



TESTING REQUIREMENTS

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

GREEN

Tachi Waza	Ne Waza
<p>Nage Waza:</p> <ul style="list-style-type: none"> • Uchi Mata – Inner Thigh Throw • Harai Goshi – Sweeping Hip Throw • Tomoe Nage – Wheel Throw • Okuri Ashi Harai – Sliding Foot Sweep • Kosoto Gake – Small Outside Hook • (*Seoi Otoshi – Back Drop) • <i>All Previous Optional Throws</i> • <i>All Yellow & Orange Belt Throws Left Sided</i> • Kouchi Makikomi <p>Kaeshi Waza Counters</p> <ul style="list-style-type: none"> • Tai Otoshi Counters – w/ Kosoto & opposite side Tai Otoshi <p>Renwaku Waza - Combinations</p> <ul style="list-style-type: none"> • Demonstrate Multiple Back-forward, Continuous Direction, Misdirection Combinations <p>Kumikata - Gripping</p> <ul style="list-style-type: none"> • Various grip breaks • Explain Different Gripping Strategies for Right vs. Right and Right vs. Left • Demonstrate Georgian Grip 	<p>Osaekomi Waza:</p> <ul style="list-style-type: none"> • FRJ Round-the-World Pin Sequence w/ Escape Attempts • Kata Gatame – Shoulder Hold <p>Guard Sweeps</p> <ul style="list-style-type: none"> • Hip Bump Sweep • Scissor Sweep from Shrimp <p>Turnovers</p> <ul style="list-style-type: none"> • Pedro Wrist Control Series 1-4: <ul style="list-style-type: none"> ○ Running the ½ ○ The Tie-Up ○ Thread the Needle ○ Sankaku • 6 Different Turtle Breakdowns/Attacks <p>Shime Waza</p> <ul style="list-style-type: none"> • Sode Guruma Jime • Clock Choke • Gyaku Juji Jime • Okuri Eri Jime vs. Kataha Jime vs Hadaka Jime <p>Kansetsu Waza</p> <ul style="list-style-type: none"> • Kesa Gatame armlock series • Juji Gatame from Guard

Vocab for green and brown (learn these plus the sets for orange and yellow):

Counting #1-20	Shido
Shime Waza	With how many accumulated shidos will you lose a judo match?
Kansetsu Waza	How many seconds do you need to hold a pin to obtain a wazari and an ippon?
Seiryoku-Zenyo	Hansoku Make
Jita-Kyoei	Judo governing body - internationally
Tsukuri	Judo governing body - in the USA
Kake	Judo governing body - in Colorado
Kata	Color of belt for rokudan to hachidan
	Color of belt for kudan and judan
	Shodan