



TESTING REQUIREMENTS

(When testing for new rank, you must be able to demonstrate all required techniques of previous ranks upon request)

WHITE/ YELLOW

Tachi Waza	Ne Waza
<p>Nage Waza:</p> <ul style="list-style-type: none"> • Ko soto gari – Small Outside Reap • O soto gari – Large Outside Reap • Ippon seoi nage – One Arm Shoulder Throw • O goshi – Big Hip • (* Koshi Guruma – Hip Wheel) <p>Counters</p> <ul style="list-style-type: none"> • O soto with O soto <p>Combination</p> <ul style="list-style-type: none"> • Koshi Guruma/Seo Nage → Osoto - 1 optional <p>UKemi</p> <ul style="list-style-type: none"> • Ushiro ukemi • Yoko ukemi • Zenpo Kaiten 	<p>Osaekomi Waza:</p> <ul style="list-style-type: none"> • Kesa gatame – scarf sleeve hold • Mune gatame – Chest Hold • (*Kuzure kesa gatame – Modified Scarf Hold) <p>Pin Escapes</p> <ul style="list-style-type: none"> • 1 from kesa gatame (sit-up, bridge & roll, grapevine legs) <p>Turnovers</p> <ul style="list-style-type: none"> • running the ½ • 1 optional (crossface/pull elbows, Clean & Jerk, lapel & sleeve drag, arm & belt) <p>Arm Roll from Turtle into Pin</p> <p>Basic Shrimping</p>

Vocab:

Counting #1-10 Sensei Dojo Judogi (gi) Ne-waza Rei Seiza Anza Ukemi Founder of Judo	Hajime Matte
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