

KYUKYU 9TH (YELLOW BELT) MIN AGE 5-6 YRS OLD

30 CLASSES OR 3 MONTHS FROM LAST PROMOTION

STUDENT: _____

	EXCELLENT (10)	GOOD (8)	FAIR (7)	POOR (5)
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)				
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)				
DEMONSTRATE				
BASICS				
STANDING BOW (RITSUREI)				

KNEELING BOW (ZAREI)				
TYING BELT				
SPELL JUDO				
COUNT TO 10 (JAPANESE)				
ENTER DOJO AND MAT AREA				
SHISEI (POSTURE)- DEFINE				
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)				
DEMONSTRATE FOOT MOVEMENT				
AYUMI-ASHI (NORMAL WALKING)				
TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
DEFINE				
TAI-SABAKI (BODY MOVEMENT)				
KUMI-KATA (GRIPPING)				
DEMONSTRATE				
KUMI-KATA MIGI/HIDARI				
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)				
DEMONSTRATE				
UKEMI (BREAK FALLING)- DEFINE				
USHIRO UKEMI (BACKWARD FALL)				
YOKO UKEMI (SIDE FALL)				
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
DEMONSTRATE				
TACHIWAZA (STANDING TECHNIQUE)- DEFINE				
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 HIP THROW)				
O-UCHI-GARI (MAJOR INNER REAPING)				
DEMONSTRATE				
NEWAZA (GROUND				

TECHNIQUES)- DEFINE				
HON KESA- GATAME (NATURAL 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)				
DEMONSTRATE				
ESCAPE FROM KESA-GATAME				
TOTAL SCORE (630 PTS)				

TOTAL SCORE: _____/630 X 100 = _____

MUST PASS WITH A 70% OR BETTER

PASS/FAIL

INSTRUCTOR SIGNATURE: _____