Name:	Pass	Fail [
Wallow Dala		
Yellow Belt		
General Requirements:		
☐ Good moral character and maturity		
☐ Regular practice and attendance (75%)		
General Knowledge:		
☐ Basic judo etiquette and hygiene		
☐ Purpose of ukemi		
☐ Correct forms of sitting, standing and kneeling		
☐ Correct fundamentals of		
☐ Gripping (kumi kata)		
☐ Posture (shisei)		
☐ Movement (ayumi ashi, tsugi ashi, yoko t	tsugi ashi)	
Ability to demonstrate:		
□ Nage Waza		
☐ O soto Gari (major outside reap)		
☐ Ippon Seoi Nage (one arm shoulder throw	v)	
☐ O goshi (major hip throw)		
☐ Osoto gaeshi (osoto gari counter throw)		
☐ Katame Waza		
☐ Pins (osae komi waza)		
☐ Hon kesa gatame (basic scarf hold)		
☐ Bridge and roll escape from hon kesa	<u> </u>	
☐ Yoko shiho gatame (side four corner)		
☐ Bridge and roll escape from yoko shill	no gatame	
☐ Matwork entries		
☐ Arm roll		
Turn the turtle from the side		
□ Ukemi		
☐ Yoko Ukemi (side falls)		
☐ Koho Ukemi (back falls)		
☐ Zempo Kaiten Ukemi (forward rolls)		
General Information		
☐ Who was the founder of judo? Jigoro Kano		
☐ What is the English translation of Judo? The gen	tle way or The easy	y way
☐ What are the two principles of judo? Seiryoko ze	enyo (maximum eff	ficiency with
minimum effort) Jito keiyo (mutual benefit amor	ng human beings) a	ind
☐ What is the goal of judo training? The ultimate g		-
to the maximum extent possible, always striving	for perfection, so t	hat you can
contribute something of value to the world.		
☐ Competition:		

- Referenceswww.judoinfo.comKodokan Judo by Jigoro Kano

Name: Pass Fail
Orange Belt 1
General Requirements:
☐ Good moral character and maturity
\square Regular practice and attendance (75%)
General Knowledge:
☐ Basic judo etiquette and hygiene
☐ Purpose of ukemi
☐ Correct forms of sitting, standing and kneeling
☐ Correct fundamentals of
☐ Gripping (kumi kata)
□ Posture (shisei)
☐ Movement (ayumi ashi, tsugi ashi, yoko tsugi ashi)
Ability to demonstrate:
□ Nage Waza
☐ O soto Gari (major outside reap)
Ouchi gari (major inside reap)
☐ De ashi harai (advancing foot sweep)
☐ Ippon Seoi Nage (one arm shoulder throw)
O goshi (major hip throw)
☐ Tai otoshi (body drop)
Osoto gaeshi (osoto gari counter throw)
☐ Tsubami gaeshi (swallow counter throw)
☐ Katame Waza
Pins (osae komi waza)
☐ Hon kesa gatame (basic scarf hold)
Bridge and roll escape from hon kesa gatame
☐ Yoko shiho gatame (side four corner hold)
☐ Bridge and roll escape from yoko shiho gatame
☐ Kami shiho gatame (top four corner hold)☐ Action reaction escape from kami shiho gatame
☐ Matwork entries
☐ Turn the turtle from the side
☐ Leg grab and drive from turtle
☐ Ukemi
☐ Yoko Ukemi (side falls)
☐ Koho Ukemi (back falls)
☐ Zempo Kaiten Ukemi (forward rolls)
General Information
☐ Who was the founder of judo? Jigoro Kano
☐ What is the English translation of Judo? The gentle way or The easy way
☐ When was judo founded? 1882
☐ What are the two principles of judo? Seiryoko zenyo (maximum efficiency with
minimum effort) Jito keiyo (mutual benefit among human beings) and
☐ What is the goal of judo training? The ultimate goal in Judo is to develop oneself to
the maximum extent possible, always striving for perfection, so that you can
contribute something of value to the world.
□ Competition:

- References
 www.judoinfo.com
 Kodokan Judo by Jigoro Kano

Name:	Pas	SS	Fail		
Orange Belt 2					
General Requirements:					
☐ Good moral character and maturity ☐ Regular practice and attendance (75%)					
Regular practice and attendance (7570)					
General Knowledge: ☐ Basic judo etiquette and hygiene ☐ Purpose of ukemi ☐ Correct forms of sitting, standing and kneeling ☐ Correct fundamentals of ☐ Gripping (kumi kata) ☐ Posture (shisei) ☐ Movement (ayumi ashi, tsugi ashi, yoko tsu	ugi ashi	i)			
Ability to demonstrate:					
□ Nage Waza					
O soto Gari (major outside reap)			Tai otoshi (body drop)		
\mathcal{E} $\langle \mathcal{F} \rangle$			O goshi (major hip throw)		
Ko uchi gari (small inside reap)			Uki goshi (floating hip throw)		
De ashi harai (advancing foot sweep) Tsaesae Tsurikom Ashi (lifting, pulling, foot prop)			Yoko otoshi (side drop) Osoto gaeshi (osoto gari counter		
rsaesae rsurikom Asm (mung, puning, root prop)		_	throw)		
Ippon Seoi Nage (one arm shoulder throw)			Tsubami gaeshi (swallow counter throw)		
☐ Katame Waza					
☐ Pins (osae komi waza)					
☐ Hon kesa gatame (basic scarf hold)					
☐ Bridge and roll escape from hon kes	_				
☐ Yoko shiho gatame (side four corne			ne		
☐ Bridge and roll escape from yoko shiho gatame☐ Kami shiho gatame (top four corner hold)					
☐ Action reaction escape from kami sl		ıtaı	ne		
☐ Tate shiho gatame					
☐ Escape from tate shiho gatame`					
☐ Matwork entries ☐ Arm roll					
☐ Turn the turtle from the side					
☐ Leg grab and drive from turtle					
☐ Turn the turtle from the rear					
□ Ukemi					
☐ Yoko Ukemi (side falls)					
☐ Koho Ukemi (back falls)☐ Zempo Kaiten Ukemi (forward rolls)					
Lempo Kanen Okenn (101 ward 10118)					

Ge	ner	al Information
		Who was the founder of judo? Jigoro Kano
		What is the English translation of Judo? The gentle way or The easy way
		When was judo founded? 1882
		Name the 3 main categories of judo techniques: Tachi waza(standing techniques)
		ne waza (mat work techniques) and atemi waza (striking techniques)
		What are the two principles of judo? Seiryoko zenyo (maximum efficiency with
		minimum effort) Jito keiyo (mutual benefit among human beings) and
		What is the goal of judo training? The ultimate goal in Judo is to develop oneself
		to the maximum extent possible, always striving for perfection, so that you can
		contribute something of value to the world.
	Co	mpetition:

Name:	_ Pass
Blue Belt 1	
General Requirements:	
☐ Good moral character and maturity	
☐ Regular practice and attendance (75%)	
General Knowledge:	
☐ Basic judo etiquette and hygiene	
☐ Purpose of ukemi	
☐ Correct forms of sitting, standing and kneeling	
☐ Correct fundamentals of	
☐ Gripping (kumi kata)	
□ Posture (shisei)	
☐ Movement (ayumi ashi, tsugi ashi, yoko	tsugi ashi)
☐ Tai sabaki (90° pivot and 180° pivot)	,
Ability to demonstrate:	
□ Nage Waza□ O soto Gari (major outside reap)	
☐ O uchi gari (major inside reap)	
☐ Ko uchi gari (small inside reap)	
☐ Ko soto gari (small outside reap)	
☐ De ashi harai (advancing foot sweep)	
☐ Tsaesae Tsurikom Ashi (lifting, pulling,	foot prop)
☐ Uchi mata (inside sweep)	1 17
☐ Ippon Seoi Nage (one arm shoulder thro	w)
☐ Tai otoshi (body drop)	
☐ O goshi (major hip throw)	
☐ Uki goshi (floating hip throw)	
☐ Harai goshi (sweeping hip throw)	
☐ Yoko otoshi (side drop)	
☐ Tomoe nage (circle throw)	
Osoto gaeshi (osoto gari counter throw)	\
☐ Tsubami gaeshi (swallow counter throw	
☐ Ko uchi gaeshi (ko uchi gari counter thro☐ Katame Waza	ow)
☐ Pins (osae komi waza)	
☐ Hon kesa gatame (basic scarf hol	(d)
☐ Bridge and roll escape from hon	
☐ Yoko shiho gatame (side four co	•
☐ Bridge and roll escape from yoko	
☐ Kami shiho gatame (top four cor	_
☐ Action reaction escape from kam	
☐ Tate shiho gatame (front four con	_
☐ Escape from tate shiho gatame	,
☐ Kata gatame (shoulder hold)	
☐ Escape from kata gatame	

Fail [

	☐ Matwork entries				
	☐ Arm roll				
	☐ Turn the turtle from the	e side			
	☐ Leg grab and drive from	m turtle			
	☐ Turn the turtle from the				
	☐ Leg sweep with leg pu				
		gle hold with transition to hold down)			
	☐ Ukemi	Sie nota with transition to nota down)			
	☐ Yoko Ukemi (side falls)				
	☐ Koho Ukemi (back falls)				
	☐ (front falls)				
	☐ Zempo Kaiten Ukemi (forward	d rolls)			
	Lempo Kanen Okenn (lorward	d Tolls)			
Co	neral Information				
Ge	☐ Who was the founder of judo? Jigoro	Vana			
	· · · · · · · · · · · · · · · · · · ·				
	What is the English translation of Jud	of the genue way of the easy way			
	When was judo founded? 1882	ochniques: Tochi vyoze (standina tochniques)			
	<u> </u>	echniques: Tachi waza(standing techniques),			
	atemi waza (striking techniques), and	• • •			
		s? (Koshi waza (hip throws), Te waza (hand			
		Yoko sutemi waza (side sacrifice), Ma			
	sutemi waza (back sacrifice techniques)				
	□ What are the two principles of judo? Seiryoko zenyo (maximum efficiency with				
	minimum effort) Jito keiyo (mutual benefit among human beings) and				
		e ultimate goal in Judo is to develop oneself			
	to the maximum extent possible, alwa	ys striving for perfection, so that you can			
	contribute something of value to the v	vorld.			
Vo	cabulary				
	Matte: stop	☐ Osaekomi: referee signal for hold down			
	Maitte: I give up	☐ Sensei: teacher			
	Sode made: stop, end of the match	☐ Judoka: one who learns the way of judo			
	Ippon: full point	☐ Tori: one who performs the technique			
	Wazari: half point	☐ Uke: one who receives the technique			
	Yuko: advantage	☐ Kiosuke: attention			
		☐ Seiza: kneel			
	•				
_					
Ц	Competition:				

- References
 www.judoinfo.com
 Kodokan Judo by Jigoro Kano

Name:	Pass
Blue Belt 2	
General Requirements:	
☐ Good moral character and maturity	
☐ Regular practice and attendance (75%)	
General Knowledge:	
☐ Basic judo etiquette and hygiene	
☐ Purpose of ukemi	
☐ Correct forms of sitting, standing and kneeling	
☐ Correct fundamentals of	
Gripping (kumi kata)	
☐ Breaking the grip (sleeve and lapel)	
☐ Posture (shisei)	achi)
☐ Movement (ayumi ashi, tsugi ashi, yoko tsugi☐ Tai sabaki (90° pivot and 180° pivot)	asiii)
Ability to demonstrate:	
□ Nage Waza	
☐ O soto Gari (major outside reap)	
☐ O uchi gari (major inside reap)	
☐ Ko uchi gari (small inside reap)	
☐ Ko soto gari (small outside reap)	
☐ O soto gake (major outside block)	
☐ De ashi harai (advancing foot sweep)	
☐ Okuri ashi harai (following foot sweep)	
☐ Tsaesae Tsurikom Ashi (lifting, pulling, foot]	prop)
☐ Uchi mata (inside sweep)	
☐ Ippon Seoi Nage (one arm shoulder throw)	
☐ Tai otoshi (body drop)	
☐ O goshi (major hip throw)	
☐ Uki goshi (floating hip throw)	
☐ Harai goshi (sweeping hip throw)	
☐ Yoko otoshi (side drop)	
☐ Tomoe nage (circle throw)	
☐ Uki otoshi	
☐ Uki Waza	
☐ Kata Guruma	
Osoto gaeshi (osoto gari counter throw)	
☐ Tsubami gaeshi (swallow counter throw)	
☐ Ko uchi gaeshi (ko uchi gari counter throw)	
☐ Katame Waza	
☐ Pins (osae komi waza) ☐ Hon kesa gatame (basic scarf hold)	
☐ Bridge and roll escape from hon kesa	gatama
☐ Yoko shiho gatame (side four corner h	_
☐ Bridge and roll escape from yoko shih	
☐ Kami shiho gatame (top four corner ho	
☐ Action reaction escape from kami shih	
☐ Tate shiho gatame (front four corner h	_
☐ Escape from tate shiho gatame	- · /
☐ Kata gatame (shoulder hold)	
☐ Escape from kata gatame	

Fail

Ge	☐ Arm roll ☐ Turn the turtle from the ☐ Leg grab and drive from ☐ Turn the turtle from the ☐ Leg sweep with leg pu ☐ Sangaku gatame (triang) ☐ Leo White Gut Wrence ☐ Ukemi ☐ Yoko Ukemi (side falls) ☐ Koho Ukemi (back falls) ☐ (front falls) ☐ Zempo Kaiten Ukemi (forwardsmeral Information) ☐ Who was the founder of judo? Jigoro ☐ What is the English translation of Judo	m turtle e rear sh from open guard gle hold with transition to hold down) n d rolls) Kano		
	☐ When was judo founded? 1882	echniques: Tachi waza(standing techniques),		
	atemi waza (striking techniques), and	ne waza (groundwork techniques)		
	☐ What are the five categories of throws? (Koshi waza (hip throws), Te waza (hand throws), Ashi waza (foot techniques), Yoko sutemi waza (side sacrifice), Ma			
	sutemi waza (back sacrifice techniques) What are the two principles of judo? Seiryoko zenyo (maximum efficiency with			
		e ultimate goal in Judo is to develop oneself ys striving for perfection, so that you can		
	cabulary			
	Matte: stop Maitte: I give up	☐ Osaekomi: referee signal for hold down☐ Sensei: teacher		
	Sode made: stop, end of the match Ippon: full point	☐ Judoka: one who learns the way of judo ☐ Tori: one who performs the technique		
	Wazari: half point Yuko: advantage	☐ Uke: one who receives the technique☐ Kiosuke: attention		
	Randori: free practice	☐ Seiza: kneel		
	Hidari: Right Migi: left	☐ Sonomama: Freeze☐ Shintai: Moving technique☐ Tai Sabaki: Pivoting technique		
	Competition:			

- References

 www.judoinfo.com
 Kodokan Judo by Jigoro Kano

Name:	_ Pass Fail
Purple Belt 1 General Requirements: ☐ Good moral character and maturity ☐ Regular practice and attendance (75%)	
General Knowledge: Basic judo etiquette and hygiene Purpose of ukemi Correct forms of sitting, standing and kneeling Gripping (kumi kata) Breaking the grip (sleeve and lapel) Posture (shisei) Movement (ayumi ashi, tsugi ashi, yoko ta a sabaki (90° pivot and 180° pivot) Kata Nage no Kata (First set) Ability to demonstrate:	tsugi ashi)
 □ Nage Waza □ O soto Gari (major outside reap) □ O uchi gari (major inside reap) □ Ko uchi gari (small inside reap) □ Ko soto gari (small outside reap) □ O soto gake (major outside block) □ De ashi harai (advancing foot sweep) □ Okuri ashi harai (following foot sweep) □ Tsaesae Tsurikom Ashi (lifting, pulling, foot prop) □ Uchi mata (inside sweep) □ Ippon Seoi Nage (one arm shoulder throw) □ Morote Seoi Nage (two hand shoulder throw) 	 □ Seoi othoshi (drop seoi nage) □ Morote gari (double leg reap) □ Tai otoshi (body drop) □ O goshi (major hip throw) □ Uki goshi (floating hip throw) □ Harai goshi (sweeping hip throw) □ Yoko otoshi (side drop) □ Tomoe nage (circle throw) □ Uki otoshi □ Uki Waza □ Kata Guruma □ Osoto gaeshi (osoto gari counter throw) □ Tsubami gaeshi (swallow counter throw) □ Ko uchi gaeshi (ko uchi gari counter throw) □ Harai goshi gaeshi
☐ Katame Waza ☐ Pins (osae komi waza) ☐ Pin Transition Series (head control ☐ Pin Transition Series (shoulder co ☐ Pin Escapes (demonstrate 5)	
☐ Strangles (shime waza) ☐ Hadaka jime (naked hand strangle) ☐ Okuri eri jime (pulling sliding col) ☐ Kata hajime (shoulder locking stra	llar strangle)

		☐ Matwork entries		
		☐ Arm roll		
		☐ Turn the turtle from the		
		☐ Leg grab and drive from		
		☐ Turn the turtle from the		
		☐ Leg sweep with leg pu		
		<u> </u>	_	hold with transition to hold down)
		☐ Leo White Gut Wrencl	1	
	_	☐ Leg triangle choke		
	ш	Ukemi Volta Ultami (sida falla)		
		☐ Yoko Ukemi (side falls)☐ Koho Ukemi (back falls)		
		☐ (front falls)		
		☐ Zempo Kaiten Ukemi (forware	d ro	116)
Ge	ner	al Information	u 10.	115)
GC		Who was the founder of judo? Jigoro	Ka	no
		What are the origins of judo? Japanes		
		What is the English translation of Jud		<u> </u>
		When was judo founded? 1882		The genote way of the easy way
		•	echn	iques: Tachi waza(standing techniques),
		atemi waza (striking techniques), and		
		· · · · · · · · · · · · · · · · · · ·		Koshi waza (hip throws), Te waza (hand
		throws), Ashi waza (foot techniques),	,	` - //
		sutemi waza (back sacrifice technique	es)	,
		What are the two principles of judo? S	Seiry	yoko zenyo (maximum efficiency with
		minimum effort) Jito keiyo (mutual be		
		What is the goal of judo training? The	ult	imate goal in Judo is to develop oneself
		to the maximum extent possible, alwa	ys s	triving for perfection, so that you can
		contribute something of value to the v	vorl	d.
		ulary		
		itte: stop		Ma sutemi waza: back sacrifice
		itte: I give up		technique
		de made: stop, end of the match		Yoko sutemi waza: side sacrifice
		oon: full point	_	techniques
		azari: half point		Osaekomi: referee signal for hold down
		ko: advantage		Sensei: teacher
		ido: penalty		Judoka: one who learns the way of judo
		ndori: free practice		Tori: one who performs the technique
		dari: Right		Uke: one who receives the technique
		gi: left		Kiosuke: attention
		hand		Seiza: kneel
		shi: hip		Sonomama: Freeze
ш	AS	hi: foot/leg		Shintai: Moving technique
			Ш	Tai Sabaki: Pivoting technique
П	Ca	mpetition:		
		mpennon. onces		

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