

# Grading Test

## Brown Belt – 1<sup>st</sup> Grade (Ikkyu)

### Terminology:

• Jigoro Kano	The founder of Kodokan Judo
• 1882	The year Kodokan was started
• Kodokan	Home of Judo
• Dojo	A School for Judo
• Judo	A Gentle way
• Judoka	One who studies Judo
• Judogi	A Judo costume
• Tatami	A Rice straw mat
• Ukemi	Break falls
• Zempo-Kai-Ten	The Forward roll
• Kuzushi	Breaking a persons balance
• Uke	One who is being thrown
• Tori	One who is throwing
• Kata	Pre-arranged exercise showing form
• Sensei	Teacher, instructor
• Randori	Free practice
• Kiai	Power shout
• Tai Sabaki	Proper standing body movement
• Ritsu Rei	Standing bow
• Zarei	Kneeling bow
• Kiyotsuke	Attention
• Rei	Bow
• Migi	Right
• Hidari	Left
• Kyu	Grade (Mudansha)
• Dan	Degree (Yudansha)
• Shizentai	Natural posture
• Jigotai	Defensive posture
• Mudansha	Non black belt holder
• Yudansha	Black belt holder
• Nage-No-Kata	Forms of throwing (five)
• Tachi-Waza	Standing technique
• Sutemi-Waza	Sacrifice technique
• Katame-Waza	Grappling technique
• Te-Waza	Hand techniques
• Koshi-Waza	Hip techniques
• Ashi-Waza	Foot and Leg techniques
• Ma-Sutemi-Waza	Rear sacrifice technique

- |                    |                                |
|--------------------|--------------------------------|
| • Yoko-Sutemi-Waza | Side sacrifice techniques      |
| • Osaekomi-Waza    | Pinning techniques             |
| • Shime-Waza       | Strangling techniques          |
| • Kansetsu-Waza    | Joint techniques               |
| • Atemi-Waza       | Striking techniques            |
| • Kodokan-Gokyu    | 40 Kodokan throwing techniques |
| • Seiryoku-Zen'yo  | Maximum efficiency             |
| • Jita-Kyoei       | Mutual welfare and benefit     |

### **Anatomy:**

- |             |       |        |             |
|-------------|-------|--------|-------------|
| • Kubi      | Neck  | • Hiza | Knee        |
| • Ashi      | Foot  | • Do   | Stomach     |
| • Te        | Hand  | • Mata | Inner thigh |
| • Ashi-Kubi | Ankle | • Tai  | Body        |
| • Te-Kubi   | Wrist | • O    | Major       |
| • Koshi     | Hip   | • Ko   | Minor       |

### **The following throws, hold and strangle holds must be demonstrated in good form:**

- |                        |                              |
|------------------------|------------------------------|
| • Oh-Goshi             | Major hip throw              |
| • Tai-Otoshi           | Body drop                    |
| • Seoi-Nage            | Shoulder throw               |
| • De-Ashi-Harai        | Advance foot sweep           |
| • Uki-Goshi            | Floating hip-loin throw      |
| • Oh-Soto-Gari         | Major outer reaping          |
| • Kosoto-Gari          | Minor outer reaping          |
| • Koshi-Guruma         | Hip wheel                    |
| • Harai-Goshi          | Sweeping loin                |
| • Oh-Uchi-Gari         | Major inner reaping          |
| • Sasae-Tsurikomi-Ashi | Propping drawing ankle throw |
| • Tsuru-Goshi          | Lifting hip throw            |
| • Hiza-Guruma          | Knee wheel                   |
| • Ko-Uchi-Gari         | Minor inner reaping          |
| • Hane-Goshi           | Spring Hip Throw             |
| • Tomoe-Nage           | Circle or stomach throw      |
| • Kosoto-Gake          | Minor outer hooking          |
| • Ashi-Guruma          | Leg wheel                    |
| • Kata-Guruma          | Shoulder wheel               |
| • Harai-Tsurikomi-Ashi | Sweeping drawing ankle throw |
| • Tsurikomi-Goshi      | Lift-pull hip-loin throw     |
| • Oh-Guruma            | Major wheel                  |
| • Okuri-Ashi-Harai     | Sending foot sweep           |

- |                  |                       |
|------------------|-----------------------|
| • Uchimata       | Inner thigh           |
| • Tani-Otoshi    | Valley drop           |
| • Oh-Soto-Guruma | Major outside wheel   |
| • Soto-Makikomi  | Outer winding throw   |
| • Yoko-Otoshi    | Side drop             |
| • Sumi-Gaeshi    | Corner tumbling       |
| • Hane-Makikomi  | Hip spin-rolling down |
| • Sukui-Nage     | Scoop throw           |
| • Utsuri-Goshi   | Switching hip throw   |
| • Uki-Otoshi     | Floating drop         |
| • Uki-Waza       | Floating trick        |
| • Yoko-Wakare    | Side parting          |
| • Yoko-Guruma    | Side whirl            |
| • Ushiro-Goshi   | Back drop             |
| • Ura-Nage       | Back throw            |
| • Sumi-Otoshi    | Corner drop           |
| • Yoko-Gake      | Side hook             |

## Katame-Waza

### Osaekomi-Waza (Pinning techniques):

- |                            |                                   |
|----------------------------|-----------------------------------|
| • Kesa-Gatame              | Scarf hold (four variations)      |
| • Kata-Gatame              | Shoulder hold (two variations)    |
| • Kami-Shiho-Gatame        | Upper four direction hold         |
| • Tate-Shiho-Gatame        | Vertical four direction hold      |
| • Yoko-Shiho-Gatame        | Side four direction hold          |
| • Kuzure-Kami-Shiho-Gatame | Variant upper four direction hold |

### Shime-Waza (Choking techniques):

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|-------------------|-------------------------|
| • Hada-Ka-Jime    | Naked choke             |
| • Okuri-Eri-Jime  | Sliding collar          |
| • Kata-Ha-Jime    | Single wing choke       |
| • Nami-Juju-Jime  | Normal cross strangle   |
| • Kata-Juju-Jime  | Half cross strangle     |
| • Gyaku-Juju-Jime | Reversed cross strangle |

### Kansetsu-Waza (Joint techniques):

- |                           |                       |
|---------------------------|-----------------------|
| • Ude-Garami              | Entangled arm lock    |
| • Ude-Hishigi-Juju-Gatame | Arm wrench cross lock |
| • Ude-Hishigi-Ude-Gatame  | Arm wrench arm lock   |
| • Ude-Hishigi-Hiza-Gatame | Arm wrench knee lock  |
| • Ude-Hishigi-Waki-Gatame | Side arm crush        |
| • Ashi-Garami             | Entangled leg lock    |

## **Nage-No-Kata**

### Te-Waza:

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|---------------|----------------|
| • Uki-Otoshi  | Floating drop  |
| • Seoi-Nage   | Shoulder throw |
| • Kata-Guruma | Shoulder wheel |

### Koshi-Waza:

- |                   |                          |
|-------------------|--------------------------|
| • Uki-Goshi       | Floating hip-loin throw  |
| • Harai-Goshi     | Sweeping loin            |
| • Tsurikomi-Goshi | Lift-pull hip-loin throw |

### Ashi-Waza:

- |                       |                            |
|-----------------------|----------------------------|
| • Okuri-Ashi-Harai    | Sending foot sweep         |
| • Sase-Tsurikomi-Ashi | Bearing foot block-lifting |
| • Uchimata            | Thigh throw                |

**Attendance: 100 classes from blue to brown belt.**