



Junior Sixth (6th) Degree – Green

Requirements (Minimum)

Age – 9

Time in Previous Degree – 4 months

Class Attendance – 32 classes

Promotions Points – 9 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. What is the ultimate goal of Judo as defined by Dr. Kano?

The harmonious development and eventual perfection of human character

2. What are Kyu ranks in Judo?

Students ranks below black belt

3. Name the six Kyu ranks and color belts from highest to lowest senior rank. (do not list white)

Rokyu – Yellow (6K)

Sankyu (3K) – Brown

Gokyu – Orange (5K)

Nikyu (2K) – Brown

Yonkyu – Green (4K)

Ikkyu (1K) – Brown

Judo Vocabulary

1. Judo Uniform Lapel = *Eri*

2. Judo Uniform Jacket = *Uwagi*

4. Choke or Strangle = *Shime*

5. Choking Techniques = *Shime Waza*

6. Normal = *Nami*

7. Reverse = *Gyaku*

8. Triangular = *Sankaku*

9. Cross = *Juji*

10. Normal Cross Choke = *Nami Juji Jime*

11. Half Cross Choke = *Kata Juji Jime*

12. Joint Locking Techniques =

Kansetsu Waza

13. Cross Arm Lock = *Juji Gatame*

14. Pantomime Practice = *Tandoku Renshu*

15. Practice in General = *Keiko*

16. Alternate Throwing with-out resistance =

Sute Geiko

17. Posture in General = *Shisei*

18. Combination or Faking Techniques =

Renraku Waza

19. Forth class (Kyu) Judo rank = *Yonkyu*

20. Fifth degree black belt = *Godan*

21. Little Outside reap = *Ko Soto Gari*

22. Lifting Pulling Hip = *Tsuri Komi Goshi*

23. Major Outer Counter = *O Soto Gaeshi*

24. Sleeve Lift Pull Hip = *Sode Tsuri Komi*

Goshi

25. Triangular Hold = *Sankaku Gatame*



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Technical Demonstration

Nage Waza

Throwing Techniques

- _____ *Ko Soto Gari* – Little Outside reap
- _____ *Tsuri Komi Goshi*– Lifting Pulling Hip
- _____ *Sode Tsuri Komi Goshi*– Sleeve Lift Pull Hip
- _____ Demonstrate one of the throws above using a different gripping configuration than a standard grip

Renraku Waza

Combination Techniques

- _____ Harai Goshi to opposite side O Soto Gari
- _____ O Soto Gari to opposite side Harai Goshi

Kaeshi No Waza

Counter Throw Techniques

- _____ *O Soto Gaeshi*– Major Outer Counter
- _____ Uke attacks with *Seoi Nage*: Tori counters with *Tani Otoshi*

Katame Waza

Holding Techniques

- _____ *Sankaku Gatame* - Triangular hold

Fusegi

Escape Methods from Hold-downs

- _____ Uphill turn from *Sankaku Gatame*

Hairi Kata

Entry Methods into Mat Work

- Hands & Knees Bottom** (*Tori* in the and knees position and *Uke* on top)
- _____ Leg hook/ *Seoi Nage* from back dojime & choke attack
- Legs Around Bottom** (*Tori* in the guard position and *Uke* on top)
- _____ *Sankaku Gatame* entry

Shime Waza

Strangulation Techniques

- _____ *Nami Juji Jime* - Normal Cross Choke
- _____ *Kata Juji Jime* - Half Cross Choke

Kansetsu Waza

Joint Locking Techniques

- _____ *Juji Gatame* - Cross Arm Lock