

Judo Skills Test

Shisei-Posture

Shizentai-Natural Standing Posture

Jigotai-Defensive Standing Posture

Kumikata-Forms of Grasping the Opponent

Happo No Kuzuski-Eight Points of Off Balance

Body Movements

Shintai-Movement in a Straight Line (Advancing, Retreating, Moving Right or Left)

Ayumiashi-Normal Walking

Tsugiashi-Following Foot Movement

Taisabaki-Turning Movement or Action of the Body

Ukemi-Breakfall Techniques

Koho ukemi-Back (Sitting, Squatting, and Standing)

Sokuho Ukemi-Side (Left and Right, Sitting, Squatting, and Standing)

Zempo Ukemi- Front (Kneeling and Standing)

Zempo Kaiten- Forward Rolls (Left and Right, Squatting and Standing)

Three Parts of a Throw

Kuzushi-Off Balancing Your Opponent

Tsukuri-Positioning Yourself in Relation to Your Opponent

Kake-Initiation of the Throw

Naga Waza-Standing and Throwing Techniques

Tachiwaza-Standing Throwing Techniques

Tewaza-Hand Techniques

Koshi Waza-Hip Techniques

Ashi Waza-Foot Techniques

Sutemi Waza-Sacrifice Techniques

Ma Sutemi Waza-Direct Sacrifice

Yoko Sutemi Waza-Side Sacrifice

Newaza-Grappling and Mat Work Techniques

Osae Waza-Holding Techniques

Shime Waza-Choking Techniques

Kanesetsu Waza-Armlock Techniques

Japanese Numerals:

Ichu-one

Ni-two

San-three

Shi-four

Go-five

Roku-six

Shichi-seven

Hachi-eight

Ku-nine

Ju-ten

SANKYU (3RD CLASS) BROWN BELT

Minimum time in grade: Sensei's discretion

NAGE WAZA (THROWING TECHNIQUES)

- 1 - OKURI ASHI BARAI - SLIDING FOOT SWEEP
- 2 - HARAI GOSHI - SWEEPING HIP THROW
- 3 - TAI OTOSHI - BODY DROP
- 4 - UCHI MATA - INNER THIGH THROW
- 5 - KUCHIKI TAOSHI - DEAD TREE DROP

KATAME WAZA (GRAPPLING TECHNIQUES)

- 1 - KATA GATAME - SHOULDER HOLD
- 2 - USHIRO KESA GATAME - REAR SCARF HOLD

Promotion Checklist

Sankyu Senior (3rd Class) Brown Belt

Name _____ DOB _____ Date Tested _____

Tested By _____

Minimum time in grade and very good knowledge of basic judo terminology and contest rules.

Ukemi (Breakfalls)	Good	Fair	Poor
1. Koho Ukemi – Back Fall (sitting, squatting, and standing)			
2. So Koho Ukemi - Side Fall (sitting, squatting, and standing)			
3. Zempo Kaiten – Front Rolling Fall (left and right)			
4. Chugari – Flying Forward Roll (left and right)			
5. Zempo Ukemi – Front Fall (knees and standing)			
Nage Waza (Throwing Techniques)			
1. Hiza Guruma – Knee Wheel			
2. O Goshi – Major Hip Wheel			
3. Ippon Seoi Nage – One Arm Shoulder Throw Reap			
4. Morote Seoi Nage – Two Arm Shoulder Throw			
5. O Soto Gari – Major Outer Reap			
6. De Ashi Barai – Advancing Foot Sweep			
7. O Uchi Gari – Major Inner Reap			
8. Uki Goshi – Floating Hip Throw			
9. Sasae Tsurikomi Ashi – Propping Drawing Ankle Throw			
10. O Soto Guruma – Major Outer Wheel			
11. Ko Uchi Gari – Minor Inner Reap			
12. Koshi Guruma – Loin Wheel			
13. Ko Soto Gari – Minor Outer Reap			
14. O Guruma – Major Wheel Throw			
15. Tsurikomi Goshi – Lift Pull Hip Throw			
16. Okuri Ashi Barai -- Sliding Foot Sweep			
17. Harai Goshi --Sweeping Hip Throw			
18. Tai Otoshi --Body Drop			
19. Uchi Mata -- Inner Thigh Throw			
20. Kuchiki Taoshi -- Dead Tree Drop			
Katame Waza (Grappling Techniques)			
1. Kesa Gatame - Scarf Hold			
2. Yoko Shiho Gatame – Side Four Corner Hold			
3. Kami Shiho Gatame – Upper Four Corner Hold			
4. Kuzure Kesa Gatame – Modified Scarf Hold			
5. Kuzure Yoko Shiho Gatame – Modified Side Four Corner Hold			
6. Kuzure Kami Shiho Gatame – Modified Upper Four Corner Hold			
7. Kata Gatame -- Shoulder Hold			
8. Ushiro Kesa Gatame -- Rear Scarf Hold			
Total Score:			

(Good – 2, Fair – 1, Poor – 0)

GOKYU (5TH CLASS) ORANGE BELT

Minimum time in grade: Sensei's discretion

NAGE WAZA (THROWING TECHNIQUES)

- 1 - DE ASHI BARAI - ADVANCING FOOT SWEEP
- 2 - O UCHI GARI - MAJOR INNER REAP
- 3 - UKI GOSHI - FLOATING HIP THROW
- 4 - SASAE TSURIKOMI ASHI - PROPPING DRAWING ANKLE THROW
- 5 - O SOTO GURUMA - MAJOR OUTER WHEEL

KATAME WAZA (GRAPPLING TECHNIQUES)

- 1 - KAMI SHIHO GATAME - UPPER FOUR CORNER HOLD
- 2 - KUZURE KESA GATAME - MODIFIED SCARF HOLD

Promotion Checklist Senior Gonkyu (5th Class) Orange Belt

Name _____ DOB _____ Date Tested _____

Tested By _____

Minimum time in grade and very good knowledge of basic judo terminology and contest rules.

Ukemi (Breakfalls)	Good	Fair	Poor
1. Koho Ukemi – Back Fall (sitting, squatting, and standing)			
2. So Koho Ukemi - Side Fall (sitting, squatting, and standing)			
3. Zempo Kaiten – Front Rolling Fall (left and right)			
4. Chugari – Flying Forward Roll (left and right)			
5. Zempo Ukemi – Front Fall (knees and standing)			
Nage Waza (Throwing Techniques)			
1. Hiza Guruma – Knee Wheel			
2. O Goshi – Major Hip Wheel			
3. Ippon Seoi Nage – One Arm Shoulder Throw Reap			
4. Morote Seoi Nage – Two Arm Shoulder Throw			
5. O Soto Gari – Major Outer Reap			
6. De Ashi Barai – Advancing Foot Sweep			
7. O Uchi Gari – Major Inner Reap			
8. Uki Goshi – Floating Hip Throw			
9. Sasae Tsurikomi Ashi – Propping Drawing Ankle Throw			
10. O Soto Guruma – Major Outer Wheel			
Katame Waza (Grappling Techniques)			
1. Kesa Gatame - Scarf Hold			
2. Yoko Shiho Gatame – Side Four Corner Hold			
3. Kami Shiho Gatame – Upper Four Corner Hold			
4. Kuzure Kesa Gatame – Modified Scarf Hold			
Total Score:			

(Good – 2, Fair- 1, Poor – 0)