

## Junior Green Belt

Points Required: 8

Minimum Age: 8

Minimum Time In Grade: 4 months

USJA or USA Judo Membership Required: Yes

### THROWS

Ogoshi

Large Hip Throw

Seoi Otoshi

Drop Knee Shoulder Throw

Osoto Gari

Large Outer Reap

Ippon Seoi Nage

One Arm Shoulder Throw

Morote Gari

Double Leg Takedown or 2 Handed Reap

Ouchi Gari

Large Inner Reap

Osoto Maki Komi

Large Outer Wrapping Throw

### HOLD DOWNS

Kesa Gatame

Scarf Hold

Yoko Shiho Gatame

Side Mount/Side Locking Four Corner Hold

Kata Gatame

Shoulder Hold/Arm Triangle

Kami Shiho Gatame

Upper 4 Corner Hold/North South

### ESCAPES

1 Escape from Kesa Gatame, Yoko Shiho Gatame, Kata Gatame, and Kami Shihi Gatame

### Counters /Defenses

#### Attack

#### Counter/Defense

Ogoshi

Inside Cut to Throw

Osoto Gari

Osoto Gaeshi

Seoi Otoshi

Sprawl

Ippon Seoi Nage

Hip check

Ouchi Gari

Kosoto Gake

Osoto Maki Komi

Osoto Gaeshi

### Combinations Throw to Throw

KoUchi Gari to Kibisu Gaeshi

KoUchi Gari to Ouchi Gari

### Combinations - Throws to Pins

2 throws in this set to any pin of student's choice (combinations)

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### Misc Mat Work

Top Mount- Spider Monkey Mount

Bottom Mount- Mount Survival, Roll over Escape, and Shrimp Escape

Guard-Scissors Sweep and Hip Bump Flip

### Tournament

Name and Date	Division Entered	Opponent Name/Club	Opponent Rank	Place Won	Points

### Green Belt GENERAL KNOWLEDGE

16. What are the three divisions of mat techniques, in English and Japanese?  
*Holding Techniques - Osaekomi Waza, Strangulation Techniques - Shime Waza, and Joint Locking Techniques - Kansetsu Waza*
17. What are the two principles of Kodokan Judo as defined by Dr. Kano?  
*Mutual Benefit & Welfare - Jita Kyoei and Maximum Efficiency - Seiryoku Zenyo*
18. What is the ultimate goal of Judo as defined by Dr. Kano? -  
*The harmonious development and eventual perfection of the human character.*

### JAPANESE VOCABULARY

<u>#</u>	<u>English</u>	<u>Japanese</u>
61.	Decision Win! (referee's award)	<i>Yusei gachi</i>
62.	Draw Match! (referee's award)	<i>Hiki Wake</i>
63.	A full point by adding two waza ari scores	<i>Waza Ari Awasete Ippon</i>
64.	Techniques from a supine position	<i>Newaza</i>
65.	Choke	<i>Shime/Jime</i>
66.	The principal of gentleness or giving way	<i>Ju</i>
67.	Way of life	<i>Do</i>
68.	Gentle arts	<i>Jujitsu</i>
69.	Favorite technique	<i>Tokui waza</i>
70.	Way of the warrior	<i>Bushido</i>
71.	Martial arts	<i>Budo</i>
72.	Class of belt ranks in Judo below Black Belt	<i>Kyu</i>
73.	Step or degree in the Black Belt ranks	<i>Dan</i>
74.	Repetition attack practice without throwing, done with a partner	<i>Uchi Komi</i>
75.	Kneeling bow	<i>Zarei</i>
76.	Standing bow	<i>Ritsurei</i>
77.	Knee	<i>Hiza</i>
78.	Lock or Hold	<i>Gatame</i>
79.	Wheel	<i>Guruma</i>
80.	Side or lateral	<i>Yoko</i>
81.	Fifth class	<i>Gokyu/Gokkyu</i>
82.	Formal eight direction of off-balancing	<i>Happo No Kuzushi</i>