Promotion checklist

Senior Gokyu (5th Class) Orange Belt

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DOB\_\_\_\_\_\_\_Date tested­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_

Tested By\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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| **Ukemi (Breakfalls)** | Good | Fair | Poor |
| 1. Koho Ukemi – Back Fall (sitting, squatting and standing)
 |  |  |  |
| 1. So koho Ukemi- Side Fall (sitting, squatting and standing)
 |  |  |  |
| 1. Zempo Kaiten -Front Rolling Fall (left and right)
 |  |  |  |
| 1. Chugari -Flying Forward Roll (left and right)
 |  |  |  |
| 1. Zempo Ukemi – Front Fall (knees and standing)
 |  |  |  |
| Naga Waza (Throwing Techniques)  |  |  |  |
| 1. Hiza Guruma – Knee wheel (sweep)
 |  |  |  |
| 1. O Goshi – Major Hip Wheel (arm around his waist, band knee)
 |  |  |  |
| 1. Ippon Seoi Nagi – One arm Shoulder Throw Reap
 |  |  |  |
| 1. Morote Seoi Nage – Two Arm Shoulder Throw
 |  |  |  |
| 1. O Soto Gari – Major Inner Reap
 |  |  |  |
| 1. De Ashi Barai – Advancing Foot Sweep
 |  |  |  |
| 1. O Uchi Gari – Major Inner Reap
 |  |  |  |
| 1. Uki Goshi – Floating Hip Throw 1 arm on his lapel (strike and twist hip)
 |  |  |  |
| 1. Sasae Tsurikomi Ashi – Propping Drawing Ankle Throw (sweep)
 |  |  |  |
| 1. O Soto – Guruma – Major Outer Wheel (back sweep throw two legs)
 |  |  |  |
| Tsuri – goshi – arm on his belt and defend and attack |  |  |  |
| Tsuri komi goshi – grip on behind his neck |  |  |  |
| Sode tsurikomi goshi – get grip on his sleeve and throw him opposite site  |  |  |  |
| **Katame Waza (Grappling Techniques)** |  |  |  |
| 1. Kesa Gatami – Scarf Hold
 |  |  |  |
| 1. Kuzuri Kesa Gatami Modified Scarf Hold
 |  |  |  |
| 1. Yoko Shiho Gatami – Side four Corner Hold
 |  |  |  |
| 1. Kami Shiho Gatame - Upper four Corner Hold
 |  |  |  |
| Total Score: |  |  |  |
| (Good -2. Fair-1. Poor-0. |  |  |  |