

# YONKYU 4TH (GREEN/BLUE BELT) MIN AGE 11 YRS OLD

65 CLASSES OR 7 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)				
WHAT IS JITA KYOEI (MUTUAL WELFARE AND BENEFIT)				
SEIRYOKU ZENYO (MAXIMUM EFFICIENCY WITH MINIMAL EFFORT)				
HISTORY				
WHAT DOES JUDO MEAN? (GENTLE WAY)				
NAME THE FOUNDER OF JUDO (JIGORO KANO)				

<b>WHAT COUNTRY AND CITY WAS JUDO FOUNDED (TOKYO, JAPAN 1882 EISHO-JI TEMPLE)</b>				
<b>NAME THE ORIGINAL SCHOOL OF JUDO (KODOKAN)</b>				
<b>WHAT YEAR WAS JUDO FOUNDED (1882)</b>				
<b>DEMONSTRATE</b>				
<b>BASICS</b>				
<b>STANDING BOW (RITSUREI)</b>				
<b>KNEELING BOW (ZAREI)</b>				
<b>TYING BELT</b>				
<b>SPELL JUDO</b>				
<b>COUNT TO 10 (JAPANESE)</b>				
<b>ENTER DOJO AND MAT AREA</b>				
<b>SHISEI (POSTURE)-DEFINE</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>FOOT MOVEMENT</b>				
<b>AYUMI-ASHI (NORMAL WALKING)</b>				

<b>TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)</b>				
<b>SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)</b>				
<b>TAI-SABAKI (BODY MOVEMENT)- DEFINE</b>				
<b>MAE-SABAKI (FRONT 90 DEG)</b>				
<b>USHIRO MAESABAKI (BACK-FRONT 90 DEG)</b>				
<b>MAE-MAWARISABAKI (180 DEG)</b>				
<b>DEMONSTRATE</b>				
<b>KUMI-KATA (GRIPPING VARIATIONS) MIGI/HIDARI</b>				
<b>HAPPO NO KUZUSHI (8 DIRECTIONS OF BREAKING BALANCE)</b>				
<b>THREE PARTS OF THROW (KUZUSHI (BREAKING BALANCE), TSUIKURI (FIT OF TECHNIQUE), KAKE (FINISH OF TECHNIQUE)</b>				
<b>EBI (SHRIMP)- DEFINE</b>				
<b>HEAD-FIRST EBI DIRECTION</b>				
<b>REVERSE EBI (OPPOSITE DIRECTION SHRIMP)</b>				
<b>YOKO EBI (SIDE SHRIMP)</b>				
<b>JUDO GI - UNIFORM -DEFINE (TERMINOLOGY)</b>				
<b>UWAGI (JACKET)</b>				

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)				
MAE UKEMI (FORWARD FALL)				
ASSIST SENSEI WITH TEACHING UKEMI BEGINNER STUDENT				
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				

<b>SIDE WITHOUT ATTACKING)</b>				
<b>ONE EXAMPLE OF HANSOKU MAKE (LEG ENTANGLEMENT, SWEEPING SUPPORTING LEG FROM BEHIND, HEAD DIVE)</b>				
<b>PRACTICE REFERRING IN DOJO</b>				
<b>DEMONSTRATE</b>				
<b>TACHIWAZA (STANDING TECHNIQUE)- DEFINE</b>				
<b>O SOTO-GARI (MAJOR OUTER REAPING)</b>				
<b>DEASHI-HARAI (ADVANCING FOOT SWEEP)</b>				
<b>IPPON SEOI-NAGE (ONE ARM SHOULDER THROW)</b>				
<b>UKI-GOSHI (FLOATING HIP THROW)</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>HANE-GOSHI (SPRING HIP THROW)</b>				
<b>KOSOTO-GAKE (MINOR OUTER HOOK)</b>				
<b>TSURI-GOSHI (LIFTING HIP THROW)</b>				
<b>ONE THROW ON HIDARI SIDE</b>				
<b>ONE THROW ON MIGI SIDE</b>				
<b>2 COMBINATION THROWS</b>				
<b>2 RENRAKU-WAZAS (COMBINATION OF SEVERAL TECHNIQUES)</b>				
<b>2 KAESHI-WAZAS (COUNTER TECHNIQUES)</b>				
<b>DEMONSTRATE</b>				

<b>NEWAZA (GROUND TECHNIQUES)- DEFINE</b>				
<b>HON-KESA- GATAME (NATURAL SCARF HOLD)</b>				
<b>MAKURA KESA- GATAME (PILLOW SCARF HOLD)</b>				
<b>YOKO-SHIHO- GATAME (SIDE HOLD)</b>				
<b>KUZURE KESA- GATAME (MODIFIED SCARF HOLD)</b>				
<b>USHIRO KESA- GATAME (REVERSE SCARF 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</b>				
<b>ESCAPE FROM:</b>				
<b>KESA-GATAME (SCARF HOLD)</b>				
<b>YOKO SHIHO GATAME (SIDE HOLD)</b>				
<b>KATA-GATAME (SHOULDER HOLD)</b>				
<b>KAMISHIHO GATAME (TOP 4 QUARTER HOLD)</b>				

TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)				
DEMONSTRATE				
SANKAKU TURNOVER				
SANKAKU GATAME (TRIANGULAR PIN)				
1 TURN OVER (UKE FACE DOWN)				
2 ENTRIES PASS UKE'S LEGS (GUARD POSITION)				
STANDING TECHNIQUE TO OSAE WAZA				
TURNOVER FROM BEING ON THE BOTTOM				
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)				
ESCAPE FROM HADAKA JIME (NAKED CHOKE)				
TOTAL SCORE (1310 OR 1380 PTS)				

TOTAL SCORE: \_\_\_\_\_/1310 X 100 = \_\_\_\_\_

TOTAL SCORE: \_\_\_\_\_/1380 X 100 = \_\_\_\_\_ (13 AND ABOVE)



**MUST PASS WITH A 70% OR BETTER**

**PASS/FAIL**

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