

**Chicago Tenri Judo Dojo**  
**Junior Promotion Exam: Yellow to Orange**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Draw a line to connect the matching judo terms:

That's all

Zenpo kaiten

Free practice

Hai

Thank you

Newaza

Yes

Sore made

Person receiving a technique

Seiza

Standing techniques

Arigato gozaimasu

Front rolling falls

Tachiwaza

Person performing a technique

Randori

Ground techniques

Uke

Formal kneeling posture

Tori

**Instructor Use Only**

Pass/Fail: \_\_\_\_\_

Tester Name: \_\_\_\_\_

Current Belt Size: \_\_\_\_\_

Needs larger size:      Yes              No

Notes: \_\_\_\_\_

**Test Continues on Back----->**

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**Ukemi**

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

**Techniques**

<b>Tachiwaza</b>	
Ippon Seoi Nage	
O Goshi	
O Soto Gari	
Morote Seoi Nage	
Ko Uchi Gari	
O Uchi Gari	
Koshi Guruma	
<b>Newaza</b>	
Kesa Gatame	
Two escapes from Kesa Gatame	
Kata Gatame	
One escape from Kata Gatame	
Yoko Shiho Gatame	
One escape from Yoko Shiho Gatame	
Turnover into pin from turtle	
Turnover into pin from flat	

**Instructor Use Only**

Notes: \_\_\_\_\_  
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\_\_\_\_\_