

## Promotion Checklist

### Junior Gokyu (5<sup>th</sup> Class) Orange Belt

Name \_\_\_\_\_ DOB \_\_\_\_\_ Date Tested \_\_\_\_\_

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

Minimum time in grade and improved knowledge of basic judo terminology.

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. O Goshi – Major Hip Throw			
2. Koshi Guruma – Hip Wheel Throw			
3. O Soto Gari - Major Outer Reap			
4. Ippon Seoi Nage – One Arm Shoulder Throw			
5. Morote Seoi Nage – Two Arm Shoulder Throw			
6. Tai Otoshi – Body Drop			
Katame Waza (Grappling Techniques)			
1. Kesa Gatame - Scarf Hold			
2. Bridge and Roll Escape from Kesa Gatame			
3. One Entry into Kesa Gatame			
4. Hadaka Jime – Naked Strangle (Ages 13 and Older)			
5. Kuzure Kesa Gatame – Modified Scarf Hold			
6. Leg Scissors Escape from Kesa Gatame			
7. Entry into Kuzure Kesa Gatame			
8. Okuri Eri Jime – Sliding Lapel Choke (Ages 13 and Older)			
9. Kuzure Hadaka Jime – Modified Naked Strangle			
Total Score:			

(Good – 2, Fair – 1, Poor – 0)

## JUNIOR GOKYU (5TH CLASS) ORANGE BELT

Minimum time in grade: Sensei's discretion

Improved knowledge of basic judo terminology and judo contest rules.

### UKEMI (BREAKFALLS)

- 1 - CHUGARI - FLYING FORWARD ROLL
- 2 - ZEMPO UKEMI - FRONT FALL

### NAGE WAZA (THROWING TECHNIQUES)

- 1 - IPPON SEOI NAGE - ONE ARM SHOULDER THROW
- 2 - MOROTE SEOI NAGE - TWO ARM SHOULDER THROW
- 3 - TAI OTOSHI - BODY DROP

### KATAME WAZA (GRAPPLING TECHNIQUES)

- 1 - KUZURE KESA GATAME - MODIFIED SCARF HOLD
- 2 - LEG SCISSORS ESCAPE FROM KESA GATAME
- 3 - ENTRY INTO KUZURE KESA GATAME
- 4 - OKURI ERI JIME - SLIDING LAPEL CHOKE ( AGES 13 AND OLDER)
- 5 - KUZURE HADAKA JIME - MODIFIED NAKED STRANGLE