

Grading Test

Yellow Belt For Jr. – 5Th Grade (Gokyu)

Terminology:

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| • Jigoro Kano | The founder of Kodokan Judo |
| • Kodokan | Home of Judo |
| • Dojo | School for Judo |
| • Judo | Gentle way |
| • Judoka | One who studies Judo |
| • Judogi | Judo costume |
| • Ukemi | Break falls |
| • Zempo-Kai-Ten | Forward roll |
| • Sensei | Teacher, instructor |
| • Randori | Free practice |

The following throws, hold and strangle holds must be demonstrated in good form:

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| • Oh-Goshi | Major hip throw |
| • Koshi-Guruma | Hip wheel |
| • Ippon-Seoi-Nage | One arm shoulder throw |
| • Oh-Soto-Gari | Major outer reaping |
| • Kesa-Gatame | Scarf hold |
| • Kesa-Gatame | Escaping the pin |
| • Yoko-Shiho-Gatamel | Side four direction hold |
| • Hada-Ka-Jime | Naked choke |

Demonstrate the following break falls in good form:

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|-----------------|--|
| • Ukemi | On the back, right, left, side, sliding and from a throw |
| • Zempo-Kai-Ten | Right, left, free style over a person |

Randori will be tested as judges see fit.

You must have 20 classes to be eligible for yellow belt.