

Yonkyu Promotion Requirements and Study Guide

The following general knowledge, vocabulary and demonstrations are required for Junior Ranks 05 and 06, and Adult rank Yonkyu. When you or your instructor decide you are ready, fill out the general knowledge portion of this test and bring it to your instructor.

Passing scores:

Rank	General Knowledge/Vocab	Demonstrations
JR05	97	68
JR06/Yonkyu	114	78

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 and Japanese			6
Name the 2 divisions of throwing techniques in English and Japanese			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
Name the 3 divisions of mat techniques in English and Japanese			6
Name 3 of the 7 people who attained the rank of 10th degree black belt		JR05 Stop Here	3
What are the 2 Principles of Judo as defined by Dr Kano?			2
What is the ultimate goal of Judo as defined by Dr Kano?			1

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			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	
Body			Rolling	
Front Rolling Falls			Drop	
Valley			Body Movement	
Pivoting or Turning the Body			Technique	
Counter technique			Attention	
Bow			Teacher	
Judo Practice Hall			Judo Uniform	
Judo player			Little Inside reaping throw	
Hip Wheel Throw		JR05 Stop Here	Modified side hold	
Jude uniform sleeve			Judo uniform lapel	
Judo uniform jacket			Belt	
Attacker			Defender	
Repetition attack			Alternate throwing	

practice without throwing, done in pairs			practice without resistance	
Pantomime practice			Form Practice	
Free Practice			Practice in general	
Posture in General			Combination or faking techniques	
Little Outside Reaping Throw			Lifting Pulling Hip Throw	
Modified Upper Corners Hold			Fourth 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	Pass/Fail (2)
Seiza - sitting on knees	
Anza - sitting cross legged	
Tsugi Ashi - Follow foot movement	
Ayumi Ashi - Normal foot movement	
Tai Sabaki - body turning	
Shizen Hon Tai	
Jigo Hon Tai	

Sleeve Grip	
High Lapel Grip	
Inner Sleeve Counter Grip to high Lapel Grip	
Collar Grip	
Drive through break for collar grip	
Releases from Sleeve 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				
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				
Tai Otoshi				
Ko Soto Gari				
Counter for Seoi Nage				
Escape from Kami Shiho Gatame				
Okuri Eri jime	If 13 or older			
Hands and Knees Bottom #1 (reversal from turtle)	JR05 Stop Here			
Legs around top #1 (Tori in Uke's Guard)				
Kuzure Kesa Gatame				
Counter to Hiza Guruma				
Combination including Hiza Guruma				
Harai Goshi				
Ko Uchi Gari				