



TESTING REQUIREMENTS

YELLOW

Tachi Waza	Ne Waza
<p>Nage Waza:</p> <ul style="list-style-type: none"> • Kosoto Gari – Small Outside Reap • Osoto Gari – Large Outside Reap • Ippon Seoi Nage – One Arm Shoulder Throw • OGoshi – Big Hip • (* Koshi Guruma – Hip Wheel) • Deashi Harai – Advancing Foot Sweep • Sasae Tsurikomi Ashi – Lifting Pulling Foot Throw • (*Hiza Guruma – Knee Wheel) • Uchi Gari – Big Inside Reap • Uki Goshi – Floating Hip Throw <p>Counters</p> <ul style="list-style-type: none"> • Osoto with Osoto • Koshi Guruma with Uki Goshi • Sasae with Sasae <p>Combinations</p> <ul style="list-style-type: none"> • Koshi Guruma/Seoi Nage → Osoto • 1 optional • 2 Opposite Sided Throw • Uki Goshi vs Ogoshi • 1 grip break • Movement: Push → Pull & Attack Forward <p>UKemi</p> <ul style="list-style-type: none"> • Ushiro Ukemi • Yoko Ukemi • Zempo Kaiten 	<p>Oseakomi Waza:</p> <ul style="list-style-type: none"> • Kesa Gatame – scarf sleeve hold • Mune Gatame – chest hold – vs. Yoko • Shiho Gatame – Side 4-corner hold • (*Kuzure Kesa Gatame – Modified Scarf Hold) <p>Pin Escapes</p> <ul style="list-style-type: none"> • 2 from kesa gatame (sit-up, bridge & roll, grapevine legs) • Buck, Bridge and Roll escape from Tate Shiho <p>Turnovers</p> <ul style="list-style-type: none"> • running the ½ • arm & belt (chix wing) • 1 optional (crossface/pull elbows, Clean & Jerk, lapel & sleeve drag) • Buttscoot (Butterfly/Scissor) Guard Sweep • Arm Roll from Turtle into Pin (White Belt Roll) • Basic Shrimping to escape Osaekomi <p>Shime Waza</p> <ul style="list-style-type: none"> • Okuri Eri Jime From Kata & from Drop Knee Seoi Nage Counter • Bow & Arrow Roll • Kata Juji Jime from Guard <p>Kansetsu Waza</p> <ul style="list-style-type: none"> • Juji Gatame transition from a throw • Ude Garami from Side Control

Vocab:

Counting #1-10	Seiza
Sensei	Anza
Dojo	Rei
Gi	Hajime
Obi	Matte
Nage	Osaekomi
Ne-Waza	Founder of Judo
Tachi Waza	Country of Origin
Ashi Waza	Meaning of Judo
Te Waza	Ippon (Competition Context)
Koshi Waza	How many seconds of Osaekomi makes an
Tokui Waza	Ippon?
Kuzushi	
Uchikomi	
Ukemi	