

1st Degree (Yellow)

General Knowledge

Name of our Judo Organization – United States Judo Association (USJA)

Founder of Judo – Jigoro Kano (Jih-GOH-roh KAH-noh)

School he founded – Kodokan (KOH-doh-kahn)

Date Judo founded – 1882

Vocabulary

Teacher – Sensei (SEN-say)

Sitting on knees – Seiza (SAY-zuh)

Sitting cross-legged – Anza (AHN-zuh)

Stand at Attention – Kiyotsuke (KEE-yotz-KAY)

Bow – Rei (RAY)

Falling methods (Break falls) – Ukemi (OO-kay-mee)

Off Balance – Kuzushi (Kuh-ZOO-shee)

Attack practice with a partner – Uchi Komi (OO-chee KOH-mee)

Person receiving technique – Uke (OO-kay)

Person performing technique – Tori (TOH-ree)

Begin – Hajime (HA-jee-may)

Stop – Matte (MAH-tay)

Free Practice – Randori (Rahn-DOH-ree)

Nage Waza (Throwing Techniques)

Throws from preferred side	2	Throws during movement	1
Throws from non-preferred side	0	Favorite throw with different grips	0

Renraku Waza (Combinations) 1

Kaeshi-No-Waza (Counter Throws) 1

Bogyo (Defense Against Throws) 0

Kumi Kata (Gripping Forms)

Grips 1 Grip breaks 1

Katame Waza (Grappling Techniques)

Osaekomi Waza (Holding) 2 Shimi Waza (Choking) 0

Hairi Waza (Entry into matwork)

Turn uke over 1 Tori on bottom 0

Uke in guard 0 Tori in guard 0

Fusegi (Escapes)

Kesa-gatame 1 Yoko Shiho-gatame 1

Kami Shiho-gatame 1 Other 0

Miscellaneous Breakfall, Kneeling Bow, Standing Bow, Seiza, Anza, Belt tying, Gi folding, Randori

2nd Degree (Yellow / Orange stripe)

All Prior Belt General Knowledge / Vocabulary AND

General Knowledge

Two Principles of Kodokan Judo as defined by Dr. Jigoro Kano

1. Maximum Efficiency – Seiryoku Zenyo (SAY-ree-OH-koo ZEN-yoh)

2. Mutual Benefit and Welfare – Jita Kyoei (JEE-tah KEE-oh-ay)

How long have unarmed combat martial arts been practice in Japan? – 600-1000 years.

What was unarmed combat called in Japan before Judo? – Jujitsu

How Many junior degrees are there in the USJA Junior Rank System? – Ten

List the USJA Belt Ranks in order (do not list white)

Yellow, Orange, Green, Blue, Purple

Vocabulary

Big or Major – O

Waist or Hip – Goshi (GOH-shee) or Koshi (KOH-shee)

Major Hip Throw – Ogoshi

Outside – Soto (SOH-toh)

Major Outside Reaping Throw – Osoto Gari (OH-soh-toh GAR-ee)

One Point – Ippon (EE-pawn)

Almost ippon – Waza Ari (WAH-zah AH-ree)

Scarf – Kesa (KAY-sah)

Lock or Hold – Gatame (Gah-TAH-may)

Scarf Lock – Kesa Gatame

Modified – Kuzure (KUH-zoo-ree)

Modified Scarf Lock –Kuzure Kesa Gatame

Black Belt Rank – Dan (Dahn)

Beginning Black Belt – Shodan (SHOW-dahn)

Nage Waza (Throwing Techniques)

Throws from preferred side	4	Throws during movement	2
----------------------------	---	------------------------	---

Throws from non-preferred side	0	Favorite throw with different grips	0
--------------------------------	---	-------------------------------------	---

Renraku Waza (Combinations)	2
------------------------------------	---

Kaeshi-No-Waza (Counter Throws)	2
--	---

Bogyo (Defense Against Throws)	0
---------------------------------------	---

Kumi Kata (Gripping Forms)

Grips	2	Grip breaks	2
-------	---	-------------	---

Katame Waza (Grappling Techniques)

Osaekomi Waza (Holding)	3	Shimi Waza (Choking)	0
-------------------------	---	----------------------	---

Hairi Waza (Entry into matwork)

Turn uke over	2	Tori on bottom	0
---------------	---	----------------	---

Uke in guard	1	Tori in guard	0
--------------	---	---------------	---

Fusegi (Escapes)

Kesa-gatame	2	Yoko Shiho-gatame	2
-------------	---	-------------------	---

Kami Shiho-gatame	2	Other	0
-------------------	---	-------	---

Miscellaneous 1st Degree AND

Tsugi Ashi (following foot walking), Ayumi Ashi (normal walking)

3rd Degree (Orange)

All Prior Belt General Knowledge / Vocabulary AND

General Knowledge

Three parts of a judo throw

Off Balance – Kuzushi (Kuh-ZOO-shee)

Entry – Tsukuri (Soo-KOO-ree)

Completion – Kake (KAH-kay)

Count to 10 in Japanese – ichi, ni, san, shi, go, rokyu, shichi, hachi, ky, ju

Explain the principle of *Maximum Efficiency* – Answer should include something about using the least amount of power for the biggest result.

Explain the principle of *Mutual Benefit and Welfare* – Answer should include something about being a good uke to help tori learn.

Vocabulary

Full point by adding two waza-ari scores – Waza-ari Awasete Ippon (Ah-wah-Say-tay)

Near waza-ari – Yuko (YOU-koh)

That is all (referee call) – Sore Made (SOH-ray MAH-day)

Don't move (referee call) – Sono Mama (SOH-noh MAH-mah)

Continue (referee call) – Yoshi (YOH-shee)

Note (referee call for slight penalty) – Shido (SHE-doh)

Reaping action done with leg – Gari (GAH-ree)

Little or minor – Ko

Inside – Uchi (OO-chee)

Minor inside reaping throw – Kouchi Gari

Waist or hip technique – Koshi Waza

Wheel – Guruma (Goo-ROO-mah)

Hip wheel throw – Koshi-guruma

Second Degree Black Belt - Nidan

Nage Waza (Throwing Techniques)

Throws from preferred side	6	Throws during movement	3
----------------------------	---	------------------------	---

Throws from non-preferred side	1	Favorite throw with different grips	1
--------------------------------	---	-------------------------------------	---

Renraku Waza (Combinations) 3

Kaeshi-No-Waza (Counter Throws) 2

Bogyo (Defense Against Throws) 1

Kumi Kata (Gripping Forms)

Grips	3	Grip breaks	3
-------	---	-------------	---

Katame Waza (Grappling Techniques)

Osaekomi Waza (Holding)	4	Shimi Waza (Choking)	1	If aged 13+
-------------------------	---	----------------------	---	-------------

Hairi Waza (Entry into matwork)

Turn uke over	3	Tori on bottom	1
---------------	---	----------------	---

Uke in guard	2	Tori in guard	0
--------------	---	---------------	---

Fusegi (Escapes)

Kesa-gatame	3	Yoko Shiho-gatame	3
-------------	---	-------------------	---

Kami Shiho-gatame	2	Other	1
-------------------	---	-------	---

Miscellaneous 2nd Degree AND

Round-off, Shizen Hontai (Natural posture)

4th Degree (Orange / Green stripe)

All Prior Belt General Knowledge / Vocabulary AND

General Knowledge

Two divisions of sacrifice throwing

Back Sacrifice Techniques – Ma Sutemi Waza (Mah Soo-TAY-me WAH-zah)

Side Sacrifice Techniques – Yoko Sutemi Waza (YOH-koh ...)

Three parts of unarmed combat

Throwing techniques – Nage Waza (NAH-gay WAH-zah)

Grappling techniques – Katame Waza (Kah-TAH-may WAH-zah)

Striking Techniques – Ate mi Waza (Ah-TAY-me WAH-zah)

Three divisions of mat techniques

Holding Techniques – Osaekomi Waza (OH-say-KOH-me WAH-zah)

Strangulation Techniques – Shime Waza (SHE-may WAH-zah)

Joint Lock Techniques – Kansetsu Waza (Kan-SET-soo WAH-zah)

Vocabulary

Shoulder Hold – Kata Gatame

Upper 4-Corner Hold – Kami Shiho-gatame (KAH-mee SHE-hoh)

Variant (Modified) Upper 4-Corner Hold – Kuzure Kami Shiho-gatame

Side 4-Corner Hold – Yoko Shiho-gatame

Modified Side 4-Corner Hold – Kuzure Yoko Shiho-gatame

Straddling Hold – Tate Shiho-gatame (TAH-tay)

Hold-down (referee call) – Osaekomi (OH-say KOH-mee)

Hold-down broken (referee call) – Toketa (Toh-KAY-tah)

Sweeping action down with leg – Harai (Hah-RYE) or Barai (Bah-RYE)

Third Degree Black Belt - Sandan

Nage Waza (Throwing Techniques)

Throws from preferred side	8	Throws during movement	3
----------------------------	---	------------------------	---

Throws from non-preferred side	2	Favorite throw with different grips	2
--------------------------------	---	-------------------------------------	---

Renraku Waza (Combinations) 3

Kaeshi-No-Waza (Counter Throws) 3

Bogyo (Defense Against Throws) 2

Kumi Kata (Gripping Forms)

Grips	4	Grip breaks	4
-------	---	-------------	---

Katame Waza (Grappling Techniques)

Osaekomi Waza (Holding)	5	Shimi Waza (Choking)	2	If aged 13+
-------------------------	---	----------------------	---	-------------

Hairi Waza (Entry into matwork)

Turn uke over	4	Tori on bottom	2
---------------	---	----------------	---

Uke in guard	3	Tori in guard	1
--------------	---	---------------	---

Fusegi (Escapes)

Kesa-gatame	3	Yoko Shiho-gatame	3
-------------	---	-------------------	---

Kami Shiho-gatame	2	Other	2
-------------------	---	-------	---

Miscellaneous 3rd Degree AND

Jigo Hantai (Defensive posture), Migi (R) / Hidari (L) Sabaki 90° turns

5th Degree (Green)

All Prior Belt General Knowledge / Vocabulary AND

General Knowledge

What is Kata? Formal prearranged practice routine

How many Kata are in Kodokan Judo? Nine

Kata considered most useful for learning throwing techniques – Nage-No-Kata

Kata considered most useful for learning grappling techniques – Katame-No-Kata

Vocabulary

Technique – Waza

Throw (noun) – Nage

Throwing technique – Nage waza

Hand – Te (TAY)

Hand technique – Te Waza

Foot or Leg – Ashi (AH-shee)

Foot techniques – Ashi waza

Holding techniques – Osae-komi waza

Grappling techniques – katame waza

Loss by rule violation (referee call) – Hansoku make (HAHN-soh-koo MAH-kay)

Judo uniform – Judogi

Judo uniform sleeve – Sode (SOH-day)

Judo uniform belt – Obi (OH-bee)

Fourth Degree Black Belt - Yodan

Nage Waza (Throwing Techniques)

Throws from preferred side	10	Throws during movement	4
----------------------------	----	------------------------	---

Throws from non-preferred side	3	Favorite throw with different grips	3
--------------------------------	---	-------------------------------------	---

Renraku Waza (Combinations) 4

Kaeshi-No-Waza (Counter Throws) 4

Bogyo (Defense Against Throws) 3

Kumi Kata (Gripping Forms)

Grips	4	Grip breaks	4
-------	---	-------------	---

Katame Waza (Grappling Techniques)

Osaekomi Waza (Holding)	6	Shimi Waza (Choking)	3	If aged 13+
-------------------------	---	----------------------	---	-------------

Hairi Waza (Entry into matwork)

Turn uke over	5	Tori on bottom	3
---------------	---	----------------	---

Uke in guard	3	Tori in guard	2
--------------	---	---------------	---

Fusegi (Escapes)

Kesa-gatame	4	Yoko Shiho-gatame	4
-------------	---	-------------------	---

Kami Shiho-gatame	2	Other	3
-------------------	---	-------	---

Miscellaneous 4th Degree AND

Maware 180° turns, Kyoshi (high kneeling)

6th Degree (Green / Blue stripe)

All Prior Belt General Knowledge / Vocabulary AND

General Knowledge

Ultimate goal of Judo as defined by Dr. Kano – Harmonious development and eventual perfection of the human character.

What is a Kyu (KYOU) rank? Rank below black belt

The six Kyu senior ranks from highest to lowest

First Brown – Ikkyu

Second Brown – Nikyu

Third Brown – Sankyu

Green – Yonkyu

Orange – Gokyu

Yellow – Rokyu

Vocabulary

Judo uniform lapel – Eri (AY-ree)

Body – Tai (Tie)

To drop – Otoshi (OH-tohsh)

Body drop – Tai-otoshi

Choke – Shime (SHE-may) or Jime (JEE-may)

Choking Techniques – Shime Waza

Normal – Nami (NAH-mee)

Reverse – Gyaku (Gee-AH-koo)

Cross – Juji (JOO-jee)

Joint locking techniques – Kansetsu Waza

Cross arm lock – Juji gatame

Normal cross choke – Nami juji-jime

Half Cross Choke – Kata juji-jime

Fifth Degree Black Belt - Godan

Nage Waza (Throwing Techniques)

Throws from preferred side	12	Throws during movement	4
----------------------------	----	------------------------	---

Throws from non-preferred side	4	Favorite throw with different grips	4
--------------------------------	---	-------------------------------------	---

Renraku Waza (Combinations) 4

Kaeshi-No-Waza (Counter Throws) 5

Bogyo (Defense Against Throws) 3

Kumi Kata (Gripping Forms)

Grips	4	Grip breaks	4
-------	---	-------------	---

Katame Waza (Grappling Techniques)

Osaekomi Waza (Holding)	6	Shimi Waza (Choking)	4	If aged 13+
-------------------------	---	----------------------	---	-------------

Hairi Waza (Entry into matwork)

Turn uke over	5	Tori on bottom	4
---------------	---	----------------	---

Uke in guard	3	Tori in guard	3
--------------	---	---------------	---

Fusegi (Escapes)

Kesa-gatame	4	Yoko Shiho-gatame	4
-------------	---	-------------------	---

Kami Shiho-gatame	3	Other	4
-------------------	---	-------	---

Miscellaneous All skills from 1st – 5th Degree

7th Degree (Blue)

All Prior Belt General Knowledge / Vocabulary AND

General Knowledge

Ten black belt ranks in order from lowest to highest

Shodan, Nidan, Sandan, Yodan, Godan, Rokudan, Shichidan, Hachidan, Kudan, Judan

Three black belt ranks that are considered student grades – Shodan, Nidan, Sandan

Color belt for black belts

Shodan, Nidan, Sandan – Black

Yodan, Godan – Black and Red

Rokudan, Shichidan, Hachidan – Red and White

Kudan, Judan – Red

Vocabulary

Reverse cross choke – Gyaku juji-jime

Knee – Hiza (HEE-sah)

Knee wheel throw – Hiza-guruma

Sacrifice – Sutemi

Side or Lateral – Yoko

Sacrifice throw – Sutemi Waza

Side sacrifice throw – Yoko sutemi waza

Forms of gripping – Kumi kata (KOO-mee)

For corners (as in pins) – Shiho

Locking of the side four corners – Yoko Shiho-gatame

Five stages of throwing techniques, basic syllabus of Kodokan Judo – Gokyo No Waza

Newly certified throwing techniques of Kodokan Judo – Shimmeisho no Waza

Counter technique – Kaeshi Waza (KAY-shee)

Sixth Degree Black Belt - Rokudan

Nage Waza (Throwing Techniques)

Throws from preferred side	14	Throws during movement	5
----------------------------	----	------------------------	---

Throws from non-preferred side	4	Favorite throw with different grips	4
--------------------------------	---	-------------------------------------	---

Renraku Waza (Combinations) 5

Kaeshi-No-Waza (Counter Throws) 5

Bogyo (Defense Against Throws) 4

Kumi Kata (Gripping Forms)

Grips	4	Grip breaks	4
-------	---	-------------	---

Katame Waza (Grappling Techniques)

Osaekomi Waza (Holding)	6	Shimi Waza (Choking)	4	If aged 13+
-------------------------	---	----------------------	---	-------------

Hairi Waza (Entry into matwork)

Turn uke over	5	Tori on bottom	4
---------------	---	----------------	---

Uke in guard	4	Tori in guard	4
--------------	---	---------------	---

Fusegi (Escapes)

Kesa-gatame	4	Yoko Shiho-gatame	4
-------------	---	-------------------	---

Kami Shiho-gatame	3	Other	4
-------------------	---	-------	---

Miscellaneous All skills from 1st – 5th Degree

8th Degree (Blue / Purple stripe)

All Prior Belt General Knowledge / Vocabulary AND

General Knowledge

Name three of the men who attained 10th degree black belt while still alive

Yoshiaki Yamashita – 1935
Hidekazu Nagaoka – 1937
Hajime Isogai – 1937
Kyuzo Mifune – 1945
Kunisaburo Iizuka – 1946
Kaichiro Samura – 1948
Shotaro Tabata – 1948
Sumiyuki Kotani – 1984

Vocabulary

Entry methods into matwork – Hairi Kata (HIGH-ree)
Slide lapel choke – Okuri Eri-jime (OH-koo-ree)
Naked choke – Hadaka-jime (HAH-dah-ka)
Single wing choke – Kata Ha-jime
Rear / Behind (as in throwing or pinning) – Ushiro (OO-she-roh)
Tournament – Shiai (SHE-eye)
Practice hall for judo – Dojo (DOH-Joh)
Judo player – Judoka
Arm – Ude (OO-day)
Entangle – Garami (GAH-rah-mee)
Escape (as from a pin) – Fusegi (FOO-say-gee)
Seating place for high ranking black belts – Joseki (JOH-say-kee)
To float or floating – Uki (OO-kee)
Seventh Degree Black Belt – Shichidan

Nage Waza (Throwing Techniques)

Throws from preferred side	16	Throws during movement	5
Throws from non-preferred side	4	Favorite throw with different grips	4

Renraku Waza (Combinations) 5

Kaeshi-No-Waza (Counter Throws) 5

Bogyo (Defense Against Throws) 4

Kumi Kata (Gripping Forms)

Grips 4 Grip breaks 4

Katame Waza (Grappling Techniques)

Osaekomi Waza (Holding) 6 Shimi Waza (Choking) 5 If aged 13+

Hairi Waza (Entry into matwork)

Turn uke over 5 Tori on bottom 4

Uke in guard 4 Tori in guard 4

Fusegi (Escapes)

Kesa-gatame 4 Yoko Shiho-gatame 4

Kami Shiho-gatame 3 Other 4

Miscellaneous All skills from 1st – 5th Degree

9th Degree (Purple)

All Prior Belt General Knowledge / Vocabulary AND

General Knowledge

Nine Kata of Kodokan Judo

Nage no Kata – Forms of Throwing

Katame no Kata – Forms of Grappling

Ju no Kata – Forms of Gentleness

Goshin jitsu Kata – Forms of Self-Defense

Kimi no Kata – Forms of Decision

Joshi Goshin ho – Forms of Self-Defense for Women

Itsutsu no Kata – Forms of Five

Koshiki no Kata – Forms of Antiquity

Seiryoky-Zen'yo Kokumin Taiiku – Maximum Efficiency Physical Exercises

Vocabulary

Lift – Tsuru (SOO-ree)

Pull – Komi (KOH-mee)

Lift-pull-hi- throw – Tsurikomi-goshi

Reverse side, back – Ura (OO-rah)

Rear throw – Ura-nage

Dashing action done with the leg – Gake (GAH-kay) or Kake (KAH-kay)

Kneeling bow – Zarei (ZAH-ray)

Standing bow – Ritsurei (RIT-soo-ray)

Minor outside dashing throw – Kosoto-gake

Both hands – Morote (MOH-roh-tay)

Two hand reap – Morote gari

Floating hip throw – Uki goshi

Favorite technique – Tokui Waza (TOH-koo-ee)

Eighth Degree Black Belt – Hachidan

Nage Waza (Throwing Techniques)

Throws from preferred side	18	Throws during movement	6
----------------------------	----	------------------------	---

Throws from non-preferred side	4	Favorite throw with different grips	4
--------------------------------	---	-------------------------------------	---

Renraku Waza (Combinations) 6

Kaeshi-No-Waza (Counter Throws) 6

Bogyo (Defense Against Throws) 4

Kumi Kata (Gripping Forms)

Grips	4	Grip breaks	4
-------	---	-------------	---

Katame Waza (Grappling Techniques)

Osaekomi Waza (Holding)	6	Shimi Waza (Choking)	5	If aged 13+
-------------------------	---	----------------------	---	-------------

Hairi Waza (Entry into matwork)

Turn uke over	5	Tori on bottom	4
---------------	---	----------------	---

Uke in guard	6	Tori in guard	4
--------------	---	---------------	---

Fusegi (Escapes)

Kesa-gatame	4	Yoko Shiho-gatame	4
-------------	---	-------------------	---

Kami Shiho-gatame	3	Other	4
-------------------	---	-------	---

Miscellaneous All skills from 1st – 5th Degree

10th Degree (Purple / Brown stripe)

All Prior Belt General Knowledge / Vocabulary AND

General Knowledge

What year was judo first introduced into the summer Olympic games? 1964

Who were the four men on the first U.S. Olympic judo team?

Ben Campbell, Jim Bregman, George Harris, Paul Maruyama

Which American was the first to win an Olympic medal in judo and what place?

Jim Bregman – 3rd place, 1964 Olympics

Vocabulary

Pivoting or turning the body – Tai Sabaki (TYE Sah-BAH-kee)

Judo mats – Tatami (TAH-tah-mee)

Instantaneous promotion – Batsugun (BAHT-soo-goon)

Formal forms of throwing – Nage No Kata

Formal forms of holding – Katame No Kata

Shout to gather inner strength – Kiai (KEE-eye)

Avoiding or evasive action – Sukashi (SOO-kah-shee)

Martial arts – Budo (BOO-doh)

Way of the warrior – Bushido (BOO-shee-doh)

Alternate throwing practice done with a partner – Sute Geiko (SOO-tay GAY-koh)

Circle – Tomoe (TOH-moh-ay)

Circle throw – Tomoe Nage

Ninth Degree Black Belt – Kudan

Tenth Degree Black Belt – Judan

Nage Waza (Throwing Techniques)

Throws from preferred side	20	Throws during movement	6
----------------------------	----	------------------------	---

Throws from non-preferred side	4	Favorite throw with different grips	4
--------------------------------	---	-------------------------------------	---

Renraku Waza (Combinations) 6

Kaeshi-No-Waza (Counter Throws) 6

Bogyo (Defense Against Throws) 4

Kumi Kata (Gripping Forms)

Grips	4	Grip breaks	4
-------	---	-------------	---

Katame Waza (Grappling Techniques)

Osaekomi Waza (Holding)	6	Shimi Waza (Choking)	5	If aged 13+
-------------------------	---	----------------------	---	-------------

Hairi Waza (Entry into matwork)

Turn uke over	5	Tori on bottom	4
---------------	---	----------------	---

Uke in guard	6	Tori in guard	4
--------------	---	---------------	---

Fusegi (Escapes)

Kesa-gatame	4	Yoko Shiho-gatame	4
-------------	---	-------------------	---

Kami Shiho-gatame	3	Other	4
-------------------	---	-------	---

Miscellaneous All skills from 1st – 5th Degree