



PORT COQUITLAM JUDO

ORANGE BELT GRADING (4th KYU)

NAME _____

UKEMI	(breakfalls)	Proficient	Developing	Emerging
	Right forward roll	—	—	—
	Left forward roll	—	—	—
	Right side	—	—	—
	Left side	—	—	—
	Back	—	—	—
	Right side horse	—	—	—
	Left side horse	—	—	—
	Back off horse	—	—	—
	Right side (holding belt)	—	—	—
	Left side (holding belt)	—	—	—
	Right side (holding lapel)	—	—	—
	Left side (holding lapel)	—	—	—
NAGEWAZA (throwing techniques)				
<u>Tewaza</u>				
	Ippon Seoi Nage	—	—	—
	Seoi Nage	—	—	—
	Tai O Toshi	—	—	—
	Seoi Toshi	—	—	—
<u>Koshiwaza</u>				
	O Goshi	—	—	—
	Koshi Guruma	—	—	—
	Tsuri Goshi	—	—	—
	Harai Goshi	—	—	—
<u>Ashiwaza</u>				
	Osoto Gari	—	—	—
	Deashi Barai	—	—	—
	Kouchi Gari	—	—	—
	Ouchi Gari	—	—	—
	Okuri Ashi Barai	—	—	—
	Sasae Tsuri Komi Ashi	—	—	—
	Ko Soto Gari	—	—	—
	O Soto O Toshi	—	—	—
OSAEKOMIWAZA (holding techniques)				
	Kesa Gatame	—	—	—
	Kuzure Kesa Gatame	—	—	—
	Yoko Shiho Gatame	—	—	—

	Proficient	Developing	Emerging
Kuzure Yoko Shiho Gatame	—	—	—
Kami Shiho Gatame	—	—	—
Mune Gatame	—	—	—
Kata Gatame	—	—	—
Ushiro Kesa Gatame	—	—	—
Tate Shiho Gatame	—	—	—
Escape from (3)			
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	—	—	—
RENRAKU-HENKAWAZA (combination techniques)			
1- Ouchi Gari to Tai Otoshi	—	—	—
2- Kouchi Gari to Ippon Seoi Nage	—	—	—
3- Osoto gari to Sasae Tsuru Komi Ashi	—	—	—
LINKING (standing to groundwork)			
1- Tai Otoshi to Juji Gatame	—	—	—
2- Osoto Gari to Kesa Gatame	—	—	—
<u>Japanese Vocabulary</u>			
Founder of Judo	—	—	—
Breakfalls	—	—	—
Half Point	—	—	—
Full Point	—	—	—
Penalty	—	—	—

COMMENTS: _____