



PORT COQUITLAM JUDO

ORANGE BELT GRADING (4th KYU)

11-16 Yrs. _____ Adult _____ NAME _____

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 lapel)	___	___	___
Left side (holding lapel)	___	___	___

NAGEWAZA (throwing techniques)

Tewaza

Ippon Seoinage	___	___	___
Seoinage	___	___	___
Tai Otoshi	___	___	___
Seoitoshi	___	___	___

Koshiwaza

Ogoshi	___	___	___
Koshi Guruma	___	___	___
Tsuri Goshi	___	___	___
Harai Goshi	___	___	___
Uki Goshi	___	___	___

Ashiwaza

Osoto Gari	___	___	___
Deashi Barai	___	___	___
Kouchi Gari	___	___	___
Ouchi Gari	___	___	___
Okuri Ashi Barai	___	___	___
Sasae Tsuri Komi Ashi	___	___	___
Ko Soto Gari	___	___	___

OSAEKOMIWAZA (holding techniques)

Kesa Gatame	—	—	—
Kuzure Kesa Gatame	—	—	—
Yoko Shiho Gatame	—	—	—
Kuzure Yoko Shiho Gatame	—	—	—
Kami Shiho Gatame	—	—	—
Mune Gatame	—	—	—
Kata Gatame	—	—	—
Ushiro Kesa Gatame	—	—	—
Tate Shiho Gatame (1)	—	—	—

Escape from

Kesa Gatame	—	—	—
Kuzure Kesa Gatame	—	—	—
Yoko Shiho Gatame	—	—	—
Kuzure Yoko Shiho Gatame	—	—	—
Kami Shiho Gatame	—	—	—
Mune Gatame	—	—	—
Kata Gatame	—	—	—
Ushiro Kesa Gatame	—	—	—
Tate Shiho Gatame (1)	—	—	—

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	—	—	—

LINKING (standing to groundwork)

1- Tai Otoshi to Juji Gatame	—	—	—
2- Osoto Gari to Kesa Gatame	—	—	—

SHIMEWAZA (strangle techniques)

Hadaka Jime	—	—	—
Okuri Eri Jime	—	—	—
Kata Juji Jime		—	—

KANSETSUWAZA (joint locking techniques)

Ude Garami	—	—	—
Juji Gatame	—	—	—
Waki Gatame (standing)	—	—	—

Ippon Seoinage

One Arm Shoulder Throw

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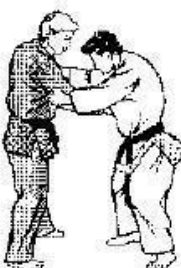


Hand Technique

O Goshi

Major Hip Throw

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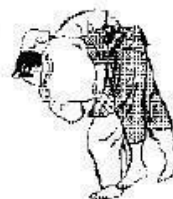


Hip Technique

Tsuri Goshi

Lifting Hip

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Hip Technique

Osoto Gari

Major Outer Reaping

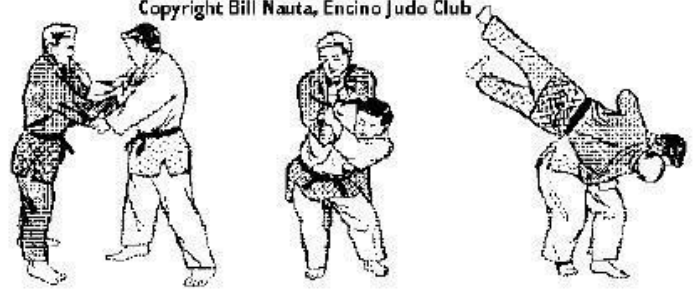
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Foot & Leg Technique

Seoi Nage

Two Arm Shoulder Throw
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Hand Technique

Koshi Guruma

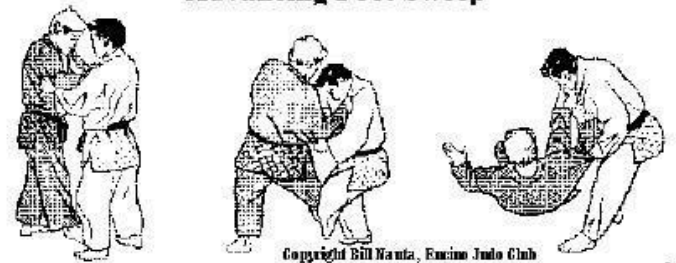
Hip Wheel



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Hip Technique

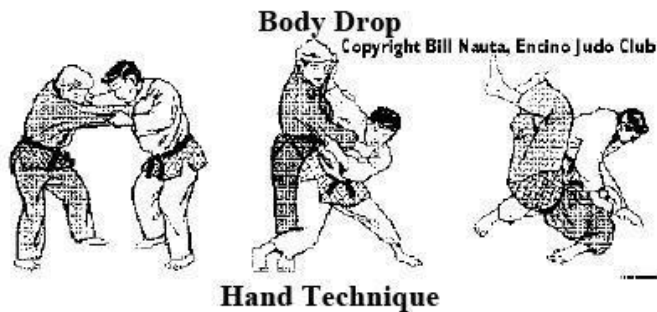
Deashi Harai

Advancing Foot Sweep



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Foot & Leg Technique

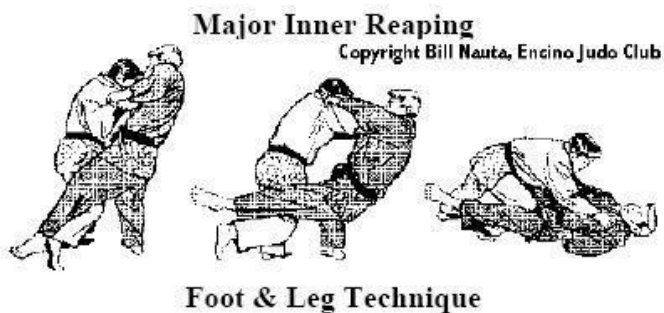
Tai Otoshi



Kouchi Gari

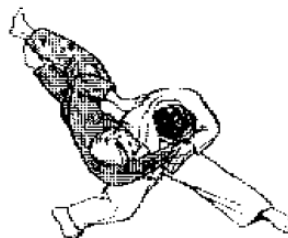


Ouchi Gari



Yellow/Orange & Orange Belt Throws

Seoi Otoshi - Shoulder Drop



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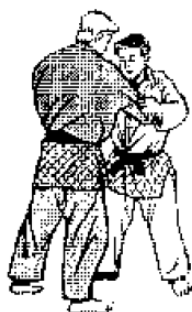
Harai Goshi - Sweeping Hip Throw



Uki Goshi - Floating Hip



Sasae Tsurikomi Ashi - Lifting Pulling Ankle Block



Kosoto Gari - Minor Outside Reap

