



PORT COQUITLAM

YELLOW BELT GRADING (5th KYU)

NAME _____

UKEMI (breakfalls)	Proficient	Developing	Emerging
Right forward roll	—	—	—
Left forward roll	—	—	—
Right side	—	—	—
Left side	—	—	—
Back	—	—	—
Right side horse	—	—	—
Left side horse	—	—	—
TSUGI-ASHI without and with partner all directions	—	—	—
AYUMI-ASHI without and with partner all directions	—	—	—
NAGEWAZA (throwing techniques)			
<u>Tewaza</u>			
Ippon Seoinage	—	—	—
Seoinage	—	—	—
<u>Koshiwaza</u>			
Ogoshi	—	—	—
Tsuri Goshi	—	—	—
<u>Ashiwaza</u>			
O Soto-Otoshi	—	—	—
Kouchi Gari	—	—	—
Ouchi Gari	—	—	—
OSAEKOMIWAZA (holding techniques)			
Kesa Gatame	—	—	—
Yoko Shiho Gatame	—	—	—