

ROKKYU 6TH (YELLOW BELT) ADULT

32 CLASSES OR 2 MONTHS

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)				

	EXCELLENT (10) 140 PTS	GOOD (8)	FAIR (7)	POOR (0)
0-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)				
O-UCHI-GARI (MAJOR INNER REAPING)				
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)				
HISTORY				
WHAT DOES JUDO MEAN? (GENTLE WAY)				
NAME THE FOUNDER OF JUDO (JIGORO KANO)				

	EXCELLENT (10) 120 PTS	GOOD (8)	FAIR (7)	POOR (0)
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 (POSTURE) DEFINE				
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 DEFINE				
AYUMI-ASHI (NORMAL WALKING)				
TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				

	EXCELLENT (10) 80 PTS	GOOD (8)	FAIR (7)	POOR (0)
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
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: _____

ROKKYU 6TH (YELLOW BELT) ADULT

32 CLASSES OR 2 MONTHS

STUDENT: _____

	EXCELLENT (10) 140 PTS	GOOD (8)	FAIR (7)	POOR (0)
DEMONSTRATE TAI-SABAKI (BODY MOVEMENT)				
MAE-SABAKI (FRONT 90 DEG)				
USHIRO MAESABAKI (BACK-FRONT 90 DEG)				
MAE- MAWARISABAKI (180 DEG)				
DEMONSTRATE				
BASICS				
STANDING BOW (RITSUREI)				
KNEELING BOW (ZAREI)				
TYING BELT				
ENTER DOJO AND MAT AREA				
KUMI-KATA MIGI/HIDARI				
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)				

	EXCELLENT (10) 130 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)				
FOOT MOVEMENT DEMONSTRATE				
AYUMI-ASHI (NORMAL WALKING)				
TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
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 HIP THROW)				

	EXCELLENT (10) 130 PTS	GOOD (8)	FAIR (7)	POOR (0)
O-UCHI-GARI (MAJOR INNER REAPING)				
NEWAZA DEMONSTRATE				
HON KESA- GATAME (SCARF HOLD)				
MAKURA KESA- GATAME (PILLOW SCARF HOLD)				
KUZURE KESA- GATAME (MODIFIED SCARF HOLD)				
USHIRO KESA- GATAME (REVERSE SCARF HOLD)				
YOKO SHIO GATAME (SIDE HOLD)				
ESCAPE FROM KESA-GATAME				
ESCAPE FROM YOKO SHIHO GATAME				
DEMONSTRATE TAI-SABAKI (BODY MOVEMENT)				
MAE-SABAKI (FRONT 90 DEG)				
USHIRO MAESABAKI (BACK-FRONT 90 DEG)				
MAE- MAWARISABAKI (180 DEG)				
DEMONSTRATE				
BASICS				
STANDING BOW (RITSUREI)				
TOTAL SCORE (400 PTS)				

TOTAL SCORE: _____/400 X 100 = _____
MUST PASS WITH A 70% OR BETTER

PASS/FAIL

INSTRUCTOR SIGNATURE: _____