



PORT COQUITLAM JUDO

WHITE / YELLOW BELT GRADING (5 1/2 KYU)

6-11 Yrs. _____

NAME _____

UKMI	(breakfalls)	Good	Fair	More Time
	Right forward roll	___	___	___
	Left forward roll	___	___	___
	Right side	___	___	___
	Left side	___	___	___
	Back	___	___	___
	Right side horse	___	___	___
	Left side horse	___	___	___

NAGEWAZA (throwing techniques)

Tewaza

Ippon Seoinage	___	___	___
Seoinage	___	___	___

Koshiwaza

Ogoshi	___	___	___
Tsuri Goshi	___	___	___

Ashiwaza

Osoto Gari	___	___	___
Deashi Barai	___	___	___

OSAEKOMIWAZA (holding techniques)

Kesa Gatame	___	___	___
Yoko Shiho Gatame	___	___	___
Kami Shiho Gatame	___	___	___
Mune Gatame	___	___	___
Kata Gatame	___	___	___

Ippon Seoinage

One Arm Shoulder Throw

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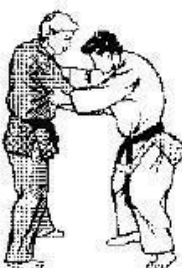


Hand Technique

O Goshi

Major Hip Throw

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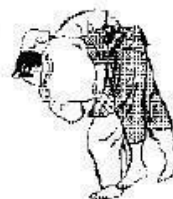


Hip Technique

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



Hand Technique

Lifting Hip

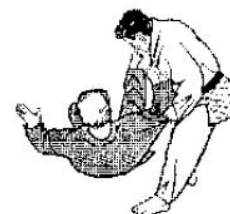
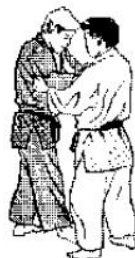
Tsuri Goshi



Hip Technique

Deashi Harai

Advancing Foot Sweep



Foot & Leg Technique