

Chicago Tenri Judo Dojo  
Junior Promotion Exam: Orange to Green

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

mae	ippon	shiai	toketa	waza ari
	osaekomi		uchikomi	
tokui waza	migi	hidari	yoko	ushiro

Write the matching term from the above box:

Front: \_\_\_\_\_

Tournament: \_\_\_\_\_

Favorite technique: \_\_\_\_\_

One point score: \_\_\_\_\_

Back: \_\_\_\_\_

Right: \_\_\_\_\_

The pin is broken: \_\_\_\_\_

Half point score: \_\_\_\_\_

Side: \_\_\_\_\_

Left: \_\_\_\_\_

Repetition training: \_\_\_\_\_

The pin is on: \_\_\_\_\_

**Instructor Use Only**

Pass/Fail: \_\_\_\_\_ Tester Name: \_\_\_\_\_  
Current Belt Size: \_\_\_\_\_ Needs larger size: Yes No  
Notes: \_\_\_\_\_

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

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**Principles of Judo**

Name one of two main principles of judo in English: \_\_\_\_\_

Name four of the eight moral codes of judo: \_\_\_\_\_

**Techniques**

**Tachiwaza**

Ippon Seoi Nage	
O Goshi	
O Soto Gari	
Morote Seoi Nage	
Ko Uchi Gari	
O Uchi Gari	
Koshi Guruma	
De Ashi Barai	
Ko Soto Gari	
Tai Otoshi	
One Combination	
One Counter (back technique)	
One Counter (front technique)	

**Newaza**

Kesa Gatame	
Two escapes from Kesa Gatame	
Kata Gatame	
One escape from Kata Gatame	
Yoko Shiho Gatame	
Two escapes from Yoko Shiho Gatame	
Kami Shiho Gatame	
One escape from Kami Shiho Gatame	
Tate Shiho Gatame	
One escape from Tate Shiho Gatame	
Ushiro Kesa Gatame	
One escape from Ushiro Kesa Gatame	
2 turnovers into pin from turtle	
1 turnover into pin from flat	

**Instructor Use Only**

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