

JUKYU 10TH (WHITE/YELLOW BELT) MIN AGE 5-6 YRS OLD

20 CLASSES OR TWO MONTHS

STUDENT: _____

	EXCELLENT (10) 170 PTS	GOOD (8)	FAIR (7)	POOR (0)
VOCABULARY				
SENSEI (TEACHER)				
GI (JUDO UNIFORM)				
OBI (BELT)				
REI (BOW)				
HAJIME (START)				
MATE (STOP)				
MIGI (RIGHT)				
HIDARI (LEFT)				
UKEMI (BREAK FALL) DEFINE				
UKEMI (BREAK FALL)				
USHIRO UKEMI (BACKWARD FALL)				
YOKO UKEMI (SIDE FALL)				
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
MAE UKEMI (FORWARD FALL)				
TACHI WAZA (STANDING TECHNIQUE)				
O SOTO-GARI (MAJOR OUTER REAPING)				
DEASHI-HARAI (ADVANCING FOOT SWEEP)				

	EXCELLENT (10) 100 PTS	GOOD (8)	FAIR (7)	POOR (0)
IPPON SEOI-NAGE (ONE ARM SHOULDER THROW)				
HON KESA GATAME (SCARF HOLD)				
YOKO-SHIHO GATAME (SIDE HOLD)				
COUNT TO 10 IN JAPANESE				
SPELL JUDO				
STANDING BOW (RITSUREI)				
KNEELING BOW (ZAREI)				
HISTORY				
WHAT DOES JUDO MEAN? (GENTLE WAY)				
NAME THE FOUNDER OF JUDO (JIGORO KANO)				
WHAT COUNTRY AND CITY WAS JUDO FOUNDED (TOKYO, JAPAN 1882)				
TOTAL SCORE (270 PTS)				

TOTAL SCORE: _____/270 X 100 = _____

MUST PASS WITH A 70% OR BETTER

PASS/FAIL

INSTRUCTOR SIGNATURE: _____ DATE: _____

JUKYU 10TH (WHITE/YELLOW BELT) MIN AGE 5-6 YRS OLD

20 CLASSES OR TWO MONTHS

STUDENT: _____

	EXCELLENT (10) 150 PTS	GOOD (8)	FAIR (7)	POOR (0)
DEMONSTRATE				
BASICS				
STANDING BOW (RITSUREI)				
KNEELING BOW (ZAREI)				
TYING BELT				
SPELL JUDO				
COUNT TO 10 (JAPANESE)				
ENTER DOJO AND MAT AREA				
JIGOTAI (DEFENSIVE POSTURE)				
HON SHIZENTAI (NATURAL POSTURE)				
DEMONSTRATE UKEMI				
USHIRO UKEMI (BACKWARD FALL)				
YOKO UKEMI (SIDE FALL)				
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
MAE UKEMI (FORWARD FALL)				
DEMONSTRATE TACHIWAZA				
O SOTO-GARI (MAJOR OUTER REAPING)				
DEASHI-HARAI (ADVANCING FOOT SWEEP)				

	EXCELLENT (10) 40 PTS	GOOD (8)	FAIR (7)	POOR (0)
IPPON SEOI-NAGE (ONE ARM SHOULDER THROW)				
DEMONSTRATE NEWAZA				
HON KESA- GATAME (NATURAL SCARF HOLD)				
KUZURE KESA- GATAME (MODIFIED SCARF HOLD)				
YOKO-SHIHO- GATAME (SIDE HOLD)				
TOTAL SCORE (190 PTS)				

TOTAL SCORE: _____/190 X 100 = _____

MUST PASS WITH A 70% OR BETTER

PASS/FAIL

INSTRUCTOR SIGNATURE: _____ DATE: _____