

Grading Test

Yellow Belt – 5Th Grade (Gokyu)

Terminology:

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| • Jigoro Kano | The founder of Kodokan Judo |
| • 1882 | The year Kodokan was started |
| • Kodokan | Home of Judo |
| • Dojo | A School for Judo |
| • Judo | A Gentle way |
| • Judoka | One who studies Judo |
| • Judogi | A Judo costume |
| • Tatami | A Rice straw mat |
| • Ukemi | Break falls |
| • Zempo-Kai-Ten | Forward roll |
| • Kuzushi | Breaking a persons balance |
| • Uke | One who is being thrown |
| • Tori | One who is throwing |
| • Kata | Pre-arranged exercise showing form |
| • Sensei | Teacher, instructor |
| • Randori | Free practice |
| • Kiai | Power shout |

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

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|-------------------|------------------------|
| • Oh-Goshi | Major hip throw |
| • Tai-Otoshi | Body drop |
| • Ippon-Seoi-Nage | One arm shoulder throw |
| • De-Ashi-Harai | Advance foot sweep |
| • Uki-Goshi | Floating hip throw |
| • Kesa-Gatame | Scarf hold |
| • Hadaka-Jime | Naked lock |

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.