

YONKYU 7TH (ORANGE BELT) MIN AGE 7-8 YRS OLD

40 CLASSES OR 4 MONTHS 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)				
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				
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)-DEFINE				
NORMAL EBI (HEAD- FIRST DIRECTION)				
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)				
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 OPPOSITE SIDE				
COMBINATION THROW				
DEMONSTRATE				
NEWAZA (GROUND TECHNIQUES)				
HON KESA-GATAME (NATURAL SCARF HOLD)				
MAKURA KESA-GATAME (PILLOW SCARF HOLD)				
KUZURE KESA-GATAME (MODIFIED SCARF HOLD)				
USHIRO KESA-GATAME (REVERSE SCARF HOLD)				
YOKO-SHIHO-GATAME (SIDE 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)				
DEMONSTRATE ESCAPES FROM:				
KESA-GATAME (SCARF HOLD)				
YOKO SHIHO GATAME (SIDE HOLD)				
KATA-GATAME (SHOULDER HOLD)				
KAMISHIHO GATAME (TOP 4 QUARTER HOLD)				
DEMONSTRATE SHIME WAZA (CHOKING TECHNIQUE) – DEFINE. FOR 13 Y/O AND ABOVE				
HADAKA JIME (NAKED CHOKE)				
OKURI ERI JIME (SLIDING LAPEL CHOKE)				
KATA HA JIME (SINGLE WING CHOKE)				
TOTAL SCORE (1070 OR 1100 PTS)				

TOTAL SCORE: _____/1070 X 100 = _____

TOTAL SCORE: _____/1100 X 100 = _____ (13 AND ABOVE)

MUST PASS WITH A 70% OR BETTER

PASS/FAIL

INSTRUCTOR SIGNATURE: _____