

**GOKKYU 5TH (GREEN BELT) ADULT**  
**16 CLASSES OR 1+ MONTH FROM LAST PROMOTION**

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

	EXCELLENT (10) 260 PTS	GOOD (8)	FAIR (7)	POOR (0)
<b>VOCABULARY</b>				
<b>SENSEI (TEACHER)</b>				
<b>GI (JUDO UNIFORM)</b>				
<b>REI (BOW)</b>				
<b>HAJIME (START)</b>				
<b>MATE (STOP)</b>				
<b>MIGI (RIGHT)</b>				
<b>HIDARI (LEFT)</b>				
<b>O (MAJOR)</b>				
<b>KO (MINOR)</b>				
<b>SOTO (OUTER)</b>				
<b>UCHI (INNER)</b>				
<b>GOSHI (HIP)</b>				
<b>ASHI (FOOT)</b>				
<b>HIZA (KNEE)</b>				
<b>NAGE (THROW)</b>				
<b>WAZA (TECHNIQUE)</b>				
<b>RANDORI (FREE PRACTICE)</b>				
<b>SHIAI (CONTEST)</b>				
<b>KIYOSUKE (ATTENTION)</b>				
<b>MOKUSO (SILENT/STILL OR MEDITATION)</b>				
<b>TAI-SABAKI (BODY MOVEMENT)</b>				
<b>STANDING BOW (RITSUREI)</b>				
<b>KNEELING BOW (ZAREI)</b>				
<b>SPELL JUDO</b>				
<b>COUNT TO 10 (JAPANESE)</b>				
<b>KUMI-KATA (GRIPPING)</b>				

	EXCELLENT (10) 160 PTS	GOOD (8)	FAIR (7)	POOR (0)
THREE PARTS OF THROW (KUZUSHI (BREAKING BALANCE), TSUIKURI (FITTING), KAKE (FINISH OF TECHNIQUE)				
EBI (SHRIMP)				
MAE (FRONT)				
USHIRO (BACK)				
WHAT IS JITA KYOEI (MUTUAL WELFARE AND BENEFIT)				
UKEMI DEFINE				
UKEMI (BREAK FALL)				
USHIRO UKEMI (BACKWARD FALL)				
YOKO UKEMI (SIDE FALL)				
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
MAE UKEMI (FORWARD FALL)				
TACHI WAZA DEFINE				
TACHI WAZA (STANDING TECHNIQUE)				
O-SOTO GARI (MAJOR OUTER REAPING)				
DEASHI-HARAI (ADVANCING FOOT SWEEP)				
IPPON SEIO-NAGE (ONE ARM SHOULDER THROW)				
UKI-GOSHI (FLOATING HIP THROW)				

	<b>EXCELLENT (10) 150 PTS</b>	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>O-GOSHI (MAJOR HIP THROW)</b>				
<b>O-UCHI-GARI (MAJOR INNER REAPING)</b>				
<b>SASAE TSURIKOMI ASHI (ANKLE PROPPING)</b>				
<b>HIZA GURUMA (KNEE WHEEL)</b>				
<b>MOROTE SEOI- NAGE (TWO HANDED SHOULDER THROW)</b>				
<b>TAI-OTOSHI (BODY DROP)</b>				
<b>KOSHI-GURUMA (HIP CIRCLE)</b>				
<b>KOUCHI-GARI (MINOR INNER REAPING)</b>				
<b>TSURIKOMI GOSHI (LIFTING AND PULLING HIP THROW)</b>				
<b>HARAI GOSHI (SWEEPING HIP THROW)</b>				
<b>KOSTO GARI (MINOR OUTER REAPING)</b>				
<b>OKURI ASHI HARAI (SLIDING FOOT SWEEP)</b>				
<b>SODE TSURIKOMI GOSHI (SLEEVE LIFTING AND PULLING HIP THROW)</b>				
<b>UCHI MATA (INNER THIGH THROW)</b>				
<b>TOMOE-NAGE (HIGH CIRCLE THROW)</b>				

	<b>EXCELLENT (10) 110 PTS</b>	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>NEWAZA DEFINE</b>				
<b>NEWAZA (GROUND TECHNIQUES)</b>				
<b>HON KESA-GATAME (SCARF HOLD)</b>				
<b>MAKURA KESA-GATAME (PILLOW SCARF HOLD)</b>				
<b>KUZURE KESA-GATAME (MODIFIED SCARF HOLD)</b>				
<b>USHIRO KESA-GATAME (REVERSE SCARF HOLD)</b>				
<b>YOKO SHIHO GATAME (SIDE HOLD)</b>				
<b>KATA-GATAME (SHOULDER HOLD)</b>				
<b>KAMISHIHO-GATAME (TOP 4 QUARTER HOLD)</b>				
<b>KUZURE KAMISHIHO GATAME (MODIFIED TOP 4 QUARTER HOLD)</b>				
<b>TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)</b>				
<b>KUZURE TATE SHIHO GATAME (MODIFIED VERTICAL 4 QUARTER HOLD)</b>				

	<b>EXCELLENT (10) 110 PTS</b>	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>DEFINE SHIME WAZA (CHOKING TECHNIQUE) 13 Y/O AND ABOVE</b>				
<b>SHIME WAZA (CHOKING TECHNIQUE)</b>				
<b>HADAKA JIME (NAKED CHOKE HOLD)</b>				
<b>OKURI ERI JIME (SLIDING LAPEL CHOKE)</b>				
<b>KATA HA JIME (SINGLE WING CHOKE)</b>				
<b>NAMI JUJI JIME (NORMAL CROSS CHOKE)</b>				
<b>KATA JUJI JIME (HALF CROSS CHOKE)</b>				
<b>GYAKU JUJI JIME (REVERSE CROSS CHOKE)</b>				
<b>HISTORY</b>				
<b>WHAT DOES JUDO MEAN? (GENTLE WAY)</b>				
<b>NAME THE FOUNDER OF JUDO (JIGORO KANO)</b>				
<b>WHAT COUNTRY AND CITY WAS JUDO FOUNDED (TOKYO, JAPAN 1882 EISHO-JI TEMPLE)</b>				
<b>NAME THE ORIGINAL SCHOOL OF JUDO (KODOKAN)</b>				

	EXCELLENT (10) 160 PTS	GOOD (8)	FAIR (7)	POOR (0)
WHAT YEAR WAS JUDO FOUNDED (1882)				
SHISEI DEFINE				
SHISEI (POSTURE)- DEFINE				
HON SHIZENTAI (NATURAL POSTURE)				
MIGI SHIZENTAI (RIGHT NATURAL POSTURE)				
HIDARI SHIZENTAI (LEFT NATURAL POSTURE)				
JIGOTAI (DEFENSIVE POSTURE)				
MIGI JIGOTAI (RIGHT DEFENSIVE POSTURE)				
HIDARI JIGOTAI (LEFT DEFENSIVE POSTURE)				
RULES AND REFEREEING				
IPPON (FULL SCORE)				
WAZA-ARI (HALF SCORE)				
WAZA-ARI AWASETE IPPON (TWO HALF A POINTS EQUAL A FULL SCORE)				
OSAEKOMI (PIN)				
TOKETA (PIN BROKEN)				
SONO-MAMA (STAY AS YOU ARE)				
YOSHI (START)				
SHIDO (MINOR PENALTY)				

	EXCELLENT (10) 120 PTS	GOOD (8)	FAIR (7)	POOR (0)
HANSOKU MAKE (GRAVE INFRINGEMENT PENALTY- DISQUALIFICATION)				
2 SHIDO PENALTIES (GRAB LEG, STALLING, BENDING, GRAB INSIDE GI, HOLDING SAME SIDE WITHOUT ATTACKING)				
ONE EXAMPLE OF HANSOKU MAKE (LEG ENTANGLEMENT, SWEEPING SUPPORTING LEG FROM BEHIND, HEAD DIVE)				
PRACTICE REFERRING IN DOJO				
FOOT MOVEMENT DEFINE				
AYUMI-ASHI (NORMAL WALKING)				
TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
JUDO GI – JUDO UNIFORM TERMINOLOGY				
UWAGI (JACKET)				
ZUBON (PANT)				
OBI (BELT)				
ZORI (SLIPPER)				

TOTAL SCORE: \_\_\_\_\_/950 X 100 = \_\_\_\_\_

TOTAL SCORE: \_\_\_\_\_/1020 X 100 = \_\_\_\_\_ (13 AND ABOVE)

MUST PASS WITH A 70% OR BETTER

**PASS/FAIL**

INSTRUCTOR SIGNATURE: \_\_\_\_\_



**GOKKYU 5TH (GREEN BELT) ADULT**  
**16 CLASSES OR 1+ MONTH FROM LAST PROMOTION**

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

	<b>EXCELLENT (10)</b> 120 PTS	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>DEMONSTRATE</b>				
<b>BASICS</b>				
<b>STANDING BOW (RITSUREI)</b>				
<b>KNEELING BOW (ZAREI)</b>				
<b>TYING BELT</b>				
<b>ENTER DOJO AND MAT AREA</b>				
<b>SHISEI (POSTURE) DEMONSTRATE</b>				
<b>HON SHIZENTAI (NATURAL POSTURE)</b>				
<b>MIGI SHIZENTAI (RIGHT NATURAL POSTURE)</b>				
<b>HIDARI SHIZENTAI (LEFT NATURAL POSTURE)</b>				
<b>JIGOTAI (DEFENSIVE POSTURE)</b>				
<b>MIGI JIGOTAI (RIGHT DEFENSIVE POSTURE)</b>				
<b>HIDARI JIGOTAI (LEFT DEFENSIVE POSTURE)</b>				
<b>DEMONSTRATE FOOT MOVEMENT</b>				
<b>AYUMI-ASHI (NORMAL WALKING)</b>				
<b>TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)</b>				

	EXCELLENT (10) 120 PTS	GOOD (8)	FAIR (7)	POOR (0)
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
DEMONSTRATE TAI- SABAKI				
MAE-SABAKI (FRONT 90 DEG TURN)				
USHIRO MAESABAKI (BACK- FRONT 90 DEG TURN)				
MAE- MAWARISABAKI (180 DEG TURN)				
DEMONSTRATE				
KUMI-KATA (GRIPPING) MIGI/HIDARI				
THREE PARTS OF THROW (KUZUSHI (BREAKING BALANCE), TSUIKURI (FIT OF TECHNIQUE), KAKE (FINISH OF TECHNIQUE)				
EBI (SHRIMP)- DEMONSTRATE				
NORMAL EBI (HEAD- FIRST DIRECTION)				
REVERSE EBI (OPPOSITE DIRECTION SHRIMP)				
YOKO EBI (SIDE SHRIMP)				
UKEMI (BREAK FALLING) DEMONSTRATE				
USHIRO UKEMI (BACKWARD FALL)				
YOKO UKEMI (SIDE FALL)				

	EXCELLENT (10) 150 PTS	GOOD (8)	FAIR (7)	POOR (0)
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
MAE UKEMI (FORWARD FALL)				
TACHIWAZA (STANDING TECHNIQUE)- DEMONSTRATE				
O SOTO-GARI (MAJOR OUTER REAPING)				
DEASHI-HARAI (ADVANCING FOOT SWEEP)				
IPPON SEOI-NAGE (ONE ARM SHOULDER THROW)				
UKI-GOSHI (FLOATING HIP THROW)				
O-GOSHI (MAJOR HIP THROW)				
O-UCHI-GARI (MAJOR INNER REAPING)				
SASAE TSURIKOMI ASHI (ANKLE PROPPING)				
HIZA GURUMA (KNEE WHEEL)				
MOROTE SEOI- NAGE (TWO HANDED SHOULDER THROW)				
TAI-OTOSHI (BODY DROP)				
KOSHI-GURUMA (HIP CIRCLE)				
KOUCHI-GARI (MINOR INNER REAPING)				

	<b>EXCELLENT (10) 140 PTS</b>	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>TSURIKOMI GOSHI (LIFTING AND PULLING HIP THROW)</b>				
<b>HARAI GOSHI (SWEEPING HIP THROW)</b>				
<b>KOSTO GARI (MINOR OUTER REAPING)</b>				
<b>OKURI ASHI HARAI (SLIDING FOOT SWEEP)</b>				
<b>SODE TSURIKOMI GOSHI (SLEEVE LIFTING AND PULLING HIP THROW)</b>				
<b>UCHI MATA (INNER THIGH THROW)</b>				
<b>TOMOE-NAGE (HIGH CIRCLE THROW)</b>				
<b>ONE THROW ON HIDARI SIDE</b>				
<b>ONE THROW ON MIGI SIDE</b>				
<b>2 COMBINATION THROWS</b>				
<b>NEWAZA (GROUND TECHNIQUES) DEMONSTRATE</b>				
<b>HON-KESA-GATAME (NATURAL SCARF HOLD)</b>				
<b>MAKURA KESA- GATAME (PILLOW SCARF HOLD)</b>				
<b>KUZURE KESA- GATAME (MODIFIED SCARF HOLD)</b>				
<b>USHIRO KESA- GATAME (REVERSE SCARF HOLD)</b>				

	<b>EXCELLENT (10) 140 PTS</b>	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>YOKO-SHIHO-GATAME (SIDE HOLD)</b>				
<b>KATA GATAME (SHOULDER HOLD)</b>				
<b>KAMISHIHO GATAME (TOP 4 QUARTER HOLD)</b>				
<b>KUZURE KAMISHIHO GATAME (MODIFIED TOP 4 QUARTER HOLD)</b>				
<b>TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)</b>				
<b>KUZURE TATE SHIHO GATAME (MODIFIED VERTICAL 4 QUARTER HOLD)</b>				
<b>DEMONSTRATE ESCAPE FROM:</b>				
<b>KESA-GATAME</b>				
<b>YOKO SHIHO GATAME</b>				
<b>KAMISHIHO GATAME (TOP 4 QUARTER HOLD)</b>				
<b>1 ESCAPE FOM TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)</b>				
<b>SANKAKU TURNOVER</b>				
<b>SANKAKU GATAME (TRIANGULAR PIN)</b>				
<b>1 TURN OVER (UKE FACE DOWN)</b>				
<b>2 ENTRIES PASS UKE'S LEGS (GUARD POSITION)</b>				

	EXCELLENT (10) 60 PTS	GOOD (8)	FAIR (7)	POOR (0)
DEMONSTRATE SHIME WAZA (CHOKING TECHNIQUE) 13 Y/O AND ABOVE				
HADAKA JIME (NAKED CHOKE HOLD)				
OKURI ERI JIME (SLIDING LAPEL CHOKE)				
KATA HA JIME (SINGLE WING CHOKE)				
NAMI JUJI JIME (NORMAL CROSS CHOKE)				
KATA JUJI JIME (HALF CROSS CHOKE)				
GYAKU JUJI JIME (REVERSE CROSS CHOKE)				
TOTAL SCORE (730 PTS)				

TOTAL SCORE: \_\_\_\_\_/730 X 100 = \_\_\_\_\_  
MUST PASS WITH A 70% OR BETTER

**PASS/FAIL**

INSTRUCTOR SIGNATURE: \_\_\_\_\_