



PORT COQUITLAM JUDO

1

GREEN BELT GRADING GRADING (3rd 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	—	—	—

Koshiwaza

Ogoshi	—	—	—
Koshi Guruma	—	—	—
Harai Goshi	—	—	—
Tsuri Goshi	—	—	—
Uki Goshi	—	—	—
Tsurikomi Goshi	—	—	—

O Soto Otoshi	—	—	—
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	—	—	—

MA SUTEMI WAZA

Tomoe Nage	—	—	—
Tani Otoshi	—	—	—

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)	—	—	—
Tate Shiho Gatame (2)	—	—	—

Escape From (4)

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)	—	—	—
Tate Shiho Gatame (2)	—	—	—

RENRAKU-HENKAWAZA (combination techniques)

1- Ouchi Gari to Uchimata	—	—	—
2- Kouchi Gari to Ippon Seoinage	—	—	—
3- Seoinage to Ko Ouchi Gake	—	—	—
4- Osoto gari to Sasae Tsuru Komi Ashi	—	—	—
5- Seoinage to Tani Otoshi	—	—	—

	Proficient	Developing	Emerging
LINKING (standing to groundwork) X 2			
1. Show Arm Tie (control)	—	—	—
2. Transition from Rear Throw	—	—	—
SHIMEWAZA (strangle techniques)			
Hadaka Jime	—	—	—
Okuri Eri Jime	—	—	—
Kata Juji Jime	—	—	—
Kataha Jime	—	—	—
Gyaku Juji Jime	—	—	—
Sankaku Jime	—	—	—
KANSETSUWAZA (joint locking techniques)			
Ude Garami	—	—	—
Juji Gatame	—	—	—
Ude Gatame	—	—	—
Japanese Vocabulary			
Person doing technique	—	—	—
Person receiving technique	—	—	—
Begin	—	—	—
Belt	—	—	—
Unbalancing opponent	—	—	—
KATA - Must be demonstrated and Signed off Prior to Grading			
Set 1			
Uki Otoshi	—	—	—
Seoi Nage	—	—	—
Kata Guruma	—	—	—

COMMENTS: _____