

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)