

Chicago Tenri Judo Dojo
Junior Promotion Exam: White to Yellow

Name: _____
Date: _____

Draw a line to connect the matching judo terms:

Teacher

Ukemi

Practice hall

Ki o tsuke

Uniform

Sensei Jigoro Kano

Stop

Judo

Bow

Matte

Gentle way

Rei

Pay attention

Judogi

Breakfalls

Sensei

Start

Hajime

Founder of Judo

Dojo

Count from 1-10 out loud in Japanese:

What is the name of this dojo?: _____

Extra Credit: Name one instructor: _____

Instructor Use Only

Pass/Fail: _____ Tester Name: _____
Current Belt Size: _____ Needs larger size? Yes No
Notes: _____

Test Continues on Back----->

Chicago Tenri Judo Dojo
Junior Promotion Exam: White to Yellow

Name: _____

Basic Judo Knowledge

Correct way to tie belt	
Standing bow	
Proper entry into kneeling bow	
Kneeling bow	
Proper way to stand from kneeling	
Forward/backward shrimp	
Waki shime	

Ukemi

Back fall	
Right side fall	
Left side fall	
Zenpo Kaiten	
Forward Fall	

Techniques

Tachiwaza	
Ippon Seoi Nage	
O Goshi	
O Soto Gari	
Newaza	
Kesa Gatame	
One escape from Kesa Gatame	
Turnover into pin from turtle	

Instructor Use Only

Notes: _____
