

JUNIOR JUDO RANK TEST SHEET — WHITE BELT

DOJO _____ EXAMINER _____ DATE _____
JUDOKA _____ AGE _____ TIME-IN-GRADE _____

Rank 1 WHITE BELT (Entry – no test)

Rank 2 WHITE BELT (One stripe)

- _____ Judo Suit (Judogi) – Proper dress and belt tying
- _____ Bowing (Rei) from standing and sitting positions
- _____ Break Falls (Ukemi) – both sides on forward rolling.
- _____ Gripping (Kumikata) – both sides.
- _____ Off-balancing (Kuzushi)
- _____ Repetition Training (Uchi Komi)
- _____ Free Practice (Randori)
- _____ Competition (Shiai) .
- _____ Give and Take Throwing Practice (Yaku Soku Geiko).
- _____ Major/Big Hip Throw (O Goshi).
- _____ Major Outer Reap (O Soto Gari).
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____

* Throw from both sides.

JUNIOR JUDO RANK TEST SHEET — YELLOW BELT

DOJO _____ EXAMINER _____ DATE _____
JUDOKA _____ AGE _____ TIME-IN-GRADE _____

Rank 3 YELLOW BELT (Entry – no stripe)

Repeat Rank 2 test.

One Arm Shoulder Throw (Ippon Seoi Nage)

Supporting Foot Lift –Pull Throw (Sasae Tsurikomi Ashi)

Scarf Hold (Kesa Gatame)

Modified Scarf Hold (Kuzure Kesa Gatame).

Escape from Kesa Gatame.

Rank 4 YELLOW BELT (One stripe)

Repeat Rank 3 Test.

Two Arm Shoulder Throw (Morote Seoi Nage).

Knee Wheel(Hiza Garuma). *

Pillow Scarf Hold (Makura Kesa Gatame)

Backward Scarf Hold (Ushiro Kesa Gatame).

Escape from Ushiro Kesa Gatame

Rank 5 YELLOW BELT (Two stripes)

Repeat Rank 4 test

Floating Hip(Uki Goshi).*

Forward Foot Sweep (De Ashi Harai)

Side Four Corner Hold (Yoko Shiho Gatame).

Modified Side Four Corner Hold (Yoko Shiho Gatame)

Escape From Yoko Shiho Gatame

JUNIOR JUDO RANK TEST SHEET — ORANGE BELT

DOJO _____ EXAMINER _____ DATE _____
JUDOKA _____ AGE _____ TIME-IN-GRADE _____

Rank 6 ORANGE BELT (Entry – no stripe)

Repeat Rank 5 test.

Body drop (Tai Otoshi).

Major Inner Reap (Ouchi Gari)

Upper Four Corner Hold (Kami Shiho .Gatame)

Modified Upper Four Corner Hold (Kuzure Kami Shiho Gatame).

Escape from Kami Shiho Gatame

Rank 7 ORANGE BELT (One stripe)

Repeat Rank 6 test.

Hip Wheel (Koshi Guruma

Minor Inner Reap (Kouchi Gari). *

Straight Four Corner Hold (Tate Shiho Gatame)

Modified Straight Four Corner Hold (Kuzure Tate Shiho Gatame).

Escape from Tate Shiho Gatame

Rank 8 ORANGE BELT (Two stripes)

Repeat Rank 7 test

Lift-Pull Hip (Tsurikomi Goshi). *

Sleeve Lift — Pull Hip (Sode Tsurikomi Goshi).

Shoulder Hold (Kata Gatame).

Escape from Kata Gatame

Entry from Uke’s legs No. I

Entry from Uke’s legs No.2

Throw from both sides.

JUNIOR JUDO RANK TEST SHEET — GREEN BELT

DOJO _____ EXAMINER _____ DATE _____
JUDOKA _____ AGE _____ TIME-IN-GRADE _____

Rank 9 GREEN BELT (Entry— no stripe)

Repeat Rank 8 test.

Sweeping Hip (Harai Goshi). *

Sliding or Follow Foot Sweep (Okuri Ashi Harai).

Entry from Uke's legs No. 3.

Entry from like's legs No. 4.

Naked or Bare Handed Choke (Hadaka. Jime)

Rank 10 GREEN BELT (One stripe)

Repeat Rank 9 test.

Inner Thigh (Uchimata). *

Major Outer Drop (O Soto Otoshi).

Entry from like's legs No. 5.

Sliding Collar Choke (Okuri Eri Jime)

Rank 11 GREEN BELT (Two stripes)

Repeat Rank 10 test

Spring Hip (Hane Goshi).

Minor Outer Reap (Kosoto Gari).*

Turning Over Technique No. 1.

Turning Over Technique No. 2.

Two Handed Choke (Morote Jime).

* Throw from both sides.

JUNIOR JUDO RANK TEST SHEET - BLUE BELT

DOJO _____ EXAMINER _____ DATE _____
JUDOKA _____ AGE _____ TIME-IN-GRADE _____

Rank 12 BLUE BELT (Entry — no stripe)

Repeat Rank 11 test

Shoulder Wheel (Kata Guruma). *

Circular Throw (Tomoe Nage).

Turning Over Technique No 3

Turning Over Technique No. 4

Half Cross-Handed Choke (Kata Juji Jime).

Rank 13 BLUE BELT (One stripe)

Repeat Rank 12 test.

Leg Wheel (Ashi Guruma). *

Large Wheel (O Guruma).

Turning Over Technique No. 5.

Turning Over Technique No. 6.

Leg Lock Choke (Ashi Gatame Jime).

Sleeve Wheel Choke (Sode Guruma Jime).

Rank 14 BLUE BELT (Two stripes)

Repeat Rank 13 test

Back flip Throw (Ushiro Goshi).

Lift-Pull Foot Sweep (Harai Tsurikomi Ashi). *

Attacking Uke from Bottom No. 1.

Attacking Uke from Bottom No.2.

Straight Arm Lock (Ude Gatame).

* Throw from both sides.

JUNIOR JUDO RANK TEST SHEET - PURPLE BELT

DOJO _____ EXAMINER _____ DATE _____
JUDOKA _____ AGE _____ TIME-IN-GRADE _____

Rank 15 PURPLE BELT (Entry-no stripe)

Repeat Rank 14 test.

Transfer Hip (Utsuri Goshi).

Scooping Throw (Sukui Nage).

Attack Uke from bottom No.3.

Attack Uke from bottom No. 4.

Cross Ann Lock (Juji Gatame).

Entangled Arm Lock (Ude Garami).

Rank 16 PURPLE BELT (One stripe)

Repeat Rank 15 test.

Outer Wrap-Around Throw (Soto Makikomi).

Side Drop (Yoko Otoshi)

Freeing a tapped leg No. 1.

Freeing a trapped leg No. 2.

Freeing a trapped leg No. 3.

Knee Arm Lock (Hiza Gatame).

Rank 17 PURPLE BELT (Two stripes)

Floating Throw (Uki Waza).

Side Wheel (Yoko Guruma).

First Set of Three Throws (Nage-no-Kata).

Armpit Arm Lock (Waki Gatame).

Stomach Arm Lock (Hara Gatame).