

Name:	Current Grade:
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Grade Awarded

White Belt with 1 Red Tab			
Student demonstrate bowing on and off the mat and understands the Japanese term - Rei.		Student understands Japanese terms: Matte - Stop/Wait Hajime - Begin	
Student demonstrates submitting by tapping body with hand and mat with foot		Demonstrate Yoko Ukemi from a throw	

White Belt with 2 Red Tabs			
Ukemi – To include Ushiro, Yoko, Mae and Chugaeri. Migi and Hidari (<i>Breakfalls to include Back, Side, Front and Rolling. Right and Left</i>)		O Goshi (<i>Major Hip Throw</i>)	
Kuzure Kesa Gatame (<i>Broken Scarf Hold</i>)		O Goshi into Kuzure Kesa Gatame	
1 Minute Randori			

White Belt with 3 Red Tabs			
O Sota Gari (<i>Major Outer Reaping</i>)		Kesa Gatame (<i>Scarf Hold</i>)	
O Sota Gari into Kesa Gatame		Student understands Japanese term: Sensei - Teacher	
1 Contest – Must demonstrate a level of understanding			

White Belt with 1 Yellow Tabs			
Tai Otoshi (<i>Body Drop</i>)		Kata Gatame (<i>Shoulder Hold</i>)	
Tai Otishi into Kesa Gatame into Kata Gatame		Student understands Japanese term: Judo - The gentle way	
2 Contests, Must Draw 1		Contest 1	Contest 2

White Belt with 2 Yellow Tabs			
O Uchi Gari (<i>Major Inner Reaping</i>)		Ude Garami (<i>Entangled or Figure 4 Arm Lock</i>)	
Uke on back pushes Tori away to defend, Tori takes arm and puts on Ude-Garami		Student understands Japanese term: Dojo - A place to practice judo	
2 Contests, Must Win 1		Contest 1	Contest 2

Full Yellow Belt			
Demonstrate Minimum of 2 methods of escape from Kesa Gatame		Who founded judo? - Jigoro Kano	
Student understands Japanese term: Tori - The thrower or performer of a technique		Student understands Japanese term: Uke - Person who has a technique performed on	
2 Contests, Must Win 1 and Draw 1		Contest 1	Contest 2

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1 Contest – Must demonstrate a level of understanding			

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Tai Otishi into Kesa Gatame into Kata Gatame		Student understands Japanese term: Judo - The gentle way	
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