

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

Pass

Fail

## Yellow Belt

### General Requirements:

- Good moral character and maturity
- Regular practice and attendance (75%)

### General Knowledge:

- Basic judo etiquette and hygiene
- Purpose of ukemi
- Correct forms of sitting, standing and kneeling
- Correct fundamentals of
  - Gripping (kumi kata)
  - Posture (shisei)
  - Movement (ayumi ashi, tsugi ashi, yoko tsugi ashi)

### Ability to demonstrate:

- Nage Waza
  - O soto Gari (major outside reap)
  - Ippon Seoi Nage (one arm shoulder throw)
  - O goshi (major hip throw)
  - Osoto gaeshi (osoto gari counter throw)
- Katame Waza
  - Pins (osae komi waza)
    - Hon kesa gatame (basic scarf hold)
    - Bridge and roll escape from hon kesa gatame
    - Yoko shiho gatame (side four corner hold)
    - Bridge and roll escape from yoko shiho gatame
  - Matwork entries
    - Arm roll
    - Turn the turtle from the side
- Ukemi
  - Yoko Ukemi (side falls)
  - Koho Ukemi (back falls)
  - Zempo Kaiten Ukemi (forward rolls)

### General Information

- Who was the founder of judo? Jigoro Kano
- What is the English translation of Judo? The gentle way or The easy way
- What are the two principles of judo? Seiryoko zenyo (maximum efficiency with minimum effort) Jito keiyo (mutual benefit among human beings) and
- What is the goal of judo training? The ultimate goal in Judo is to develop oneself to the maximum extent possible, always striving for perfection, so that you can contribute something of value to the world.

### Competition:

### References

- [www.judoinfo.com](http://www.judoinfo.com)
- Kodokan Judo by Jigoro Kano

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

Pass

Fail

## Orange Belt 1

### General Requirements:

- Good moral character and maturity
- Regular practice and attendance (75%)

### General Knowledge:

- Basic judo etiquette and hygiene
- Purpose of ukemi
- Correct forms of sitting, standing and kneeling
- Correct fundamentals of
  - Gripping (kumi kata)
  - Posture (shisei)
  - Movement (ayumi ashi, tsugi ashi, yoko tsugi ashi)

### Ability to demonstrate:

- Nage Waza
  - O soto Gari (major outside reap)
  - Uchi gari (major inside reap)
  - De ashi harai (advancing foot sweep)
  - Ippon Seoi Nage (one arm shoulder throw)
  - O goshi (major hip throw)
  - Tai otoshi (body drop)
  - Osoto gaeshi (osoto gari counter throw)
  - Tsubami gaeshi (swallow counter throw)
- Katame Waza
  - Pins (osae komi waza)
    - Hon kesa gatame (basic scarf hold)
    - Bridge and roll escape from hon kesa gatame
    - Yoko shiho gatame (side four corner hold)
    - Bridge and roll escape from yoko shiho gatame
    - Kami shiho gatame (top four corner hold)
    - Action reaction escape from kami shiho gatame
  - Matwork entries
    - Arm roll
    - Turn the turtle from the side
    - Leg grab and drive from turtle
- Ukemi
  - Yoko Ukemi (side falls)
  - Koho Ukemi (back falls)
  - Zempo Kaiten Ukemi (forward rolls)

### General Information

- Who was the founder of judo? Jigoro Kano
- What is the English translation of Judo? The gentle way or The easy way
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- What are the two principles of judo? Seiryoko zenyo (maximum efficiency with minimum effort) Jito keiyo (mutual benefit among human beings) and
- What is the goal of judo training? The ultimate goal in Judo is to develop oneself to the maximum extent possible, always striving for perfection, so that you can contribute something of value to the world.

### Competition:

### References

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

Pass

Fail

## Orange Belt 2

### General Requirements:

- Good moral character and maturity
- Regular practice and attendance (75%)

### General Knowledge:

- Basic judo etiquette and hygiene
- Purpose of ukemi
- Correct forms of sitting, standing and kneeling
- Correct fundamentals of
  - Gripping (kumi kata)
  - Posture (shisei)
  - Movement (ayumi ashi, tsugi ashi, yoko tsugi ashi)

### Ability to demonstrate:

- Nage Waza
- O soto Gari (major outside reap)
- O uchi gari (major inside reap)
- Ko uchi gari (small inside reap)
- De ashi harai (advancing foot sweep)
- Tsaesae Tsurikom Ashi (lifting, pulling, foot prop)
- Ippon Seoi Nage (one arm shoulder throw)
- Tai otoshi (body drop)
- O goshi (major hip throw)
- Uki goshi (floating hip throw)
- Yoko otoshi (side drop)
- Osoto gaeshi (osoto gari counter throw)
- Tsubami gaeshi (swallow counter throw)
- Katame Waza
  - Pins (osae komi waza)
    - Hon kesa gatame (basic scarf hold)
    - Bridge and roll escape from hon kesa gatame
    - Yoko shiho gatame (side four corner hold)
    - Bridge and roll escape from yoko shiho gatame
    - Kami shiho gatame (top four corner hold)
    - Action reaction escape from kami shiho gatame
    - Tate shiho gatame
    - Escape from tate shiho gatame`
  - Matwork entries
    - Arm roll
    - Turn the turtle from the side
    - Leg grab and drive from turtle
    - Turn the turtle from the rear
- Ukemi
  - Yoko Ukemi (side falls)
  - Koho Ukemi (back falls)
  - Zempo Kaiten Ukemi (forward rolls)

## **General Information**

- Who was the founder of judo? Jigoro Kano
- What is the English translation of Judo? The gentle way or The easy way
- When was judo founded? 1882
- Name the 3 main categories of judo techniques: Tachi waza(standing techniques), ne waza (mat work techniques) and atemi waza (striking techniques)
- What are the two principles of judo? Seiryoko zenyo (maximum efficiency with minimum effort) Jito keiyo (mutual benefit among human beings) and
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## **Competition:**

## **References**

- [www.judoinfo.com](http://www.judoinfo.com)
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Name: \_\_\_\_\_

Pass

Fail

## Blue Belt 1

### General Requirements:

- Good moral character and maturity
- Regular practice and attendance (75%)

### General Knowledge:

- Basic judo etiquette and hygiene
- Purpose of ukemi
- Correct forms of sitting, standing and kneeling
- Correct fundamentals of
  - Gripping (kumi kata)
  - Posture (shisei)
  - Movement (ayumi ashi, tsugi ashi, yoko tsugi ashi)
  - Tai sabaki (90° pivot and 180° pivot)

### Ability to demonstrate:

- Nage Waza
  - O soto Gari (major outside reap)
  - O uchi gari (major inside reap)
  - Ko uchi gari (small inside reap)
  - Ko soto gari (small outside reap)
  - De ashi harai (advancing foot sweep)
  - Tsaesae Tsurikom Ashi (lifting, pulling, foot prop)
  - Uchi mata (inside sweep)
  - Ippon Seoi Nage (one arm shoulder throw)
  - Tai otoshi (body drop)
  - O goshi (major hip throw)
  - Uki goshi (floating hip throw)
  - Harai goshi (sweeping hip throw)
  - Yoko otoshi (side drop)
  - Tomoe nage (circle throw)
  - Osoto gaeshi (osoto gari counter throw)
  - Tsubami gaeshi (swallow counter throw)
  - Ko uchi gaeshi (ko uchi gari counter throw)
- Katame Waza
  - Pins (osae komi waza)
    - Hon kesa gatame (basic scarf hold)
    - Bridge and roll escape from hon kesa gatame
    - Yoko shiho gatame (side four corner hold)
    - Bridge and roll escape from yoko shiho gatame
    - Kami shiho gatame (top four corner hold)
    - Action reaction escape from kami shiho gatame
    - Tate shiho gatame (front four corner hold)
    - Escape from tate shiho gatame
    - Kata gatame (shoulder hold)
    - Escape from kata gatame

- Matwork entries
  - Arm roll
  - Turn the turtle from the side
  - Leg grab and drive from turtle
  - Turn the turtle from the rear
  - Leg sweep with leg push from open guard
  - Sangaku gatame (triangle hold with transition to hold down)
- Ukemi
  - Yoko Ukemi (side falls)
  - Koho Ukemi (back falls)
  - (front falls)
  - Zempo Kaiten Ukemi (forward rolls)

### **General Information**

- Who was the founder of judo? Jigoro Kano
- What is the English translation of Judo? The gentle way or The easy way
- When was judo founded? 1882
- Name the 3 main categories of judo techniques: Tachi waza (standing techniques), atemi waza (striking techniques), and ne waza (mat work techniques)
- What are the five categories of throws? (Koshi waza (hip throws), Te waza (hand throws), Ashi waza (foot techniques), Yoko sutemi waza (side sacrifice), Ma sutemi waza (back sacrifice techniques)
- What are the two principles of judo? Seiryoko zenyo (maximum efficiency with minimum effort) Jito keiyo (mutual benefit among human beings) and
- What is the goal of judo training? The ultimate goal in Judo is to develop oneself to the maximum extent possible, always striving for perfection, so that you can contribute something of value to the world.

### **Vocabulary**

- |  |   |
|--|---|
| <input type="checkbox"/> Matte: stop                       | <input type="checkbox"/> Osaekomi: referee signal for hold down |
| <input type="checkbox"/> Maitte: I give up                 | <input type="checkbox"/> Sensei: teacher                        |
| <input type="checkbox"/> Sode made: stop, end of the match | <input type="checkbox"/> Judoka: one who learns the way of judo |
| <input type="checkbox"/> Ippon: full point                 | <input type="checkbox"/> Tori: one who performs the technique   |
| <input type="checkbox"/> Wazari: half point                | <input type="checkbox"/> Uke: one who receives the technique    |
| <input type="checkbox"/> Yuko: advantage                   | <input type="checkbox"/> Kiosuke: attention                     |
| <input type="checkbox"/> Randori: free practice            | <input type="checkbox"/> Seiza: kneel                           |

### **Competition:**

### **References**

- [www.judoinfo.com](http://www.judoinfo.com)
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Name: \_\_\_\_\_

Pass

Fail

## Blue Belt 2

### General Requirements:

- Good moral character and maturity
- Regular practice and attendance (75%)

### General Knowledge:

- Basic judo etiquette and hygiene
- Purpose of ukemi
- Correct forms of sitting, standing and kneeling
- Correct fundamentals of
  - Gripping (kumi kata)
  - Breaking the grip (sleeve and lapel)
  - Posture (shisei)
  - Movement (ayumi ashi, tsugi ashi, yoko tsugi ashi)
  - Tai sabaki (90° pivot and 180° pivot)

### Ability to demonstrate:

- Nage Waza
  - O soto Gari (major outside reap)
  - O uchi gari (major inside reap)
  - Ko uchi gari (small inside reap)
  - Ko soto gari (small outside reap)
  - O soto gake (major outside block)
  - De ashi harai (advancing foot sweep)
  - Okuri ashi harai (following foot sweep)
  - Tsaesae Tsurikom Ashi (lifting, pulling, foot prop)
  - Uchi mata (inside sweep)
  - Ippon Seoi Nage (one arm shoulder throw)
  - Tai otoshi (body drop)
  - O goshi (major hip throw)
  - Uki goshi (floating hip throw)
  - Harai goshi (sweeping hip throw)
  - Yoko otoshi (side drop)
  - Tomoe nage (circle throw)
  - Uki otoshi
  - Uki Waza
  - Kata Guruma
  - Osoto gaeshi (osoto gari counter throw)
  - Tsubami gaeshi (swallow counter throw)
  - Ko uchi gaeshi (ko uchi gari counter throw)
- Katame Waza
  - Pins (osae komi waza)
    - Hon kesa gatame (basic scarf hold)
    - Bridge and roll escape from hon kesa gatame
    - Yoko shiho gatame (side four corner hold)
    - Bridge and roll escape from yoko shiho gatame
    - Kami shiho gatame (top four corner hold)
    - Action reaction escape from kami shiho gatame
    - Tate shiho gatame (front four corner hold)
    - Escape from tate shiho gatame
    - Kata gatame (shoulder hold)
    - Escape from kata gatame

- Matwork entries
  - Arm roll
  - Turn the turtle from the side
  - Leg grab and drive from turtle
  - Turn the turtle from the rear
  - Leg sweep with leg push from open guard
  - Sangaku gatame (triangle hold with transition to hold down)
  - Leo White Gut Wrench
- Ukemi
  - Yoko Ukemi (side falls)
  - Koho Ukemi (back falls)
  - (front falls)
  - Zempo Kaiten Ukemi (forward rolls)

### **General Information**

- Who was the founder of judo? Jigoro Kano
- What is the English translation of Judo? The gentle way or The easy way
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| <input type="checkbox"/> Ippon: full point                 | <input type="checkbox"/> Tori: one who performs the technique   |
| <input type="checkbox"/> Wazari: half point                | <input type="checkbox"/> Uke: one who receives the technique    |
| <input type="checkbox"/> Yuko: advantage                   | <input type="checkbox"/> Kiosuke: attention                     |
| <input type="checkbox"/> Randori: free practice            | <input type="checkbox"/> Seiza: kneel                           |
| <input type="checkbox"/> Hidari: Right                     | <input type="checkbox"/> Sonomama: Freeze                       |
| <input type="checkbox"/> Migi: left                        | <input type="checkbox"/> Shintai: Moving technique              |
|  | <input type="checkbox"/> Tai Sabaki: Pivoting technique         |

### **Competition:**

### **References**

- [www.judoinfo.com](http://www.judoinfo.com)
- Kodokan Judo by Jigoro Kano



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

Pass

Fail

## Purple Belt 1

### General Requirements:

- Good moral character and maturity
- Regular practice and attendance (75%)

### General Knowledge:

- Basic judo etiquette and hygiene
- Purpose of ukemi
- Correct forms of sitting, standing and kneeling
- Correct fundamentals of
  - Gripping (kumi kata)
  - Breaking the grip (sleeve and lapel)
  - Posture (shisei)
  - Movement (ayumi ashi, tsugi ashi, yoko tsugi ashi)
  - Tai sabaki (90° pivot and 180° pivot)

### Kata

- Nage no Kata (First set)

### Ability to demonstrate:

- |  |  |
|--|--|
| <input type="checkbox"/> Nage Waza   | <input type="checkbox"/> Seoi othoshi (drop seoi nage)               |
| <input type="checkbox"/> O soto Gari (major outside reap)                    | <input type="checkbox"/> Morote gari (double leg reap)               |
| <input type="checkbox"/> O uchi gari (major inside reap)                     | <input type="checkbox"/> Tai otoshi (body drop)                      |
| <input type="checkbox"/> Ko uchi gari (small inside reap)                    | <input type="checkbox"/> O goshi (major hip throw)                   |
| <input type="checkbox"/> Ko soto gari (small outside reap)                   | <input type="checkbox"/> Uki goshi (floating hip throw)              |
| <input type="checkbox"/> O soto gake (major outside block)                   | <input type="checkbox"/> Harai goshi (sweeping hip throw)            |
| <input type="checkbox"/> De ashi harai (advancing foot sweep)                | <input type="checkbox"/> Yoko otoshi (side drop)                     |
| <input type="checkbox"/> Okuri ashi harai (following foot sweep)             | <input type="checkbox"/> Tomoe nage (circle throw)                   |
| <input type="checkbox"/> Tsaesae Tsurikom Ashi (lifting, pulling, foot prop) | <input type="checkbox"/> Uki otoshi                                  |
| <input type="checkbox"/> Uchi mata (inside sweep)                            | <input type="checkbox"/> Uki Waza                                    |
| <input type="checkbox"/> Ippon Seoi Nage (one arm shoulder throw)            | <input type="checkbox"/> Kata Guruma                                 |
| <input type="checkbox"/> Morote Seoi Nage (two hand shoulder throw)          | <input type="checkbox"/> Osoto gaeshi (osoto gari counter throw)     |
|  | <input type="checkbox"/> Tsubami gaeshi (swallow counter throw)      |
|  | <input type="checkbox"/> Ko uchi gaeshi (ko uchi gari counter throw) |
|  | <input type="checkbox"/> Harai goshi gaeshi                          |

### Katame Waza

- Pins (osae komi waza)
  - Pin Transition Series (head control)
  - Pin Transition Series (shoulder control)
  - Pin Escapes (demonstrate 5)
- Strangles (shime waza)
  - Hadaka jime (naked hand strangle)
  - Okuri eri jime (pulling sliding collar strangle)
  - Kata hajime (shoulder locking strangle)

- Matwork entries
  - Arm roll
  - Turn the turtle from the side
  - Leg grab and drive from turtle
  - Turn the turtle from the rear
  - Leg sweep with leg push from open guard
  - Sangaku gatame (triangle hold with transition to hold down)
  - Leo White Gut Wrench
  - Leg triangle choke
- Ukemi
  - Yoko Ukemi (side falls)
  - Koho Ukemi (back falls)
  - (front falls)
  - Zempo Kaiten Ukemi (forward rolls)

### **General Information**

- Who was the founder of judo? Jigoro Kano
- What are the origins of judo? Japanese Jujitsu
- What is the English translation of Judo? The gentle way or The easy way
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### **Vocabulary**

- |  |  |
|--|--|
| <input type="checkbox"/> Matte: stop                       | <input type="checkbox"/> Ma sutemi waza: back sacrifice technique    |
| <input type="checkbox"/> Maitte: I give up                 | <input type="checkbox"/> Yoko sutemi waza: side sacrifice techniques |
| <input type="checkbox"/> Sode made: stop, end of the match | <input type="checkbox"/> Osaekomi: referee signal for hold down      |
| <input type="checkbox"/> Ippon: full point                 | <input type="checkbox"/> Sensei: teacher                             |
| <input type="checkbox"/> Wazari: half point                | <input type="checkbox"/> Judoka: one who learns the way of judo      |
| <input type="checkbox"/> Yuko: advantage                   | <input type="checkbox"/> Tori: one who performs the technique        |
| <input type="checkbox"/> Shido: penalty                    | <input type="checkbox"/> Uke: one who receives the technique         |
| <input type="checkbox"/> Randori: free practice            | <input type="checkbox"/> Kiosuke: attention                          |
| <input type="checkbox"/> Hidari: Right                     | <input type="checkbox"/> Seiza: kneel                                |
| <input type="checkbox"/> Migi: left                        | <input type="checkbox"/> Sonomama: Freeze                            |
| <input type="checkbox"/> Te: hand                          | <input type="checkbox"/> Shintai: Moving technique                   |
| <input type="checkbox"/> Goshi: hip                        | <input type="checkbox"/> Tai Sabaki: Pivoting technique              |
| <input type="checkbox"/> Ashi: foot/leg                    |  |

### **Competition:**

#### **References**

- [www.judoinfo.com](http://www.judoinfo.com)
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