

Chicago Tenri Judo Dojo  
Junior Promotion Exam: Green to Blue

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

hikite	tsurite	ashi	koshi (goshi)	harai (barai)
kari (gari)	o-	ko-	soto	uchi

Write the matching term from the above box:

Major: \_\_\_\_\_

Lifting hand/lapel hand: \_\_\_\_\_

Hip: \_\_\_\_\_

Inner: \_\_\_\_\_

Leg/foot: \_\_\_\_\_

Pulling hand/sleeve hand: \_\_\_\_\_

Sweep: \_\_\_\_\_

Minor: \_\_\_\_\_

Outer: \_\_\_\_\_

Reap: \_\_\_\_\_

**Principles of Judo**

Name both main principles of judo in English: \_\_\_\_\_

Name all eight moral codes of judo: \_\_\_\_\_

\_\_\_\_\_

**Instructor Use Only**

Pass/Fail: \_\_\_\_\_ Tester Name: \_\_\_\_\_

Current Belt Size: \_\_\_\_\_ Needs larger size:      Yes                      No

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

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

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**Techniques**

<b>Tachiwaza</b>	<b>Newaza</b>
Ippon Seoi Nage	Kesa Gatame
O Goshi	Two escapes from Kesa Gatame
O Soto Gari	Kata Gatame
Morote Seoi Nage	One escape from Kata Gatame
Ko Uchi Gari	Yoko Shiho Gatame
O Uchi Gari	Two escapes from Yoko Shiho Gatame
Koshi Guruma	Kami Shiho Gatame
De Ashi Barai	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
Uki Goshi	One escape from Ushiro Kesa Gatame
Okuri Ashi Barai	Two turnovers from turtle position
Harai Goshi	Two turnovers from flat position
Combination 1	Hadaka Jime
Combination 2	
Counter to back technique	
Counter to front technique	

**Instructor Use Only**

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