

Chicago Tenri Judo Dojo
Senior Promotion Exam: White to Yellow

Name: _____
 Date: _____

judogi	sensei	dojo	rei	judo
	randori	ki o tsuke	ukemi	hajime
matte	sore made	hai	zenpo kaiten	arigato gozaimasu

Write the matching term from the above box:

Rolling falls:	_____	Stop	_____
Yes	_____	Gentle way	_____
Practice hall	_____	Bow	_____
Free practice	_____	Pay attention	_____
Uniform	_____	Teacher	_____
Breakfalls	_____	That's all	_____
Thank you:	_____	Start/begin	_____

Write the answers to the questions:

Write 1-10 in Japanese: _____

 Who is Sensei Jigoro Kano? _____
 What is the name of this dojo?: _____

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

Test Continues on Back----->

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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	
Two escapes from Kesa Gatame	
One turnover into pin from turtle	

Instructor Use Only

Notes: _____
