

Junior 1st Degree – Yellow Belt

To be awarded this degree, a junior: (For specific TIG/Classes/Points refer to Table 2, page 27)

1. Must be 5 years of age or older.
2. Must have at least 2-3 months in grade as a registered USJA member.
3. Must have attended at least 16-24 classes.
4. Must have earned 0-4 promotion points.
5. Must know the following general information on Judo:
 - a) What is the name of your Judo organization? (United States Judo Association)
 - b) Who was the founder of Judo? (Jigoro Kano)
 - c) What is the name of the school he founded? (Kodokan)
 - d) What is the date of the founding of Judo? (1882)
6. Must know the following Judo vocabulary:
 - a) Teacher - Sensei
 - b) Sitting on knees - Seiza
 - c) Sitting crossed legged - Anza
 - d) Attention! - Kiotsuke!
 - e) Bow! - Rei!
 - f) Off balance - Kuzushi
 - g) Entry - Tsukuri
 - h) Execution - Kake
 - i) Person receiving technique - Uke
 - j) Person performing technique - Tori

Technical Requirements – Junior 1st Degree

1. Throwing Techniques (Nage-waza)

Demonstrate:

- 2 throwing techniques from List 4-1 on page 91.
- 1 moving throwing skill from List 4-2 on page 92.
- 1 combination techniques from List 4-4 on page 92.
- 1 counter throw technique from List 4-5 on page 93.

2. Gripping (Kumi-kata)

Demonstrate:

- 1 grip technique from List 4-7 on page 93.
- 1 grip break technique from List 4-8 on page 94.

3. Grappling Techniques (Katame-waza)

Demonstrate:

- 2 pinning techniques from List 4-9 on page 94.
- 1 entry technique from List 4-12 on page 96.
- 1 escape from List 4-16 on page 94.
- 1 escape from List 4-17 on page 98.
- 1 escape from List 4-18 on page 98.

4. Miscellaneous

Demonstrate:

- 8 skills from List 4-20 on page 99.

Junior 2nd Degree - Yellow Belt

To be awarded this degree, a junior: (For specific TIG/Classes/Points refer to Table 2, page 27)

1. Must be 6 years of age or older.
2. Must have at least 2-4 months in grade as a registered USJA member.
3. Must have attended at least 16-32 classes.
4. Must have earned 0-5 promotion points.
5. Must know all general knowledge and vocabulary requirements for Junior First Degree.
6. Must know the additional general information on Judo:
 - a) What are the two principles of Kodokan Judo as defined by Dr. Kano?
 - i. Maximum efficiency - Seiryoku Zenyo
 - ii. Mutual benefit & welfare - Jita Kyoei
 - b) How long have unarmed combat martial arts been practiced in Japan?
 - i. 600-1000 years
 - c) What was unarmed combat called in Japan before Judo?
 - i. Ju Jitsu
7. Must know the additional Judo vocabulary:
 - a) Begin! - Hajime!
 - b) Stop! - Matte!
 - c) I surrender! - Maitta!
 - d) Free practice - Randori
 - e) Big or major - O
 - f) Waist or hip - Koshi or Goshi
 - g) Major hip throw - O-goshi
 - h) Outside - Soto
 - i) Major outside reaping throw - O-Soto-Gari
 - j) One Point! (referee's award) - Ippon!

Technical Requirements - Junior 2nd Degree

1. Throwing Techniques (Nage-waza)

- Demonstrate:
- 4 throwing techniques from List 4-1 on page 91.
 - 2 moving throwing skills from List 4-2 on page 92.
 - 2 combination techniques from List 4-4 on page 92.
 - 2 counter throw techniques from List 4-5 on page 93.

2. Gripping (Kumi-kata)

- Demonstrate:
- 2 grip techniques from List 4-7 on page 93.
 - 2 grip break techniques from List 4-8 on page 94.

3. Grappling Techniques (Katame-waza)

- Demonstrate:
- 3 pinning techniques from List 4-9 on page 94.
 - 2 entry techniques from List 4-12 on 96.
 - 1 entry technique from List 4-14 on page 97.
 - 2 escapes from List 4-16 on page 97.
 - 2 escapes from List 4-17 on page 98.
 - 2 escapes from List 4-18 on page 98.

4. Miscellaneous

- Demonstrate:
- 10 skills from List 4-20 on page 99.