



## Junior Fifth (5<sup>th</sup>) 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 10<sup>th</sup> 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*