



PORT COQUITLAM JUDO

BROWN BELT GRADING (1st 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	—	—	—
Seoitoshi	—	—	—
Kata guruma	—	—	—
Uki Otoshi	—	—	—
Sukui Nage	—	—	—
Sumi Otoshi	—	—	—
Morote Gari	—	—	—
Koshiwaza			
Ogoshi	—	—	—
Koshi Guruma	—	—	—
Harai Goshi	—	—	—
Tsuri Goshi	—	—	—

		Proficient	Developing	Emerging
Ashiwaza	Uki Goshi	—	—	—
	Tsurikomi Goshi	—	—	—
	Hane Goshi	—	—	—
	Sode Tsurikomi Goshi	—	—	—
	Ushiro Goshi	—	—	—
	Utsuri Goshi	—	—	—
	Yama Arashi	—	—	—
	Osoto Gari	—	—	—
	Deashi Barai	—	—	—
	Kouchi Gari	—	—	—
	Ouchi Gari	—	—	—
	Okuri Ashi Barai	—	—	—
	Sasae Tsuru Komi Ashi	—	—	—
	Harai Tsuru Komi Ashi	—	—	—
	Uchimata	—	—	—
	Ko Soto Gari	—	—	—
	Ko soto Gake	—	—	—
	Hiza Guruma	—	—	—
	Ashi Guruma	—	—	—
	O Guruma	—	—	—
	Osoto Gake	—	—	—
	Osoto Guruma	—	—	—
	Tsubame Gaeshi	—	—	—
MA SUTEMI WAZA				
	Tomoe Nage	—	—	—
	Ura Nage	—	—	—
	Sumi Gaeshi	—	—	—
YOKO SUTEMI WAZA				
	Tani Otoshi	—	—	—
	Uki Waza	—	—	—
	Yoko Tomoe Nage	—	—	—
	Yoko Gake	—	—	—
	Yoko Guruma	—	—	—
	Yoko Otoshi	—	—	—
	Yoko Wakare	—	—	—
	Hare Makikomi	—	—	—
	Osoto Makikomi	—	—	—
	Kouchi Makikomi	—	—	—
	Soto Makikomi	—	—	—
	Uchi Makikomi	—	—	—

	Proficient	Developing	Emerging
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)	—	—	—
Sankaku Jime	—	—	—
Escape from Sensei pick 4			
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)	—	—	—
RENRAKU-HENKAWAZA (combination techniques)			
Show 3 combinations – Explain			
1 _____ to _____	—	—	—
2 _____ to _____	—	—	—
3 _____ to _____	—	—	—

	Proficient	Developing	Emerging
LINKING (standing to groundwork)			
Show 2 from Nage Waza + 1 from Turtle position			
1 _____ to _____	_____	_____	_____
2 _____ to _____	_____	_____	_____
SHIMEWAZA (strangle techniques)			
Hadaka Jime	_____	_____	_____
Okuri Eri Jime	_____	_____	_____
Kata Juji Jime	_____	_____	_____
Kataha Jime	_____	_____	_____
Gyaku Juji Jime	_____	_____	_____
Jigoku Jime	_____	_____	_____
Nami Juji Jime	_____	_____	_____
Sankaku Jime	_____	_____	_____
Do Jime (prohibited)	_____	_____	_____
KANSETSUWAZA (joint locking techniques)			
Ude Garami (ne waza)	_____	_____	_____
Ude Garami	_____	_____	_____
Juji Gatame	_____	_____	_____
Waki Gatame (standing)	_____	_____	_____
Waki Gatame (ne waza)	_____	_____	_____
Ude Gatame (standing)	_____	_____	_____
Ude Gatame (ne waza)	_____	_____	_____
Hiza Gatame	_____	_____	_____
Sankaku Jime	_____	_____	_____
PROHIBITED WAZA			
Daki Age	_____	_____	_____
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	_____	_____	_____
Tsurikomi Goshi	_____	_____	_____
Set 3			
Okuri Ashi Harai	_____	_____	_____
Sasae Tsurikomi Ashi	_____	_____	_____
Uchi Mata	_____	_____	_____

COMMENTS: _____

PROMOTED _____