

WHITE BELT

ROKKYU

TEST

TO BE ASSESSED AND MODIFIED PER SENSEI DISCRETION.

ESSENTIAL QUESTION

☐ Why do we wear a uniform to practice judo?

JUDO HISTORY & PHILOSOPHY

- ☐ Why do we learn Judo?
- ☐ What is judo? What is it not?

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ☐ What is a good judoka?

VOCABULARY

Translate the following.

- ☐ *Gi* ☐ *Judoka*
- ☐ *Obi* ☐ *Sensei*
- ☐ *Dojo*

DEMONSTRATION REQUIREMENTS

Sensei will grade each demonstration requirement as a 4, 3, 2, or 1 score.

4 Advanced	3 Proficient	2 Developing	1 Needs Improvement
Judoka is able to demonstrate exemplary technique flawlessly with fluid kuzushi, tsukuri, & kake from verbal command.	Judoka is able to demonstrate technique with mostly fluid kuzushi, tsukuri, & kake from verbal command.	Judoka is able to demonstrate technique, but may need verbal cues or lacks in kuzushi, tsukuri, or kake.	Judoka is unable to complete the technique from verbal command or cues and/or lacks in 2+ execution requirements.

DEMONSTRATION REQUIREMENTS

Students must be able to demonstrate and translate all the following techniques.

GENERAL

- ___ Tie own obi
- ___ Bow as taught
- ___ Follow the basic rules and protocols of the dojo

UKEMI

- ___ Keep your chin well tucked and slap the mat with a straight arm.
- ___ Perform Ushiro-ukemi (back break fall) from a sitting, squatting, and standing position
- ___ Perform Yoko-ukemi (side break fall) from a sitting and squatting position
- ___ Perform Mae-mawari-ukemi (judo roll) from a kneeling position

NAGE-WAZA

- ___ Perform off-balancing and ukemi exercises as taught with a partner. As Tori (person throwing), the one standing, keeping your own balance and never letting go of your partner's sleeve. As Uke (person kneeling), to accept and demonstrate the fall safely and properly. The instructor will elect the techniques to demonstrate.

KATAME-WAZA

- ___ Tell and show what makes a successful gatame (judo pin) selected by sensei:
- ▷ On their back
 - ▷ Pressing down from the side, the head, or the top
 - ▷ Controlling with the arms, head, and upper body
 - ▷ Using the legs to balance, move, and control.

Score ____