



PORT COQUITLAM JUDO

YELLOW/ ORANGE BELT GRADING (4 1/2 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 Seoinage	—	—	—
Seoinage	—	—	—
Seoi O Toshi	—	—	—
<u>Koshiwaza</u>			
Ogoshi	—	—	—
Tsuri Goshi	—	—	—
<u>Ashiwaza</u>			
O Soto Otoshi	—	—	—
Deashi Barai	—	—	—
Kouchi Gari	—	—	—
Ouchi Gari	—	—	—