



Junior Forth (4th) Degree – Orange

Requirements (Minimum)

Age – 7

Time in Previous Degree – 3 months

Class Attendance – 24 classes

Promotions Points – 7 points (see point calculation sheet)

Previous Degree Requirements

All of this Degree Requirements signed off by a Sensei

Name _____

Date Started _____

Date Completed _____

General Information

1. Name the three divisions of standing techniques (*Tachi Waza*) in English and Japanese.

Hand techniques – Te Waza

Hip techniques – Koshi Waza

Foot techniques – Ashi Waza

2. Name the three divisions of mat techniques (*Ne Waza*) in English and Japanese.

Holding techniques – Osaekome Waza

Choking techniques – Shime Waza

Joint locking techniques – Kansetsu Waza

3. Name the two divisions of sacrifice techniques (*Sutemi Waza*) in English and Japanese.

Back falling sacrifice techniques – Ma Sutemi Waza

Side falling sacrifice techniques – Yoko Sutemi Waza

Judo Vocabulary

1. To Float = *Uki*

2. Lower Prop = *Sasae*

3. Lift = *Tsuri*

4. Pull = *Komi*

5. Defense (to an attack) = *Bogyo*

6. Escape (from a hold down) = *Fusegi*

7. Back falls = *Koho Ukemi*

8. Front falls = *Zempo Ukemi*

9. Decision! (referee's call for judges decision) =
Hantei!!

10. Win by decision! (referee's call) =
Yusei Gachi!

11. Entry methods into mat work = *Hairi*
Kata

12. Fifth class (Kyu) Judo rank = *Gokyu*

13. Third degree black belt = *Sandan*

14. Floating hip throw = *Uki Goshi*

15. Foot stop throw (Lower Prop Lift Pull
Foot) = *Sasae Tsuri Komi Ashi*

16. Sweeping hip throw = *Harai goshi*

17. Modified Side corners hold = *Kuzure*
Yoko Shiho Gatame

18. Modified Upper corners hold = *Kuzure*
Kami Shiho Gatame



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Technical Demonstration

Miscellaneous Skills

- _____ Proper folding of the judo gi
- _____ Round-off
- _____ Cartwheel

Kumi Kata

Gripping Forms

- _____ Through the armpit back grip
- _____ Snap out break against low lapel grip (*Uke* has low lapel grip, break the grip by stepping and pulling you own gi back on the side that is held by *Uke*)

Nage Waza

Throwing Techniques

- _____ *Uki Goshi* – Floating Hip throw
- _____ *Sasae Tsuru Komi Ashi* – Lower Prop Lift Pull Foot
- _____ *Harai Goshi* – Sweeping Hip throw
- _____ Demonstrate one of the throws above using a left standard grip
- _____ Demonstrate one of the throws above using a different gripping configuration then a standard grip

Renraku Waza

Combination Techniques

- _____ Forward throw to pin – *Sasae Tsuru Komi Ashi* to *Kuzure Kami Shiho Gatame*

Bogyo

Defense Against Throws

- _____ *Uke* attacks with *Uki Goshi*: *Tori* defends with hip twist with cut

Kaeshi No Waza

Counter Throw Techniques

- _____ *Uke* attacks with *Harai Goshi*: *Tori* counters with *O Soto Gari*

Katame Waza

Holding Techniques

- _____ *Kuzure Yoko Shiho Gatame* - Modified Side corners hold
- _____ *Kuzure Kami Shiho Gatame* - Modified Upper corners hold

Fusegi

Escape Methods from Hold-downs

- _____ Uphill turn from *Kuzure Yoko Shiho Gatame*
- _____ Double roll from *Kuzure Kami Shiho Gatame*

Hairi Kata

Entry Methods into Mat Work

Hands & Knees Top (*Uke* in the hands and knees position and *Tori* on top)

- _____ *Sankaku* (triangle) pullover entry

Legs Around Top (*Uke* in the bottom guard position and *Tori* in the top position)

- _____ Cross leg ankle trap

Hands & Knees Bottom (*Tori* in the hands and knees position and *Uke* on top)

- _____ *Maki Komi* (winding) from head attack and arm in armpit attack

Legs Around Bottom (*Tori* in the guard position and *Uke* on top)

- _____ Turn over to *Yoko Shiho Gatame*