

Gokyu Promotion Exam

The following general knowledge, vocabulary and demonstrations are required for Junior Ranks 03 and 04, and Adult rank Gokyu. When you or your instructor believe you are ready to promote, fill out the general knowledge portion of this exam.

Passing Scores

Rank	General knowledge/Vocabulary	Demonstration
JR03	54	33
JR04/Gokyu	74	51

General Knowledge:

Who was the creator of Judo?			1
What was the name of the school he founded?			1
What year was Judo created?			1
What was unarmed combat in Japan called before Judo?			1
How long have unarmed combat martial arts been practiced in Japan?			1
What is the name of your Judo organization.			1
Name the 3 parts of a throw in English and Japanese			6
Name the 3 parts of unarmed combat in English			6

and Japanese			
Name the 2 divisions of throwing techniques in English and Japanese		JR03 Stop Here	4
Name the 3 divisions of standing techniques in English and Japanese			6
Name the 2 divisions of sacrifice techniques in English and Japanese			4

Vocabulary:

Knee			Hip or Waist	
Hand			Foot	
Big or Major			Little or Minor	
Lock or Hold			Falling methods or ways	
Wheel			Begin!	
Hold-Down!			Stop!	
Hold Broken!			Don't Move!	
Knee Wheel Throw			Continue	
Major Hip Throw			Scarf Hold	
Shoulder			Side	

Throw			Reap	
Corners			Inside	
Outside			Fundamental or Basic	
Natural			Defensive	
Time is up!			I Surrender!	
Fundamental Natural Posture			Fundamental Defensive Posture	
Shoulder Throw			Major outside reaping throw	
Side hold			Sixth Class Judo Rank	
Sweep			Forms of off balancing	
Forms of gripping one's opponent			Note!	
Caution! (moderate penalty, not used)			Warning! (severe penalty, not used)	
Loss by rule violation			One point	
Almost one point!			Almost one half point (not used)	
Slight Superiority (not used)			Normal Walking	
Sliding Foot Walking			Sitting on Knees	
Sitting cross legged			Advanced Foot Sweep	
Major inside reaping throw		JR03 stop here	Upper Corners hold	
To Float			Lower Prop	

Lift			Pull	
Defense			Escape	
Modified (as in hold downs)			Right	
Left			Back Falls	
Forward Falls			Decision!	
Win by decision			Entry methods into matwork	
Floating Hip Throw			Lifting Pulling Foot Stop	
Modified Scarf hold			Fifth class Judo rank	

Demonstrations:

Ukemi	Pass/Fail (2)
Koho Ukemi - Back Falls	
Yoko Ukemi - Side Falls	
Mae or Zenpo Ukemi - Front Falls	
Zenpo Kaiten Ukemi - Front Rolling Falls	

General Demonstrations	Pass/Fail (2)	
How and when to bow		
How to Tie your belt		
Seiza - sitting on knees		
Anza - sitting cross legged		
High Lapel Grip		

Tsugi Ashi - Follow foot movement		
Ayumi Ashi - Normal foot movement		JR03 stop here
Tai Sabaki - body turning		
Sleeve Grip		
Inner Sleeve Counter to High Lapel Grip		

Techniques		Good	Fair	Fail
O Goshi				
O Soto Gari				
Kesa Gatame				
Escape from Kesa Gatame				
Hiza Guruma				
Seoi Nage				
Counter for O Goshi				
Hadaka Jime	If 13 or older			
De Ashi Harai				
O Uchi Gari				
Combination including O Goshi				
Yoko Shiho Gatame				
Escape from Yoko Shiho Gatame	JR03 stop here			
Ude Garami	If 18 or older			
Break down uke's turtle into matwork #1				
Nami Juji Jime	If 13 or older			

Kata Juji Jime	If 13 or older			
Gyaku Juji Jime	If 13 or older			
Kami Shiho Gatame				
Sasae Tsuru Komi Ashi				
Uki Goshi				
Combination including Seoi Nage				
Counter to O Soto Gari				