



## TESTING REQUIREMENTS

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

### YELLOW

Tachi Waza	Ne Waza
<p><b>Nage Waza:</b></p> <ul style="list-style-type: none"> <li>• De ashi barai – Advancing Foot Sweep</li> <li>• Sasae tsurikomi ashi – Lifting Pulling Foot Throw</li> <li>• (*Hiza guruma – Knee Wheel)</li> <li>• O uchi gari – Big Inside Reap</li> <li>• Uki goshi – Floating Hip Throw</li> </ul> <p><b>Counters</b></p> <ul style="list-style-type: none"> <li>• O soto with O soto</li> <li>• Koshi guruma with Uki goshi</li> <li>• Koshi guruma/Seoi Nage → Ososto - 1 optional</li> </ul> <p>1 Left-Sided Throw</p> <p>Uki goshi vs O goshi</p> <p>1 grip break</p> <p>Movement: Push → Pull &amp; Attack Forward</p> <p><b>Ukemi</b></p> <ul style="list-style-type: none"> <li>• Ushiro ukemi</li> <li>• Yoko ukemi (left/right)</li> <li>• Zenpo Kaiten (left/right)</li> </ul>	<p><b>Osaekomi Waza:</b></p> <ul style="list-style-type: none"> <li>• Kesa gatame – scarf sleeve hold</li> <li>• Mune gatame – chest hold – vs. Yoko Shiho gatame – Side 4-corner hold</li> <li>• (*Kuzure kesa gatame – Modified Scarf Hold)</li> </ul> <p><b>Pin Escapes</b></p> <ul style="list-style-type: none"> <li>• 2 from kesa gatame (sit-up, bridge &amp; roll, grapevine legs)</li> <li>• Buck, Bridge and Roll escape from Tate shiho gatame</li> </ul> <p><b>Turnovers</b></p> <ul style="list-style-type: none"> <li>• running the ½</li> <li>• arm &amp; belt (chix wing)</li> <li>• 1 optional (crossface/pull elbows, Clean &amp; Jerk, lapel &amp; sleeve drag)</li> </ul> <p>Butterfly Guard Sweep</p> <p>Arm Roll from Turtle into Pin</p> <p>Basic Shrimping</p>

**Vocab:**

Country of origin of judo Meaning of judo Obi Tachi waza Ashi waza Te waza Koshi waza Kuzushi Tokui waza Uchikomi Nage	Ippon (in a competition context) Osaekomi How many seconds of osaekomi makes an ippon
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