



TESTING REQUIREMENTS

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

YELLOW/ORANGE

Tachi Waza	Ne Waza
<p>Tachi Waza:</p> <ul style="list-style-type: none"> • Ko uchi gari – Small Inside Reap • Tai otoshi – Body Drop • Morote seoi nage – 2 Handed Shoulder Throw • (*Sode tsurikomi goshi – Sleeve Lifting Pulling Hip Throw) <p>Counters</p> <ul style="list-style-type: none"> • Sasae with Sasae • Drop seoi nage counter • 2 - O soto counters <p>Combinations</p> <ul style="list-style-type: none"> • Ko uchi makikomi • Ko soto → O soto or O soto → Ko soto 1 Optional <p>2 Left Sided Throws</p> <p>Movement:</p> <ul style="list-style-type: none"> • Circle → Attack • Ouchi Bump → Forward Attack <p>Explain Kuzushi</p>	<p>Osaekomi Waza:</p> <ul style="list-style-type: none"> • Tate shiho gatame – Straight 4 corner hold • Kuzure kesa gatame – Modified Scarf Hold <p>Pin Escapes</p> <ul style="list-style-type: none"> • 1 escape from Mune/Yoko <p>Turnovers</p> <ul style="list-style-type: none"> • “thread the needle” from belly-down • 2 optional turnovers <p>Guard Sweeps</p> <ul style="list-style-type: none"> • 2 of the following: Butterfly Sweep, Knee to Belly, Scissor Sweep, Push knee & Pull Sleeve <p>Pin Transition - Transition into 3 different Pins while holding control</p>

Vocab:

Renwaku waza Sode Eri Hiza Shomen ni rei Sensei ni rei Mune Name of First Judo School Year Judo was founded Only American Gold Olympian in Judo	Shiai Waza-ari Toketa How many seconds of osaekomi makes a waza-ari
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