



Junior Fifth (5th) Degree – Green

Requirements (Minimum)

Age – 8

Time in Previous Degree – 4 months

Class Attendance – 32 classes

Promotions Points – 8 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. List three of the seven men who attained 10th degree black belt while they were still alive?

Nagaoka, Mifune, Yamashita, Isogai, Iizuka, Samura, Tornita

2. What is Kata?

A formal prearranged practice routine

3. How many Kata are there in Kodokan Judo?

Nine

4. Which Kata is considered most useful for learning throwing techniques?

Nage no Kata

5. Which Kata is considered most useful for learning grappling techniques?

Gatame no Kata

Judo Vocabulary

1. Technique = *Waza*

2. Hand Technique = *Te Waza*

3. Foot Technique = *Ashi Waza*

4. Holding Technique = *Osaekomi Waza*

5. Counter Technique = *Kaeshi Waza*

6. Judo Uniform = *Judogi*

7. Judo Uniform Sleeve = *Sode*

8. Judo Uniform Belt = *Obi*

9. Judo Practitioner or Player = *Judoka*

10. Practice hall for Judo = *Dojo*

11. Rolling = *Kaiten*

12. Front rolling falls = *Zempo Kaiten Ukemi*

13. Body = *Tai*

14. Body movement = *Shintai*

15. Pivoting or turning the body = *Tai Sabaki*

16. To Drop = *Otoshi*

17. Valley = *Tani*

18. Forth degree black belt = *Yodan*

19. Valley Drop = *Tani Otoshi*

20. Floating drop = *Uki Otoshi*

21. Body drop = *Tai Otoshi*

22. Shoulder Wheel = *Kata Guruma*

23. Shoulder hold = *Kata Gatame*

24. Straddling hold = *Tate Shiho Gatame*



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Technical Demonstration

Miscellaneous Skills

- _____ Nage no Kata – First set
- _____ Migi/Hidari Sabaki 90 degrees right /left turns
- _____ Maware 180 degrees turns

Kumi Kata

Gripping Forms

- _____ Drive through break against the collar grip (*Uke* has collar grip, break the grip by stepping in and shooting your arm inside and then behind *Uke* head)

Nage Waza

Throwing Techniques

- _____ *Tani Otoshi* – Valley Drop
- _____ *Uki Otoshi* – Floating drop
- _____ *Tai Otoshi* – Body drop
- _____ *Kata Guruma* – Shoulder Wheel
- _____ Demonstrate one of the throws above using a left standard grip
- _____ Demonstrate a throw as an opponent moves to your right
- _____ Demonstrate one of the throws above using a different gripping configuration than a standard grip

Renraku Waza

Combination Techniques

- _____ Sutemi waza to pin – *Tani Otoshi* to *Kesa Gatame*

Bogyo

Defense Against Throws

- _____ *Uke* attacks with *Koshi Guruma*: *Tori* defends with a drive (start of *Tani Otosh*)

Kaeshi No Waza

Counter Throw Techniques

- _____ *Uke* attacks with *Uki Goshi*: *Tori* counters with *Tani Otosh*
- _____ *Uke* attacks with *Hiza Guruma*: *Tori* counters with thigh hold, step through

Katame Waza

Holding Techniques

- _____ *Kata Gatame* - Shoulder hold
- _____ *Tate Shiho Gatame* - Straddling hold

Fusegi

Escape Methods from Hold-downs

- _____ Uphill turn from *Kata Gatame*
- _____ Leg out escape from *Tate Shiho Gatame*
- _____ Shoot out/legs over from *Kesa Gatame*
- _____ Leg hooking head to sit up from *Yoko Shiho Gatame*
- _____ Double bridge & roll from *Kami Shiho Gatame*

Hairi Kata

Entry Methods into Mat Work

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

- _____ Hooking legs and breaking *Uke* down for a choke or hold

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

- _____ Other

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

- _____ Turn over to *Tate Shiho Gatame*