

Chicago Tenri Judo Dojo
Senior Promotion Exam: Green to Sankyu (3rd Brown)

Name: _____

Date: _____

Write the English term:

Shiai: _____	Ko-: _____
Tachiwaza: _____	Soto: _____
Newaza: _____	Uchi: _____
Tokui waza: _____	Sensei: _____
Uchikomi: _____	Dojo: _____
Migi: _____	Judo: _____
Hidari: _____	Rei: _____
Yoko: _____	Judogi _____
Ushiro: _____	Randori: _____
Mae: _____	Ki o tsuke: _____
Tori: _____	Ukemi: _____
Uke: _____	Matte _____
Hikite: _____	Hajime: _____
Tsurite: _____	Sore made: _____
Ashi: _____	Arigato gozaimasu: _____
Koshi (goshi): _____	Zenpo kaiten: _____
Harai (barai): _____	O-: _____
Kari (gari): _____	Hai: _____

What are the two principles of Judo in both English and Japanese?

Instructor Use Only

Pass/Fail: _____ Tester Name: _____

Current Belt Size: _____ Needs larger size? Yes No

Notes: _____

Test Continues on Back----->

Chicago Tenri Judo Dojo
Senior Promotion Exam: Green to Sankyu

Name: _____

Name the eight moral codes of judo: _____

What is the senpai/kohai relationship?: _____

Techniques

Tachiwaza	Newaza
Ippon Seoi Nage	Kesa Gatame
O Goshi	Two escapes from Kesa Gatame
O Soto Gari	Kata Gatame
Morote Seoi Nage	Two escapes from Kata Gatame
Ko Uchi Gari	Yoko Shiho Gatame
Koshi Guruma	Two escapes from Yoko Shiho Gatame
De Ashi Barai	Kami Shiho Gatame
Uki Goshi	One escape from Kami Shiho Gatame
Ko Soto Gari	Tate Shiho Gatame
Tai Otoshi	One escape from Tate Shiho Gatame
Sasae Tsurikomi Ashi	Ushiro Kesa Gatame
Hiza Guruma	Around the World
Harai Goshi	Hadaka Jime
Okuri Ashi Barai	Okuri Eri Jime
Combination 1	Ude Hishigi Juji Gatame
Combination 2	Two turnovers from turtle
Counter 1	Two turnovers from flat
Counter 2	
Demonstrate Tokui Waza	

Kata

Nage-no-kata first two sets: _____

Instructor Use Only

Notes: _____
