

# ROKKYU 6TH (YELLOW BELT) ADULT

32 CLASSES OR 2 MONTHS

**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				

<b>STANDING BOW (RITSUREI)</b>				
<b>KNEELING BOW (ZAREI)</b>				
<b>TYING BELT</b>				
<b>SPELL JUDO</b>				
<b>COUNT TO 10 (JAPANESE)</b>				
<b>ENTER DOJO AND MAT AREA</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</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>				
<b>DEFINE</b>				
<b>TAI-SABAKI (BODY MOVEMENT)</b>				
<b>KUMI-KATA (GRIPPING)</b>				
<b>DEMONSTRATE TAI- SABAKI (BODY MOVEMENT)</b>				

<b>MAE-SABAKI (FRONT 90 DEG)</b>				
<b>USHIRO MAESABAKI (BACK- FRONT 90 DEG)</b>				
<b>MAE- MAWARISABAKI (180 DEG)</b>				
<b>DEMONSTRATE</b>				
<b>KUMI-KATA (GRIPPING VARIATIONS) MIGI/HIDARI</b>				
<b>DEMONSTRATE</b>				
<b>UKEMI (BREAK FALLING)</b>				
<b>USHIRO UKEMI (BACKWARD FALL)</b>				
<b>YOKO UKEMI (SIDE FALL)</b>				
<b>ZENPO KAITEN (SHOULDER ROLL)</b>				
<b>MAE MAWARE (FORWARD ROLL)</b>				
<b>RULES AND REFEREEING</b>				
<b>IPPON (FULL SCORE)</b>				
<b>WAZA-ARI (HALF SCORE)</b>				
<b>WAZA-ARI AWASETE IPPON (TWO HALF A POINTS EQUAL A FULL SCORE)</b>				
<b>OSAEKOMI (PIN)</b>				
<b>TOKETA (PIN BROKEN)</b>				
<b>DEMONSTRATE</b>				
<b>TACHIWAZA (STANDING TECHNIQUE)</b>				
<b>O SOTO-GARI (MAJOR OUTER REAPING)</b>				
<b>DEASHI-HARAI (ADVANCING FOOT SWEEP)</b>				
<b>IPPON SEOI-NAGE</b>				

(ONE ARM SHOULDER THROW)				
UKI-GOSHI (FLOATING HIP THROW)				
O-GOSHI (MAJOR HIP THROW)				
O-UCHI-GARI (MAJOR INNER REAPING)				
DEMONSTRATE				
NEWAZA (GROUND TECHNIQUES)				
KESA-GATAME (SCARF HOLD)				
MAKURA KESA-GATAME (PILLOW SCARF HOLD)				
YOKO-SHIHO-GATAME (SIDE HOLD)				
HON KESA-GATAME (NATURAL SCARF HOLD)				
KUZURE KESA-GATAME (MODIFIED SCARF HOLD)				
USHIRO KESA-GATAME (REVERSE SCARF HOLD)				
ESCAPE FROM KESA-GATAME				
ESCAPE FROM YOKO SHIHO GATAME				
TOTAL SCORE (640 PTS)				

TOTAL SCORE: \_\_\_\_\_/640 X 100 = \_\_\_\_\_

MUST PASS WITH A 70% OR BETTER

**PASS/FAIL**

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