

# KYUKYU 9<sup>TH</sup> (YELLOW BELT) MIN AGE 5-6 YRS OLD

30 CLASSES OR 3 MONTHS FROM LAST PROMOTION

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

	EXCELLENT (10) 210 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)				
O (MAJOR)				
KO (MINOR)				
SOTO (OUTER)				
UCHI (INNER)				
KIYOSUKE (ATTENTION)				
MOKUSO (SILENT/STILL OR MEDITATION)				
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)				

	<b>EXCELLENT (10) 140 PTS</b>	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>O-SOTO GARI (MAJOR OUTER REAPING)</b>				
<b>DEASHI-HARAI (ADVANCING FOOT SWEEP)</b>				
<b>IPPON SEIO-NAGE (ONE ARM SHOULDER THROW)</b>				
<b>UKI-GOSHI (FLOATING HIP THROW)</b>				
<b>O-GOSHI (MAJOR HIP THROW)</b>				
<b>O-UCHI-GARI (MAJOR INNER REAPING)</b>				
<b>NEWAZA DEFINE</b>				
<b>NEWAZA (GROUND TECHNIQUES)</b>				
<b>HON KESA-GATAME (SCARF HOLD)</b>				
<b>MAKURA KESA-GATAME (PILLOW SCARF HOLD)</b>				
<b>KUZURE KESA-GATAME (MODIFIED SCARF HOLD)</b>				
<b>USHIRO KESA-GATAME (REVERSE SCARF HOLD)</b>				
<b>YOKO SHIHO GATAME (SIDE HOLD)</b>				
<b>HISTORY</b>				
<b>WHAT DOES JUDO MEAN? (GENTLE WAY)</b>				
<b>NAME THE FOUNDER OF JUDO (JIGORO KANO)</b>				

	<b>EXCELLENT (10) 130 PTS</b>	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>WHAT COUNTRY AND CITY WAS JUDO FOUNDED (TOKYO, JAPAN 1882 EISHO-JI TEMPLE)</b>				
<b>NAME THE ORIGINAL SCHOOL OF JUDO (KODOKAN)</b>				
<b>WHAT YEAR WAS JUDO FOUNDED (1882)</b>				
<b>SHISEI (POSTURE) DEFINE</b>				
<b>SHISEI (POSTURE)</b>				
<b>HON SHIZENTAI (NATURAL POSTURE)</b>				
<b>MIGI SHIZENTAI (RIGHT NATURAL POSTURE)</b>				
<b>HIDARI SHIZENTAI (LEFT NATURAL POSTURE)</b>				
<b>JIGOTAI (DEFENSIVE POSTURE)</b>				
<b>MIGI JIGOTAI (RIGHT DEFENSIVE POSTURE)</b>				
<b>HIDARI JIGOTAI (LEFT DEFENSIVE POSTURE)</b>				
<b>FOOT MOVEMENT DEFINE</b>				
<b>AYUMI-ASHI (NORMAL WALKING)</b>				
<b>TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)</b>				
<b>SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)</b>				

	EXCELLENT (10) 70 PTS	GOOD (8)	FAIR (7)	POOR (0)
DEFINE				
TAI-SABAKI (BODY MOVEMENT)				
KUMI-KATA (GRIPPING)				
RULES AND REFEREEING				
IPPON (FULL SCORE)				
WAZA-ARI (HALF SCORE)				
WAZA-ARI AWASETE IPPON (TWO HALF A POINTS EQUAL A FULL SCORE)				
OSAEKOMI (PIN)-DEFINE				
TOKETA (PIN BROKEN)				
TOTAL SCORE (550 PTS)				

TOTAL SCORE: \_\_\_\_\_/550 X 100 = \_\_\_\_\_

MUST PASS WITH A 70% OR BETTER

**PASS/FAIL**

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

# KYUKYU 9<sup>TH</sup> (YELLOW BELT) MIN AGE 5-6 YRS OLD

30 CLASSES OR 3 MONTHS FROM LAST PROMOTION

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

	EXCELLENT (10) 130 PTS	GOOD (8)	FAIR (7)	POOR (0)
UKEMI DEMONSTRATE				
USHIRO UKEMI (BACKWARD FALL)				
YOKO UKEMI (SIDE FALL)				
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
MAE UKEMI (FORWARD FALL)				
SHISEI (POSTURE)				
HON SHIZENTAI (NATURAL POSTURE)				
MIGI SHIZENTAI (RIGHT NATURAL POSTURE)				
HIDARI SHIZENTAI (LEFT NATURAL POSTURE)				
JIGOTAI (DEFENSIVE POSTURE)				
MIGI JIGOTAI (RIGHT DEFENSIVE POSTURE)				
HIDARI JIGOTAI (LEFT DEFENSIVE POSTURE)				
FOOT MOVEMENT DEMONSTRATE				
AYUMI-ASHI (NORMAL WALKING)				
TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				

	<b>EXCELLENT (10) 140 PTS</b>	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)</b>				
<b>TACHI WAZA DEMONSTRATE</b>				
<b>O SOTO-GARI (MAJOR OUTER REAPING)</b>				
<b>DEASHI-HARAI (ADVANCING FOOT SWEEP)</b>				
<b>IPPON SEOI-NAGE (ONE ARM SHOULDER THROW)</b>				
<b>UKI-GOSHI (FLOATING HIP THROW)</b>				
<b>O-GOSHI (MAJOR HIP THROW)</b>				
<b>O-UCHI-GARI (MAJOR INNER REAPING)</b>				
<b>NEWAZA DEMONSTRATE</b>				
<b>HON KESA- GATAME (SCARF HOLD)</b>				
<b>MAKURA KESA- GATAME (PILLOW SCARF HOLD)</b>				
<b>KUZURE KESA- GATAME (MODIFIED SCARF HOLD)</b>				
<b>USHIRO KESA- GATAME (REVERSE SCARF HOLD)</b>				
<b>YOKO SHIO GATAME (SIDE HOLD)</b>				
<b>ESCAPE FROM KESA-GATAME DEMONSTRATE</b>				
<b>BASICS</b>				
<b>STANDING BOW (RITSUREI)</b>				

	EXCELLENT (10) 40 PTS	GOOD (8)	FAIR (7)	POOR (0)
KNEELING BOW (ZAREI)				
TYING BELT				
ENTER DOJO AND MAT AREA				
KUMI-KATA MIGI/HIDARI				
TOTAL SCORE (310 PTS)				

TOTAL SCORE: \_\_\_\_\_/310 X 100 = \_\_\_\_\_

MUST PASS WITH A 70% OR BETTER

## PASS/FAIL

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