

ATJA Judo Kyu Curriculum

(This form may be used instead of the ATJA Judo Kyu & Dan Exam for Kyu ranks. Dan Ranks must use the ATJA Judo Kyu & Dan Exam)



Testee Name: _____ Date: _____

Current Rank: _____ Passed Rank : _____

Testor: _____ Sensei Approval: _____

Tachi Waza

Pass	Fail	L/U	Level	NAGE WAZA	THROWING TECHNIQUES	
			JR01	6K YELLOW	O-GOSHI	MAJOR HIP THROW
			JR01		O SOTO GARI	MAJOR OUTSIDE REAPING THROW
			JR02		HIZA GURUMA	KNEEWHEEL THROW
			JR02		IPPON/MOROTE SEOI-NAGE	SHOULDER THROW
			JR03	5K ORANGE	DE-ASHI-HARAI	ADVANCED FOOT SWEEP
			JR03		O-UCHI-GARI	MAJOR INSIDE REAPING THROW
			JR04		SASAE-TSURIKOMI-ASHI	PROPPING-LIFTING FOOT SWEEP
			JR04		UKI-GOSHI	FLOATING HIP THROW
			JR05	4K GREEN	TAI-OTOSHI	FORWARD BODY DROP THROW
			JR05		KO-SOTO-GARI	MINOR OUTER REAPING THROW
			JR06		HARAI-GOSHI	SWEEPING LOIN THROW
			JR06		KO-UCHI-GARI	MINOR INNER REAPING THROW
			JR07	3K BROWN	KOSHI-GURUMA	HIP WHEEL THROW
			JR07		UCHI-MATA	INNER THIGH SWEEP
			JR08		KO-SOTO-GAKE	MINOR OUTER DASH THROW
			JR08		TSURI-GOSHI	LIFTING HIP THROW
			JR09	2K BROWN	OKURI-ASHI-HARAI	SLIDING FOOT SWEEP
			JR09		TOMOE NAGE	SOMERSAULT THROW
			JR10		TSURIKOMI-GOSHI	PROPPING-LIFTING HIP THROW
			JR10		ASHI-GURUMA	LEG WHEEL THROW
			JR11	1K BROWN	YOKO OTOSHI	LATERAL DROP THROW
			JR11		TANI-OTOSHI	VALLEY DROP THROW
			JR12		UKI-OTOSHI	FLOATING DROP THROW
			JR12		KATA GURUMA	SHOULDER WHEEL THROW
			JR12	SOTO MAKI KOMI	OUTER WINDING THROW	

Pass	Fail	L/U	Level	RENWAKU WAZA	COMBINATION TECHNIQUES	
			JR03	5K	O-GOSHI	MAJOR HIP THROW
			JR04		IPPON/MOROTE SEOI-NAGE	SHOULDER THROW
			JR06	4K	HIZA GURUMA	KNEEWHEEL THROW
			JR08	3K	DE-ASHI-HARAI	ADVANCED FOOT SWEEP
			JR10	2K	O-UCHI-GARI	MAJOR INSIDE REAPING THROW
			JR11	1K	O SOTO GARI	MAJOR OUTSIDE REAPING THROW
			JR12		UCHI-MATA	INNER THIGH SWEEP

Pass	Fail	L/U	Level	KAESHI WAZA	COUNTER TECHNIQUES	
			JR02	6K	O-GOSHI	MAJOR HIP THROW
			JR04	5K	O SOTO GARI	MAJOR OUTSIDE REAPING THROW
			JR05	4K	IPPON/MOROTE SEOI-NAGE	SHOULDER THROW
			JR06		HIZA GURUMA	KNEEWHEEL THROW
			JR07	3K	DE-ASHI-HARAI	ADVANCED FOOT SWEEP
			JR08		KO-UCHI-GARI	MINOR INNER REAPING THROW
			JR10	2K	TSURI-GOSHI	LIFTING HIP THROW
			JR11	1K	UCHI-MATA	INNER THIGH SWEEP
			JR12		TAI-OTOSHI	FORWARD BODY DROP THROW

NOTE: THE HIGHER JUNIOR BELT LEVEL OF THE SAME COLOR MAY BE DESIGNATED WITH A STRIPE.

KatameWaza

Pass	Fail	L/U	Level		OSAEKOMI WAZA	HOLDING TECHNIQUES
			JR01	6K	KESA GATAME	SCARF HOLD
			JR03	5K	YOKOSHIHO GATAME	SIDE LOCKING 4 CORNER HOLD
			JR04		KAMISHIHO GATAME	UPPER 4 CORNER HOLD
			JR06	4K	KUZURE KESA GATAME	MODIFIED SCARF HOLD
			JR08	3K	KUZURE YOKOSHIHO GATAME	MODIFIED SIDE 4 CORNER HOLD
			JR10	2K	KATA GATAME	SHOULDER HOLD

Pass	Fail	L/U	Level		FUSEGI WAZA	HOLDING ESCAPE TECHNIQUES
			JR01	6K	KESA GATAME #1	SCARF HOLD ESCAPE
			JR03	5K	YOKOSHIHO GATAME #1	SIDE LOCKING 4 CORNER HOLD ESCAPE
			JR05	4K	KAMISHIHO GATAME #1	UPPER 4 CORNER HOLD ESCAPE
			JR07	3K	KESA GATAME #2	SCARF HOLD ESCAPE
			JR09	2K	YOKOSHIHO GATAME #2	SIDE LOCKING 4 CORNER HOLD ESCAPE
			JR11	1K	KATA GATAME	SHOULDER HOLD ESCAPE

Pass	Fail	L/U	Level		SHIME WAZA	CHOKING TECHNIQUES
			JR01	6K	HADAKA JIME	NAKED CHOKE
			JR03	5K	NAMI/KATA/GYAKU JUJI JIME	NORMAL/HALF/REVERSE CROSS CHOKE
			JR05	4K	OKURI ERI JIME	SLIDING LAPEL CHOKE
			JR07	3K	KATAHA JIME	SINGLE SHOULDER CHOKE
			JR09	2K	RYOTE JIME	BOTH HANDS LAPEL CHOKE
			JR11	1K	SANKAKU JIME	TRIANGLE (FIGURE 4) CHOKE

Pass	Fail	L/U	Level		KANSETSU WAZA	ARM LOCKING TECHNIQUES
			N/A	5K	UDE GARAMI	BENT ARM LOCK
			N/A	4K	UDE HISHIGI UDE GATAME	STRAIGHT ARM LOCK
			N/A	3K	UDE HISHIGI JUJI GATAME	CROSS ARM LOCK
			N/A	2K	UDE HISHIGI HIZA GATAME	KNEE ARM LOCK
			N/A	1K	UDE HISHIGI SANKAKU GATAME	TRIANGLE (FIGURE 4) LOCK

Pass	Fail	L/U	Level		HAIRI WAZA	ENTRY TECHNIQUES INTO KATAME WAZA
			JR04	5K	HANDS & KNEES TOP #1	
			JR05	4K	HANDS & KNEES BOTTOM #1	
			JR06		LEGS AROUND TOP #1	
			JR07	3K	LEGS AROUND BOTTOM #1	
			JR08		HANDS & KNEES TOP #2	
			JR09	2K	HANDS & KNEES BOTTOM #2	
			JR10		LEGS AROUND TOP #2	
			JR11	1K	LEGS AROUND BOTTOM #2	

Pass	Fail	L/U	Level		UKEMI WAZA	FALLING TECHNIQUES
			JR01	6K	KOHO UKEMI	BACK FALLS
			JR02		YOKO UKEMI	SIDE FALLS
			JR03	5K	MAE UKEMI	FRONT FALLS
			JR04		ZENPO KAITEN	FORWARD ROLLS

Pass	Fail	L/U	Level		DEMONSTRATE	
			JR01	6K	HOW & WHEN TO BOW	
			JR02		HOW TO SIT PROPERLY	
			JR02		HOW TO TIE BELT	
			JR03	5K	TSUGI ASHI	FOLLOW FOOT MOVEMENT
			JR04		AYUMI ASHI	NORMAL FOOT MOVEMENT
			JR04		TAI SABAKI	BODY TURNING
			JR06	4K	SHIZEN HON TAI	BASIC NATURAL STANCE
			JR07	3K	SHIZEN JIGO TAI	BASIC DEFENSIVE STANCE
			JR08		DIRECTIONS OF OFF BALANCING	
			JR010	2K	HOW TO REFEREE A MATCH	