

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

STUDENT: _____

	EXCELLENT (10)	GOOD (8)	FAIR (7)	POOR (5)
VOCABULARY				
SENSEI (TEACHER)				
GI (JUDO UNIFORM)				
OBI (BELT)				
REI (BOW)				
HAJIME (START)				
MATE (STOP)				
MIGI (RIGHT)				
HIDARI (LEFT)				
O (MAJOR)				
KO (MINOR)				
SOTO (OUTER)				
UCHI (INNER)				
GOSHI (HIP)				
ASHI (FOOT)				
HIZA (KNEE)				
NAGE (THROW)				
WAZA (TECHNIQUE)				
RANDORI (FREE PRACTICE)				
SHIAI (CONTEST)				
KIYOSUKE (ATTENTION)				
MOKUSO (SILENT/STILL OR MEDITATION)				
MAE (FRONT)				
USHIRO (BACK)				
WHAT IS JITA KYOEI (MUTUAL WELFARE AND BENEFIT)				
HISTORY				
WHAT DOES JUDO MEAN? (GENTLE WAY)				

NAME THE FOUNDER OF JUDO (JIGORO KANO)				
WHAT COUNTRY AND CITY WAS JUDO FOUNDED (TOKYO, JAPAN 1882 EISHO-JI TEMPLE)				
NAME THE ORIGINAL SCHOOL OF JUDO (KODOKAN)				
WHAT YEAR WAS JUDO FOUNDED (1882)				
DEMONSTRATE				
BASICS				
STANDING BOW (RITSUREI)				
KNEELING BOW (ZAREI)				
TYING BELT				
SPELL JUDO				
COUNT TO 10 (JAPANESE)				
ENTER DOJO AND MAT AREA				
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)				
DEMONSTRATE FOOT MOVEMENT				
AYUMI-ASHI (NORMAL WALKING)				
TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
DEFINE				
TAI-SABAKI (BODY MOVEMENT)				
KUMI-KATA (GRIPPING)				
DEMONSTRATE TAI-SABAKI (BODY MOVEMENT)				
MAE-SABAKI (FRONT 90 DEG)				
USHIRO MAESABAKI (BACK- FRONT 90 DEG)				
MAE- MAWARISABAKI (180 DEG)				
DEMONSTRATE				
KUMI-KATA (GRIPPING VARIATIONS) MIGI/HIDARI				
HAPPO NO KUZUSHI (8 DIRECTIONS OF BREAKING BALANCE)				
THREE PARTS OF THROW (KUZUSHI (BREAKING BALANCE), TSUIKURI (FIT OF TECHNIQUE), KAKE				

(FINISH OF TECHNIQUE)				
EBI- DEFINE				
DEMONSTRATE EBI (SHRIMP)				
HEAD-FIRST EBI SHRIMPING				
REVERSE EBI (OPPOSITE DIRECTION SHRIMP)				
YOKO EBI (SIDE SHRIMP)				
JUDO GI (JUDO UNIFORM) TERMINOLOGY				
UWAGI (JACKET)				
ZUBON (PANT)				
OBI (BELT)				
ZORI (SLIPPER)				
DEMONSTRATE				
UKEMI (BREAK FALLING)- DEFINE				
USHIRO UKEMI (BACKWARD FALL)				
YOKO UKEMI (SIDE FALL)				
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
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)				
HANSOKU MAKE (GRAVE INFRINGEMENT PENALTY-DISQUALIFICATION)				
2 SHIDO PENALTIES (GRAB LEG, STALLING, BENDING, GRAB INSIDE GI, HOLDING SAME SIDE WITHOUT ATTACKING)				
DEMONSTRATE				
TACHIWAZA (STANDING TECHNIQUE)-DEFINE.				
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)				
ONE THROW ON HIDARI SIDE				
ONE THROW ON MIGI SIDE				
2 COMBINATION THROWS				
DEMONSTRATE				
NEWAZA (GROUND TECHNIQUES)				
HON KESA-GATAME (SCARF HOLD)				
MAKURA KESA-GATAME (PILLOW SCARF HOLD)				
YOKO-SHIHO-GATAME (SIDE HOLD)				
KUZURE KESA-GATAME (MODIFIED SCARF HOLD)				
USHIRO KESA-GATAME (REVERSE SCARF HOLD)				
KATA GATAME (SHOULDER HOLD)				
KAMISHIHO GATAME (TOP 4 QUARTER HOLD)				
KUZURE KAMISHIHO GATAME (MODIFIED TOP 4 QUARTER HOLD)				
TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)				
DEMONSTRATES ESCAPE FROM :				
KESA-GATAME				

YOKOSHIHO-GATAME (SIDE HOLD)				
KAMI-SHIHO GATAME TOP 4 QUARTER HOLD)				
DEMONSTRATE SHIME WAZA (CHOKING TECHNIQUE)- DEFINE. FOR 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 (1140 PTS)				

TOTAL SCORE: _____/1140(X 100 = _____
MUST PASS WITH A 70% OR BETTER

PASS/FAIL

INSTRUCTOR SIGNATURE: _____