

Chapter 7

Green Belt (4K)(JR05 & JR06) Requirements

Nage Waza (Throwing Techniques)

| | | Japanese | English |
|------|----|---------------------|-----------------------------------|
| JR05 | 4K | Tai-Otoshi | Forward Body Drop Throw |
| JR05 | | Ko-Soto-Gari | Minor Outer Reaping Throw |
| JR05 | | Seoi-Nage Gaeshi | Counter To Shoulder Throw |
| JR06 | | Harai-Goshi | Sweeping Loin/Hip Throw |
| JR06 | | Ko-Uchi-Gari | Minor Inner Reaping Throw |
| JR06 | | Hiza Guruma Renraku | Combination With Knee wheel Throw |
| JR06 | | Hiza Guruma Gaeshi | Counter To Knee wheel Throw |



Tai Otoshi



Ko Soto Gari

KatameNe Waza (Mat Techniques)

| | | Japanese | English |
|------|----|-----------------------|----------------------------|
| JR06 | 4K | Kuzure Kesa Gatame | Modified Scarf Hold |
| JR06 | | Kamishiho Gatame (#1) | Upper 4 Corner Hold Escape |



Harai Goshi



Ko Uchi Gari

Shime Waza (Choking Techniques) (13+ Years of Age)

| | | Japanese | English |
|------|----|----------------|---------------------|
| JR05 | 4K | Okuri Eri Jime | Sliding Lapel Choke |

Kansetsu Waza (Arm Locking Techniques) (17+ Years of Age)

| | | Japanese | English |
|-----|----|------------------------|-------------------|
| N/A | 4K | Ude Hishigi Ude Gatame | Straight Arm Lock |

Hairi Waza (Entry Techniques Into Katame Waza)

| | | Japanese | English |
|------|----|-------------------------|-------------------------|
| JR05 | 4K | Hands & Knees Bottom #1 | Hands & Knees Bottom #1 |
| JR06 | | Legs Around Top #1 | Legs Around Top #1 |

Demonstrate

| | | Japanese | English |
|------|----|----------------|----------------------|
| JR06 | 4K | Shizen Hon Tai | Basic Natural Stance |

General Knowledge

Name the three divisions of mat techniques in English and Japanese.

- Answer: 1. Holding (Osaekomi Waza)
 2. Choking (Shime Waza)
 3. Joint Locking (Kansetsu Waza)

Name three of the six men who attained the rank of 10th Degree Black Belt.

- Answer: Nagaoka, Samura, Mifune, Yamashita, Isogai, Iizuka, Tomita, Fukuda

General Knowledge (Continued)

What are the two principles of Kodokan Judo as defined by Dr. Kano?

- Answer: 1. Maximum Efficiency with Minimum Effort (Ma Sutemi Waza)
2. Mutual Benefit and Welfare (Yoko Sutemi Waza)

What is the ultimate goal of Judo as defined by Dr. Kano?

Answer: Harmonious development and eventual perfection of human character.

Vocabulary Requirements

| English | Japanese | English | Japanese |
|---------------------------------|--------------------------|--|--------------------------|
| 1. Body | Tai | 19. Judo uniform sleeve | Sode |
| 2. Rolling | Kaiten | 20. Judo uniform lapel | Eri |
| 3. Front rolling falls | Zempo Kaiten | 21. Judo uniform jacket | Uwagi |
| 4. Drop | Otoshi | 22. Belt | Obi |
| 5. Valley | Tani | 23. The attacker | Tori |
| 6. Body movement | Shintai | 24. The defender | Uki |
| 7. Pivoting or turning the body | Tai Sabaki | 25. Repetition attack practice without throwing | Uchi Komi |
| 8. Technique | Waza | 26. Alternate throwing practice without resistance | Sute Geiko |
| 9. Counter techniques | Kaeshi Waza | 27. Pantomime practice | Tandoku Rensgu |
| 10. Attention! | Kiyotsukei | 28. Form practice | Kata |
| 11. Bow! | Rei | 29. Free practice | Randori |
| 12. Teacher | Sensei | 30. Practice in general | Keiko |
| 13. Practice hall for Judo | Dojo | 31. Posture in general | Shisei |
| 14. Judo uniform | Gi | 32. Combination or faking techniques | Renraku Waza |
| 15. Judo player | Judoka | 33. Little Outside Reaping throw | Ko Soto Gari |
| 16. Little inside Reaping throw | Ko Uchi Gari | 34. Lifting Pulling Hip throw | Tsuri Komi Goshi |
| 17. Hip Wheel throw | Koshi Guruma | 35. Modified Upper Corners Hold | Kuzure Kami Shiho Gatame |
| 18. Modified Side Hold | Kuzuri Yoko Shiho Gatame | 36. Fourth class (kyu) Judo rank | Yonkyu |

Time-In-Grade/Points/Age Requirements

| Rank | Belt Color | Normal Time-in-Grade* | Points | Minimum Age (Years) |
|------|-------------------------|-----------------------|--------|---------------------|
| JR05 | Green Belt | 4 Months | 8 | 8 |
| JR06 | Green Belt (with strip) | 4 Months | 9 | 9 |
| 4K | Green Belt | 6 Months | 15 | 13 |

* Each Extra 8 Points reduces Time-in-Grade by 1 month

Nage Waza (Throws)

Renraku Waza (Combination Techniques)

Kaeshi Waza (Counter Techniques)

Katame Waza (Mat Techniques)

Fusegi Waza for Yoko Shiho Gatame

Shime Waza (Choking Techniques) (13+ Years of Age)

Kansetsu Waza (Arm Locking Techniques) (17+ Years of Age)

Hairi Waza (Entry Techniques Into Katame Waza)