



PORT COQUITLAM JUDO

BLUE BELT GRADING (2nd KYU)

NAME _____

UKEMI (breakfalls)

Proficient Developing Emerging

Right forward roll	—	—	—
Left forward roll	—	—	—
Right side	—	—	—
Left side	—	—	—
Back	—	—	—
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)	—	—	—
No hand breakfall right	—	—	—
No hand breakfall left	—	—	—
Front breakfall	—	—	—

NAGEWAZA (throwing techniques)

Tewaza

Ippon Seoinage	—	—	—
Seoinage	—	—	—
Tai Otoshi	—	—	—
Seotoshi	—	—	—
Kata guruma	—	—	—
Uki Otoshi	—	—	—
Sukui Nage	—	—	—

Koshiwaza

Ogoshi	—	—	—
Koshi Guruma	—	—	—
Hari Goshi	—	—	—
Tsuri Goshi	—	—	—
Uki Goshi	—	—	—
Tsurikomi Goshi	—	—	—
Hane Goshi	—	—	—
Sode Tsurikomi Goshi	—	—	—
Ushiro Goshi	—	—	—

Ashiwaza

Osoto Gari	—	—	—
Deashi Barai	—	—	—
Kouchi Gari	—	—	—

	Proficient	Developing	Emerging
Ouchi Gari	—	—	—
Okuri Ashi Barai	—	—	—
Sasae Tsuru Komi Ashi	—	—	—
Harai Tsuru Komi Ashi	—	—	—
Uchimata	—	—	—
Ko Soto Gari	—	—	—
Ko soto Gake	—	—	—
Hiza Guruma	—	—	—
Osoto Gake	—	—	—
O Soto Otoshi	—	—	—
MA SUTEMI WAZA			
Tomoe Nage	—	—	—
Ura Nage	—	—	—
YOKO SUTEMI WAZA			
Uki Waza	—	—	—
Tani Otoshi	—	—	—
Yoko Tomoe Nage	—	—	—
Osoto Makikomi	—	—	—
Kouchi Makikomi	—	—	—
OSAEKOMIWAZA (holding techniques)			
Kesa Gatame	—	—	—
Kuzure Kesa Gatame	—	—	—
Yoko Shiho Gatame	—	—	—
Kuzure Yoko Shiho Gatame	—	—	—
Kami Shiho Gatame	—	—	—
Kuzure Kamishio Shio Gatame	—	—	—
Mune Gatame	—	—	—
Kata Gatame	—	—	—
Ushiro Kesa Gatame	—	—	—
Tate Shiho Gatame (1)	—	—	—
Tate Shiho Gatame (2)	—	—	—
Tate Shiho Gatame (3)	—	—	—
Sankaku	—	—	—
Escape from (4)			
Kesa Gatame	—	—	—
Kuzure Kesa Gatame	—	—	—
Yoko Shiho Gatame	—	—	—
Kuzuri Yoko Shiho Gatame	—	—	—
Kami Shiho Gatame	—	—	—
Mune Gatame	—	—	—
Kata Gatame	—	—	—
Ushiro Kesa Gatame	—	—	—

	Proficient	Developing	Emerging
Tate Shiho Gatame (1)	—	—	—
Tate Shiho Gatame (2)	—	—	—
Tate Shiho Gatame (3)	—	—	—
RENRAKU-HENKAWAZA (combination techniques)			
Show 3 combination Techniques			
1 _____ to _____	—	—	—
2 _____ to _____	—	—	—
3 _____ to _____	—	—	—
SHIMEWAZA (strangle techniques)			
Hadaka Jime	—	—	—
Okuri Eri Jime	—	—	—
Kata Juji Jime	—	—	—
Kataha Jime	—	—	—
Gyaku Juji Jime	—	—	—
Jigoku Jime	—	—	—
Sankaku Jime	—	—	—
KANSETSUWAZA (joint locking techniques)			
Ude Garami	—	—	—
Juji Gatame	—	—	—
Waki Gatame (standing)	—	—	—
Waki Gatame (ne waza)	—	—	—
Ude Gatame (standing)	—	—	—
Ude Gatame (ne waza)	—	—	—
Sankaku Jime	—	—	—
Japanese Vocabulary			
Tournament match	—	—	—
Kneeling bow	—	—	—
Free style practice	—	—	—
Judo forms	—	—	—
Ground techniques	—	—	—
KATA - Must be demonstrated and Signed off Prior to Grading			
Set 1			
Uki Otoshi	—	—	—
Seoi Nage	—	—	—
Kata Guruma	—	—	—

	Proficient	Developing	Emerging
Set 2			
Uki Goshi	_____	_____	_____
Harai Goshi	_____	_____	_____
Tsuri Komi Goshi	_____	_____	_____

COMMENTS: _____

2025	PROMOTED	_____
------	----------	-------