



# PORT COQUITLAM JUDO

## Brown Belt Grading (1 Kyu)

10-15 Yrs \_\_\_\_\_ Adult \_\_\_\_\_ Name \_\_\_\_\_

1. UKEMI (breakfalls)	Good	Fair	More Time
Right forward roll	_____	_____	_____
Left forward roll	_____	_____	_____
Right side	_____	_____	_____
Left side	_____	_____	_____
Back	_____	_____	_____
Right side horse	_____	_____	_____
Left side horse	_____	_____	_____
Back off horse	_____	_____	_____
Right side (horse standing)	_____	_____	_____
Left side (horse standing)	_____	_____	_____
Right side (holding belt)	_____	_____	_____
Left side (holding belt)	_____	_____	_____
Right side (holding label)	_____	_____	_____
Left side (holding label)	_____	_____	_____
No hand breakfall right	_____	_____	_____
No hand breakfall left	_____	_____	_____
Front breakfall	_____	_____	_____

## 2. NAGEWAZA (throwing techniques)

### Tewaza

Ippon Seoinage	_____	_____	_____
Seoinage	_____	_____	_____
Tai Otoshi	_____	_____	_____
Seoitoshi	_____	_____	_____
Kata Guruma	_____	_____	_____
Uki Otoshi	_____	_____	_____
Sukui Nage	_____	_____	_____
Sumi Otoshi	_____	_____	_____
Morote Gari	_____	_____	_____



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### Koshiwaza

Ogoshi	_____	_____	_____
Koshi Guruma	_____	_____	_____
Tsuri Goshi	_____	_____	_____
Harai Goshi	_____	_____	_____
Uki Goshi	_____	_____	_____
Tsurikomi Goshi	_____	_____	_____
Hane Goshi	_____	_____	_____
Sode Tsurikomi Goshi	_____	_____	_____
Ushiro Goshi	_____	_____	_____
Utsuri Goshi	_____	_____	_____
Yama Arashi	_____	_____	_____

### Ashiwaza

Osoto Gari	_____	_____	_____
Deashi Barai	_____	_____	_____
Kouchi Gari	_____	_____	_____
Ouchi Gari	_____	_____	_____
Okuri Ashi Barai	_____	_____	_____
Sasae Tsuri Komi Ashi	_____	_____	_____
Harai Tsuri Komi Ashi	_____	_____	_____
Ko Soto Gari	_____	_____	_____
Ko Soto Gake	_____	_____	_____
Uchi Mata	_____	_____	_____
Hiza Guruma	_____	_____	_____
Ashi Guruma	_____	_____	_____
Osoto Gake	_____	_____	_____
Osoto Guruma	_____	_____	_____
O Guruma	_____	_____	_____
Tsubame Gaeshi	_____	_____	_____

### 3. MA SUTEMI WAZA (sacrifice techniques)

Tomoe Nage	_____	_____	_____
Tani Otoshi	_____	_____	_____
Ura Nage	_____	_____	_____
Sumi Gaeshi	_____	_____	_____



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### 4. YOKO SUTEMI WAZA (side-sacrifice techniques)

Uki Waza	_____	_____	_____
Yoko Tomoe Nage	_____	_____	_____
Yoko Gake	_____	_____	_____
Yoko Guruma	_____	_____	_____
Yoko Otoshi	_____	_____	_____

### 5. MAKIKOMI (wrap techniques)

Osoto Makikomi	_____	_____	_____
Kouchi Makikomi	_____	_____	_____
Soto Makikomi	_____	_____	_____
Ichi Makikomi	_____	_____	_____

### 6. OSAEKOMIWAZA (holding techniques)

Kesa Gatame	_____	_____	_____
Kuzure Kesa Gatame	_____	_____	_____
Yoko Shiho Gatame	_____	_____	_____
Kuzure Yoko Shiho Gatame	_____	_____	_____
Kami Shiho Gatame	_____	_____	_____
Kuzure Kami Shiho Gatame	_____	_____	_____
Mune Gatame	_____	_____	_____
Kata Gatame	_____	_____	_____
Ushiro Kesa Gatame	_____	_____	_____
Tate Shiho Gatame (1)	_____	_____	_____
Tate Shiho Gatame (2)	_____	_____	_____
Tate Shiho Gatame (3)	_____	_____	_____
Daki Wakare	_____	_____	_____



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### Escape from

Kesa Gatame	_____	_____	_____
Kuzure Kesa Gatame	_____	_____	_____
Yoko Shiho Gatame	_____	_____	_____
Kuzure Yoko Shiho Gatame	_____	_____	_____
Kami Shiho Gatame	_____	_____	_____
Kuzure Kami Shiho Gatame	_____	_____	_____
Mune Gatame	_____	_____	_____
Kata Gatame	_____	_____	_____
Ushiro Kesa Gatame	_____	_____	_____
Tate Shiho Gatame (1)	_____	_____	_____
Tate Shiho Gatame (2)	_____	_____	_____
Tate Shiho Gatame (3)	_____	_____	_____
Daki Wakare	_____	_____	_____

### 7. RENRAKU-HENKAWAZA (combination techniques)

1- Ouchi Gari to Ippon Seoinage	_____	_____	_____
2- Kouchi Gari to Tai Otoshi	_____	_____	_____
3- Seoinage to Ko Soto Gari	_____	_____	_____
4- Osoto Gari to Sasae Tsuru Komi Ashi	_____	_____	_____
5- Seoinage to Tani Otoshi	_____	_____	_____
6- Ippon Seoinage to Kouchi Makikomi	_____	_____	_____
7- Kouchi Gari to Ouchi Gari	_____	_____	_____
8- Tai Otoshi to Juji Gatami	_____	_____	_____
9- Deashi Barai to Seoitoshi	_____	_____	_____
10- Ippon Seoinage to Sukui Nage	_____	_____	_____

### 8. LINKING (standing to groundwork)

1- Tai Otoshi to Juji Gatame	_____	_____	_____
2- Osoto Gari to Kesa Gatame	_____	_____	_____
3- Seoinage to Kami Shiho Gatame	_____	_____	_____
4- Deashi Barai to Yoko Shiho Gatame	_____	_____	_____
5- Hiza Guruma to Kuzure Kami Shiho Gatame	_____	_____	_____
6- Ouchi Gari to Tate Shiho Gatame	_____	_____	_____
7- Soto Makikomi to Kuzure Kesa Gatame	_____	_____	_____
8- Ushiro Goshi to Ude Garami	_____	_____	_____



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### 9. SHIMEWAZA (strangle techniques)

Hadaka Jime	_____	_____	_____
Okuri Eri Jime	_____	_____	_____
Kata Juji Jime	_____	_____	_____
Kataha Jime	_____	_____	_____
Gyaku Juji Jime	_____	_____	_____
Jigoku Jime	_____	_____	_____
Nami Juji Jime	_____	_____	_____
Sankaku Jime (form 1)	_____	_____	_____
Sankaku Jime (form 2)	_____	_____	_____
Sankaku Jime (form 3)	_____	_____	_____

### 10. KANSETSUWAZA (joint lock techniques)

Ude Garami (form 1)	_____	_____	_____
Ude Garami (form 2)	_____	_____	_____
Ude Garami (form 3)	_____	_____	_____
Juji Gatame	_____	_____	_____
Waki Gatame (standing)	_____	_____	_____
Waki Gatame (nagewaza)	_____	_____	_____
Ude Gatame (standing)	_____	_____	_____
Ude Gatame (nagewaza)	_____	_____	_____
Hiza Gatame	_____	_____	_____
Ashi Gatame	_____	_____	_____

### 11. PROHIBITED WAZA

Ashi Garami	_____	_____	_____
Kani Basami	_____	_____	_____
Kawazu Gake	_____	_____	_____
Daki Age	_____	_____	_____
Do Jime	_____	_____	_____



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### 12. KATA (seniors only)

Set 1: Te Waza

- Uki Otoshi
- Seoinage
- Kata Guruma

Set 2: Koshi Waza

- Uki Goshi
- Harai Goshi
- Tsurikomi Goshi

Set 3: Ashi Waza

- Okuri Ashi Barai
- Sasae Tsurikomi Ashi
- Uchi Mata

Set 4: Ma Sutemi Waza

- Tomoe Nage
- Ura Nage
- Sumi Gaeshi

Set 5: Yoko Sutemi Waza

- Yoko Gake
- Yoko Guruma
- Uki Waza

### COMMENTS

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PROMOTED \_\_\_\_ MORE TIME NEEDED \_\_\_\_