding technique(s)
- 59. Grappling technique(s)
- 60. Loss by rule violation (referee call)

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**Junior 6<sup>th</sup> Degree stop here**

- 61. Judo uniform
- 62. Judo uniform sleeve
- 63. Judo uniform belt
- 64. Judo uniform lapel
- 65. Body
- 66. To drop
- 67. Body drop throw
- 68. Choke
- 69. Choking techniques
- 70. Fourth degree black belt

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**Junior 7<sup>th</sup> Degree stop here**

- 71. Knee
- 72. Knee wheel throw
- 73. Sacrifice
- 74. Side or lateral
- 75. Sacrifice technique(s)
- 76. Forms of gripping an opponent
- 77. Four corners (as in pins)
- 78. Side falling sacrifice throw(s)
- 79. Counter technique(s)
- 80. Fifth degree black belt

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**Junior 8<sup>th</sup> Degree stop here**

- 81. Rear, behind (as in throwing and pinning)
- 82. Tournament
- 83. Practice hall for Judo
- 84. Judo Practitioner or Player
- 85. Arm

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- 86. Entangle
- 87. To float or floating
- 88. Training/Practice mats
- 89. Sixth degree black belt
- 90. Seventh degree black belt

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**Junior 9<sup>th</sup> Degree stop here**

- 91. Lift
- 92. Pull
- 93. Lift pull hip throw
- 94. Reverse side, back
- 95. Rear throw
- 96. Dashing action done with leg
- 97. Kneeling bow
- 98. Standing bow
- 99. Minor outside dashing throw
- 100. Eighth degree black belt

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**Junior 10<sup>th</sup> Degree stop here**

- 101. Reverse Cross Choke
- 102. Half Cross Choke
- 103. Normal Cross Choke
- 104. Single Wing Choke
- 105. Sliding Lapel Choke
- 106. Naked Choke
- 107. Bent Arm Lock
- 108. Cross Arm Lock
- 109. Straight Arm Lock
- 110. Kudan
- 111. Judan
- 112. Effective preferred technique
- 113. Left
- 114. Right
- 115. Sandal (Japanese style)
- 116. Upper place or side of dojo

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- 117. Corner drop
- 118. Dead tree drop
- 119. Heel trip reversal

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**Junior 12<sup>th</sup> Degree stop here**

***Instructions for the Examiner:***

*Each correct answer counts as one point. Add the correct answers from both the general information and vocabulary sections of the test. This represents the Student's Total Score. Record the student's total score in the section below.*

	<b>Required score (70%)</b>	<b>Recorded total score</b>
Junior 1 <sup>st</sup> degree	10	
Junior 2 <sup>nd</sup> degree	19	
Junior 3 <sup>rd</sup> degree	28	
Junior 4 <sup>th</sup> degree	37	
Junior 5 <sup>th</sup> degree	46	
Junior 6 <sup>th</sup> degree	54	
Junior 7 <sup>th</sup> degree	63	
Junior 8 <sup>th</sup> degree	71	
Junior 9 <sup>th</sup> degree	80	
Junior 10 <sup>th</sup> degree	89	
Junior 11 <sup>th</sup> degree	97	
Junior 12 <sup>th</sup> degree	106	



**Certification of Examiner:**

I certify that \_\_\_\_\_ has achieved the required score on the General Information and Vocabulary portions to be considered for the rank of Junior Degree \_\_\_\_\_ and is now eligible to complete the Technical Demonstration portion of the examination.

_____ Signature of Examiner	_____ Rank	_____ Date
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_____ Signature of Head Instructor	_____ Rank	_____ Date
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**Waiver of General Information and Vocabulary:** We have observed and can validate the General information and Vocabulary abilities of \_\_\_\_\_, candidate for the rank of Junior. By signing below, we/I waiver the General Information and Vocabulary portion of this examination. Student is now eligible to complete the Technical portion of the examination.

_____ Signature of Examiner	_____ Rank of Examiner	_____ Date
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**Technical Demonstration Instructions**

Above each list is a guide indicating the required number of techniques for each rank.

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
0	0	1	2	3	4	4	4	4	4	4	4

Below each guide is a list of techniques. The coach & student will agree on what technique(s) the student will be testing on prior to testing. At that time the coach/student will highlight each skill that the student will be testing on. All required techniques for each rank must be scored as passing. At the examiner’s discretion, failed techniques may be retested without having to retake the entire test.

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.”*

**NOTE: This exam represents the minimum requirements for each USJA rank. Additional requirements may be added and required by individual USJA clubs or instructors.**

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### List (4-1) Nage-waza – Throwing Techniques

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
2	4	6	8	10	12	14	16	18	20	22	24

Pass/Fail			Pass/Fail		
	Deashi-Harai	Advanced Foot Sweep		Yoko-Wakare	Side Separation
	Hiza-Guruma	Knee Wheel		Yoko-Guruma	Side Wheel
	Sasae-Tsurikomi-Ashi	Lifting Pulling Ankle Block		Ushiro-Goshi	Back Hip Throw
	Uki-Goshi	Floating Hip		Ura-Nage	Back Throw
	O-Soto-Gari	Large Outer Reap		Sumi-Otoshi	Corner Drop
	O-Goshi	Large Hip Throw		Yoko-Gake	Side Body Drop
	O-Uchi-Gari	Large Inside Reap			
	Ippon-Seoinage	One Arm Shoulder Throw			
	Kosoto-Gari	Small Outer Reap			
	Kouch-Gari	Small Inner Reap			
	Koshi-Guruma	Hip Wheel			
	Tsurikomi-Goshi	Lift-Pull Hip Throw			
	Okuri-Ashi-Harai	Boot Sweep			
	Tai-Otoshi	Body Drop			
	Harai-Goshi	Sweeping Hip Throw			
	Uchimata	Inner Thigh Throw			
	Kosoto-Gake	Small Outside Hook			
	Tsuri-Goshi	Lifting Hip Throw			
	Yoko-Otoshi	Side Drop			
	Ashi-Guruma	Leg Wheel			
	Hane-Goshi	Springing Hip Throw			
	Harai-Tsurikomi-Ashi	Lift-Pull Foot Sweep			
	Tomoe-Nage	Circle Throw			
	Kata-Guruma	Shoulder Wheel			
	Sumi-Gaeshi	Corner Throw			
	Tani-Otoshi	Valley Drop			
	Hane-Makikomi	Springing Wrap Around Throw			
	Sukui-Nage	Scooping Throw			
	Utsuri-Goshi	Changing Hip Throw			
	O-Guruma	Large Wheel			
	Soto-Makikomi	Outer Wrap Around Throw			
	Uki-Otoshi	Floating Drop			
	O-Soto-Guruma	Large Outer Wheel			
	Uki-Waza	Floating Throw			

Score \_\_\_\_\_ Circle: Pass Fail

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### List (4-4) Kaeshi-Waza - Counter Throw Techniques

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
1	2	2	3	4	5	5	6	6	7	8	8

Uke attacks with, Tori (you) counter with:

Pass/Fail	
	O-soto-gari with O-soto-gaeshi
	Forward throw #1 with Tani-otoshi
	Forward throw #2 with Ura Nage
	Morote Gari with Tawara Gaeshi
	Kouchi-gari with Kouchi-gaeshi
	Harai-goshi with Ushiro-goshi
	Forward throw with inside leg step around to forward throw
	O-uchi-gari with O-uchi-gaeshi
	Other

Score \_\_\_\_\_ Circle: Pass Fail



**List (4-5) Bogyo – Defense Against Throws**

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
0	0	1	2	3	3	4	4	4	4	5	5

Demonstrate the following defenses against a forward throwing attack.

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

Score \_\_\_\_\_ Circle: Pass Fail

**List (4-5) Renraku-Waza – Combination Techniques**

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
1	2	3	4	4	5	5	6	6	7	7	8

Demonstrate the following combination techniques.

Pass/Fail	
	Forward throw into a forward throw
	Forward throw into a rear throw
	Rear throw into a rear throw
	Rear throw into a forward throw
	Forward throw into osaekomi waza
	Rear throw into osaekomi waza
	Forward throw into kansetsu waza
	Rear throw into kansetsu waza

Score \_\_\_\_\_ Circle: Pass Fail



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**List (4-6) Kumi-Kata – Gripping Forms**

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
1	2	3	3	4	4	5	5	6	6	7	7

Demonstrate the following gripping techniques:

Pass/Fail	
	Break grip against a lapel grip #1
	Break grip against a lapel grip #2
	Break grip against a sleeve grip #1
	Break grip against a sleeve grip #2
	Break grip against a high collar grip
	Break grip against a double sleeve grip
	Pistol grip into a throw
	Double sleeve grip into a throw
	Double collar grip into a throw
	Sleeve and belt grip into a throw

Score \_\_\_\_\_ Circle: Pass Fail

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### List (4-7) Katame Waza – Grappling Techniques

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
2	3	4	5	6	6	7	8	9	10	11	12

Demonstrate the following pinning techniques either right or left side.

Pass/Fail		
	Kesa-gatame	Scarf Hold
	Kuzure-kesa-gatame	Modified Scarf Hold
	Ushiro-kesa-gatame	Reverse Scarf Hold
	Kata-gatame	Shoulder Hold
	Uki-gatame	Floating Hold
	Yoko-shiho-gatame	Side Hold
	Tate-shiho-gatame	Straddling Hold
	Kami-shiho-gatame	Upper 4-Corner Hold
	Kuzure-kami-shiho-gatame	Modified Upper 4-Corner Hold
	Ura-gatame	Back Hold

Score \_\_\_\_\_ Circle: Pass Fail



### List (4-8) Fusegi – Escapes from Matwork Attacks

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
3	4	5	6	7	8	9	10	11	12	14	16

Demonstrate the following escapes from Kesa-gatame:

Pass/Fail	
	Escape #1
	Escape #2
	Escape #3
	Escape #4
	Escape #5

Demonstrate the following escapes from Yoko Shiho-gatame:

Pass/Fail	
	Escape #1
	Escape #2
	Escape #3
	Escape #4
	Escape #5

Demonstrate the following escapes from Kami Shiho-gatame:

Pass/Fail	
	Escape #1
	Escape #2
	Escape #3
	Escape #4

Demonstrate the following escapes from Tate-Shiho-gatame:

Pass/Fail	
	Escape #1
	Escape #2

Demonstrate the following escapes from Kata-gatame:

Pass/Fail	
	Escape #1
	Escape #2

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Demonstrate escapes from the following submissions:

Pass/Fail	
	Hadaka jime
	Any cross choke
	Juji hashigi juji gatame
	Sankaku jime
	Ude Garami



### List (4-9) Hairi Waza – Entry Techniques into Matwork

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
2	3	5	7	9	11	13	14	15	16	17	18

With uke in the turtle position and tori (you) on top, demonstrate the following:

#### Turtle Top

Pass/Fail	
	Turn over to osaekomi #1
	Turn over to osaekomi #2
	Turn over to osaekomi #3
	Turn over to osaekomi #4
	Turn over to osaekomi #5
	Turn over to osaekomi #6

With tori (you) in the turtle position and uke on top, demonstrate the following:

#### Turtle Bottom

Pass/Fail	
	Turn over to osaekomi #1
	Turn over to osaekomi #2
	Turn over to osaekomi #3
	Turn over to osaekomi #4
	Turn over to osaekomi #5

#### Guard Passing

With uke in the bottom guard position and tori (you) on top position, demonstrate the following guard passes to osaekomi:

Pass/Fail	
	Guard pass to osaekomi #1
	Guard pass to osaekomi #2
	Guard pass to osaekomi #3
	Guard pass to osaekomi #4
	Guard pass to osaekomi #5
	Guard pass to osaekomi #6
	Guard pass to osaekomi #7

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2059 Merrick Rd. # 313  
Merrick, NY 11566**



**Telephone: (516) 366-3311  
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Website: [www.usja.net](http://www.usja.net)  
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**Guard Sweep**

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

Pass/Fail	
	Sweep to top position #1
	Sweep to top position #2
	Sweep to top position #3
	Sweep to top position #4
	Sweep to top position #5
	Sweep to top position #6
	Sweep to top position #7

Score \_\_\_\_\_ Circle: Pass Fail

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### List (4-11) Shime Waza – Choking Techniques

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
0	0	1	2	3	4	4	6	7	8	9	10

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

Pass/Fail		
	Nami-juji-jime	Normal Cross Choke
	Gyaku-juji-jime	Reverse Cross Choke
	Kata-juji-jime	Half Cross Choke
	Kataha-jime	Single Wing Choke
	Sode-guruma-jime	Sleeve Wheel Choke
	Kata-te-jime	One Hand Choke
	Hadaka-jime	Naked Choke
	Okuri-eri-jime	Sliding Lapel Choke
	Sankaku-jime	Triangular Choke
	Ryote-jime	Two Hand Choke
	Tsukkomi-jime	Trust Choke
	Do-jime	Trunk Lock

Score \_\_\_\_\_ Circle: Pass Fail

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### List (4-12) Kansetsu-Waza – Joint Locking Techniques

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
0	0	1	2	3	4	4	5	6	6	7	8

Pass/Fail	
	Ude-garami
	Ude-hishigi-juji-gatame
	Ude-hishigi-ude-gatame
	Ude-hishigi-hiza-gatame
	Ude-hishigi-waki-gatame
	Ude-hishigi-hara-gatame
	Ude-hishigi-ashi-gatame
	Ude-hishigi-te-gatame
	Ude-hishigi-sankaku-gatame
	Ashi garami

Score \_\_\_\_\_ Circle: Pass Fail