

YONKYU 4TH (BLUE BELT) ADULT
24 CLASSES OR 2+ MONTHS FROM LAST PROMOTION

STUDENT: _____

| | EXCELLENT (10) | GOOD (8) | FAIR (7) | POOR (5) |
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| 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) | | | | |
| JU-JITSU (GENTLE ART OR TECHNIQUE) | | | | |
| TORI (ATTACKER) | | | | |
| UKE (TAKES FALL) | | | | |
| SEIRYOKU ZENYO (MAXIMUM | | | | |

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| EFFICIENCY WITH MINIMAL EFFORT) | | | | |
| 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) | | | | |

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| 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 | | | | |

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| BALANCE), TSUIKURI (FIT OF TECHNIQUE), KAKE (FINISH OF TECHNIQUE) | | | | |
| EBI (SHRIMP)- DEFINE | | | | |
| DEMONSTRATE EBI | | | | |
| HEAD-FIRST EBI (SPRIMPING) | | | | |
| 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) | | | | |
| ASSIST SENSEI WITH TEACHING UKEMI BEGINNER STUDENT | | | | |
| RULES AND REFEREEING | | | | |
| IPPON (FULL SCORE) | | | | |
| WAZA-ARI (HALF SCORE) | | | | |
| WAZA-ARI AWASETE IPPON (TWO HALF A | | | | |

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| 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) | | | | |

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| 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 | | | | |
| 1 COMBINATION THROW | | | | |
| OSOTO-GAESHI (MAJOR OUTER COUNTER) | | | | |
| DEMONSTRATE | | | | |
| NEWAZA (GROUND TECHNIQUES)- DEFINE | | | | |
| HON KESA- GATAME (SCARF HOLD) | | | | |
| MAKURA KESA- GATAME (PILLOW SCARF HOLD) | | | | |
| HON YOKO-SHIHO- GATAME (SIDE HOLD) | | | | |
| KUZURE KESA- GATAME (MODIFIED SCARF HOLD) | | | | |
| USHIRO KESA- GATAME (REVERSE SCARF HOLD) | | | | |
| KATA GATAME (SHOULDER HOLD) | | | | |

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| KAMISHIHO GATAME (TOP 4 QUARTER HOLD) | | | | |
| KUZURE KAMISHIHO GATAME (MODIFIED TOP 4 QUARTER HOLD) | | | | |
| TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD) | | | | |
| KUZURE-YOKO- SHIHO-GATAME (MODIFIED SIDE HOLD) | | | | |
| DEMONSTRATE ESCAPE FROM: | | | | |
| HON KESA- GATAME (NATURAL 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 HOLD) | | | | |
| OKURI ERI JIME (SLIDING LAPEL CHOKE) | | | | |
| KATA HA JIME (SINGLE WING CHOKE) | | | | |
| NAMI JUJI JIME (NORMAL CROSS CHOKE) | | | | |

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| KATA JUJI JIME (HALF CROSS CHOKE) | | | | |
| GYAKU JUJI JIME (REVERSE CROSS CHOKE) | | | | |
| ESCAPE FROM HADAKA JIME (NAKED CHOKE) | | | | |
| DEFENSE AGAINST OKURI-ERI-JIME (SLIDING LAPEL CHOKE) | | | | |
| TOTAL SCORE (1210 PTS) | | | | |

TOTAL SCORE: _____/1220 X 100 = _____

MUST PASS WITH A 70% OR BETTER

PASS/FAIL

INSTRUCTOR SIGNATURE: _____