



PORT COQUITLAM JUDO

WHITE / YELLOW BELT GRADING (5 1/2 KYU)

NAME _____

UKEMI (breakfalls)

Proficient Developing Emerging

Right forward roll

Left forward roll

Right side

Left side

Back

Right side horse (Kodomo)

Left side horse (Kodomo)

AYUMI-ASHI (walking techniques)

without and with partner all directions

NAGEWAZA (throwing techniques)

Tewaza

Ippon Seoinage

Seoinage

Koshiwaza

Tsuri Goshi

OSAEKOMIWAZA (holding techniques)

Kesa Gatame

Yoko Shiho Gatame

Kami Shiho Gatame

Mune Gatame

Japanese Vocabulary

Count to 5

Start

Stop

Practice Hall

Student

COMMENTS: _____