

Chicago Tenri Judo Dojo
Senior Promotion Exam: Orange to Green

Name: _____
Date: _____

hikite	tsurite	ashi	koshi (goshi)	harai (barai)
one point	half point		the pin is on	the pin is broken
kari (gari)	o-	ko-	soto	uchi

Pick a matching term from the box:

Lifting hand/lapel hand: _____

Osaekomi _____

Waza ari: _____

Sweep: _____

Reap: _____

Ippon: _____

Pulling hand/sleeve hand: _____

Inner: _____

Foot/leg _____

Hip: _____

Minor: _____

Outer: _____

Major: _____

Toketa: _____

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: Orange to Green

Name: _____

Judo Principles

What are the two principles of judo in English? _____

What are the eight moral codes of judo? _____

What are the three parts of a throw in Japanese? _____

Techniques

Tachiwaza

Ippon Seoi Nage	
O Goshi	
O Soto Gari	
Morote Seoi Nage	
Ko Uchi Gari	
Koshi Guruma	
De Ashi Barai	
Uki Goshi	
Ko Soto Gari	
Tai Otoshi	
Combination 1	
Combination 2	
Counter 1	
Counter 2	

Newaza

Kesa Gatame	
Two escapes from Kesa Gatame	
Kata Gatame	
Two escapes from Kata Gatame	
Yoko Shiho Gatame	
Two escapes from Yoko Shiho Gatame	
Elbow scoop turnover into pin	
Half nelson turnover into pin	
Kami Shiho Gatame	
One escape from Kami Shiho Gatame	
Tate Shiho Gatame	
One escape from Tate Shiho Gatame	
Ushiro Kesa Gatame	
Two turnovers from turtle	
Two turnovers from flat	
Juji Gatame (14 years and up)	

Instructor Use Only

Notes: _____
