

# HACHIKYU 8<sup>TH</sup> (YELLOW/ORANGE BELT) MIN AGE 6-7 YRS OLD

35 CLASSES OR 3-4 MONTHS FROM LAST PROMOTION

STUDENT: \_\_\_\_\_

	EXCELLENT (10) 250 PTS	GOOD (8)	FAIR (7)	POOR (0)
VOCABULARY				
SENSEI (TEACHER)				
GI (JUDO UNIFORM)				
REI (BOW)				
HAJIME (START)				
MATE (STOP)				
MIGI (RIGHT)				
HIDARI (LEFT)				
O (MAJOR)				
KO (MINOR)				
SOTO (OUTER)				
UCHI (INNER)				
GOSHI (HIP)				
ASHI (FOOT)				
HIZA (KNEE)				
NAGE (THROW)				
WAZA (TECHNIQUE)				
RANDORI (FREE PRACTICE)				
SHIAI (CONTEST)				
KIYOSUKE (ATTENTION)				
MOKUSO (SILENT/STILL OR MEDITATION)				
STANDING BOW (RITSUREI)				
KNEELING BOW (ZAREI)				
SPELL JUDO				
COUNT TO 10 (JAPANESE)				

	EXCELLENT (10) 160 PTS	GOOD (8)	FAIR (7)	POOR (0)
TAI-SABAKI (BODY MOVEMENT)				
KUMI-KATA (GRIPPING)				
THREE PARTS OF THROW (KUZUSHI (BREAKING BALANCE), TSUIKURI (FITTING), KAKE (FINISH OF TECHNIQUE))				
EBI (SHRIMP)				
UKEMI 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 DEFINE				
TACHI WAZA (STANDING TECHNIQUE)				
O-SOTO GARI (MAJOR OUTER REAPING)				
DEASHI-HARAI (ADVANCING FOOT SWEEP)				
IPPON SEIO-NAGE (ONE ARM SHOULDER THROW)				
UKI-GOSHI (FLOATING HIP THROW)				
O-GOSHI (MAJOR HIP THROW)				

	EXCELLENT (10) 150 PTS	GOOD (8)	FAIR (7)	POOR (0)
O-UCHI-GARI (MAJOR INNER REAPING)				
SASAE TSURIKOMI ASHI (ANKLE PROPPING)				
HIZA GURUMA (KNEE WHEEL)				
MOROTE SEI- NAGE (TWO HANDED SHOULDER THROW)				
NEWAZA DEFINE				
NEWAZA (GROUND TECHNIQUES)				
HON KESA- GATAME (SCARF HOLD)				
MAKURA KESA- GATAME (PILLOW SCARF HOLD)				
KUZURE KESA- GATAME (MODIFIED SCARF HOLD)				
USHIRO KESA- GATAME (REVERSE SCARF HOLD)				
YOKO SHIHO GATAME (SIDE HOLD)				
KATA-GATAME (SHOULDER HOLD)				
KAMISHIHO- GATAME (TOP 4 QUARTER HOLD)				
DEMONSTRATE NEWAZA ESCAPES FROM				
KESA-GATAME (SCARF HOLD)				
KATA GATAME (SHOULDER HOLD)				

	EXCELLENT (10) 90 PTS OR 110 PTS	GOOD (8)	FAIR (7)	POOR (0)
KAMISHIHO GATAME (TOP 4 QUARTER HOLD)				
YOKO SHIHO GATAME (SIDE HOLD)				
DEFINE SHIME WAZA (CHOKING TECHNIQUE)- DEFINE (FOR 13 Y/O AND ABOVE)				
SHIME WAZA (CHOKING TECHNIQUES)				
HADAKA JIME (NAKED CHOKE HOLD)				
HISTORY				
WHAT DOES JUDO MEAN? (GENTLE WAY)				
NAME THE FOUNDER OF JUDO (JIGORO KANO)				
WHAT COUNTRY AND CITY WAS JUDO FOUNDED (TOKYO, JAPAN 1882 EISHO-JI TEMPLE)				
NAME THE ORIGINAL SCHOOL OF JUDO (KODOKAN)				
WHAT YEAR WAS JUDO FOUNDED (1882)				
SHISEI DEFINE				
SHISEI (POSTURE)- DEFINE				
HON SHIZENTAI (NATURAL POSTURE)				

	EXCELLENT (10) 150 PTS	GOOD (8)	FAIR (7)	POOR (0)
MIGI SHIZENTAI (RIGHT NATURAL POSTURE)				
HIDARI SHIZENTAI (LEFT NATURAL POSTURE)				
JIGOTAI (DEFENSIVE POSTURE)				
MIGI JIGOTAI (RIGHT DEFENSIVE POSTURE)				
HIDARI JIGOTAI (LEFT DEFENSIVE POSTURE)				
RULES AND REFEREEING				
IPPON (FULL SCORE)				
WAZA-ARI (HALF SCORE)				
WAZA-ARI AWASETE IPPON (TWO HALF A POINTS EQUAL A FULL SCORE)				
OSAEKOMI (PIN)				
TOKETA (PIN BROKEN)				
SONO-MAMA (STAY AS YOU ARE)				
YOSHI (START)				
SHIDO (MINOR PENALTY)				
HANSOKU MAKE (GRAVE INFRINGEMENT PENALTY- DISQUALIFICATION)				
FOOT MOVEMENT DEFINE				
AYUMI-ASHI (NORMAL WALKING)				

	EXCELLENT (10) 60 PTS	GOOD (8)	FAIR (7)	POOR (0)
TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
JUDO GI – JUDO UNIFORM TERMINOLOGY				
UWAGI (JACKET)				
ZUBON (PANT)				
OBI (BELT)				
ZORI (SLIPPER)				
TOTAL SCORE (860 OR 880 PTS)				

TOTAL SCORE: \_\_\_\_\_/860 X 100 = \_\_\_\_\_

TOTAL SCORE: \_\_\_\_\_/880 X 100 = \_\_\_\_\_ (13 AND ABOVE)

MUST PASS WITH A 70% OR BETTER

**PASS/FAIL**

INSTRUCTOR SIGNATURE: \_\_\_\_\_

# HACHIKYU 8<sup>TH</sup> (YELLOW/ORANGE BELT) MIN AGE 6-7 YRS OLD

35 CLASSES OR 3-4 MONTHS FROM LAST PROMOTION

STUDENT: \_\_\_\_\_

	EXCELLENT (10) 110 PTS	GOOD (8)	FAIR (7)	POOR (0)
DEMONSTRATE				
BASICS				
STANDING BOW (RITSUREI)				
KNEELING BOW (ZAREI)				
TYING BELT				
ENTER DOJO AND MAT AREA				
SHISEI (POSTURE)- DEMONSTRATE				
HON SHIZENTAI (NATURAL POSTURE)				
MIGI SHIZENTAI (RIGHT NATURAL POSTURE)				
HIDARI SHIZENTAI (LEFT NATURAL POSTURE)				
JIGOTAI (DEFENSIVE POSTURE)				
MIGI JIGOTAI (RIGHT DEFENSIVE POSTURE)				
MIGI JIGOTAI (LEFT DEFENSIVE POSTURE)				
DEMONSTRATE FOOT MOVEMENT				
AYUMI-ASHI (NORMAL WALKING)				

	EXCELLENT (10) 120 PTS	GOOD (8)	FAIR (7)	POOR (0)
TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
DEMONSTRATE				
KUMI-KATA (GRIPPING) MIGI/HIDARI				
THREE PARTS OF THROW (KUZUSHI (BREAKING BALANCE), TSUIKURI (FIT OF TECHNIQUE), KAKE (FINISH OF TECHNIQUE))				
DEMONSTRATE EBI (SHRIMP)				
NORMAL EBI (HEAD -FIRST DIRECTION)				
REVERSE EBI (OPPOSITE DIRECTION SHRIMP)				
YOKO EBI (SIDE SHRIMP)				
UKEMI DEMONSTRATE				
USHIRO UKEMI (BACKWARD FALL)				
YOKO UKEMI (SIDE FALL)				
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
MAE UKEMI (FORWARD FALL)				

	EXCELLENT (10) 130 PTS	GOOD (8)	FAIR (7)	POOR (0)
TACHI WAZA DEMONSTRATE				
O SOTO-GARI (MAJOR OUTER REAPING)				
DEASHI-HARAI (ADVANCING FOOT SWEEP)				
IPPON SEOI-NAGE (ONE ARM SHOULDER THROW)				
UKI-GOSHI (FLOATING HIP THROW)				
O-GOSHI (MAJOR HIPMTHROW)				
O-UCHI-GARI (MAJOR INNER REAPING)				
SASAE TSURIKOMI ASHI (ANKLE PROPPING)				
HIZA GURUMA (KNEE WHEEL)				
MOROTE SEOI- NAGE (TWO HANDED SHOULDER THROW)				
NEWAZA DEMONSTRATE				
HON KESA- GATAME (NATURAL SCARF HOLD)				
MAKURA KESA- GATAME (PILLOW SCARF HOLD)				
KUZURE KESA- GATAME (MODIFIED SCARF HOLD)				
USHIRO KESA- GATAME (REVERSE SCARF HOLD)				

	EXCELLENT (10) 70 PTS TO 80 PTS	GOOD (8)	FAIR (7)	POOR (0)
YOKO-SHIHO-GATAME (SIDE HOLD)				
KATA-GATAME (SHOULDER HOLD)				
KAMISHIHO-GATAME (TOP 4 QUARTER HOLD)				
DEMONSTRATE NEWAZA ESCAPES FROM				
KESA-GATAME (SCARF HOLD)				
KATA GATAME (SHOULDER HOLD)				
KAMISHIHO GATAME (TOP 4 QUARTER HOLD)				
YOKO SHIHO GATAME (SIDE HOLD)				
DEMONSTRATE SHIME WAZA (CHOKING TECHNIQUE)- DEFINE (FOR 13 Y/O AND ABOVE)				
HADAKA JIME (NAKED CHOKE HOLD)				
TOTAL SCORE (430 OR 440 PTS)				

TOTAL SCORE: \_\_\_\_\_/430 X 100 = \_\_\_\_\_

TOTAL SCORE: \_\_\_\_\_/440 X 100 = \_\_\_\_\_ (13 AND ABOVE)

MUST PASS WITH A 70% OR BETTER

**PASS/FAIL**

INSTRUCTOR SIGNATURE: \_\_\_\_\_