



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	—	—	—

OSAEKOMIWAZA (holding techniques)	Proficient	Developing	Emerging
Kesa Gatame	—	—	—
Kuzure Kesa Gatame	—	—	—
Yoko Shiho Gatame	—	—	—
Kuzure Yoko Shiho Gatame	—	—	—
Kami Shiho Gatame	—	—	—
Mune Gatame	—	—	—
Kata Gatame	—	—	—
Escape from (2)			
Kesa Gatame	—	—	—
Yoko Shiho Gatame	—	—	—
Mune Gatame	—	—	—
Kata Gatame	—	—	—
<u>Japanese Vocabulary</u>			
Teacher	—	—	—
Hold Down	—	—	—
Hold Down Broken	—	—	—
Head Table	—	—	—
Mats	—	—	—

COMMENTS: _____
