

TO BE ASSESSED AND MODIFIED PER SENSEI DISCRETION.

JUDO HISTORY & PHILOSOPHY

- ☐ What is the purpose of judo?
- ☐ What is your purpose for doing judo?
- ☐ Tell me about a judo principle(s) and skill(s) you have learned.

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ☐ Name at least one way you can help your community.

VOCABULARY

Translate the following.

- | | |
|-----------------------------------|---|
| <input type="checkbox"/> Kuzushi | <input type="checkbox"/> Soremade |
| <input type="checkbox"/> Tsukuri | <input type="checkbox"/> Mae |
| <input type="checkbox"/> Kake | <input type="checkbox"/> Ushiro |
| <input type="checkbox"/> Osaekomi | <input type="checkbox"/> Yoko |
| <input type="checkbox"/> Toketa | <input type="checkbox"/> Mae-mawari-ukemi |

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.

PRIOR RANK REQUIREMENTS ASSESSED

DEMONSTRATION REQUIREMENTS

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

GENERAL

Newaza movement drills:

- ___ Ebi-oyogi
- ___ Kata-nuki
- ___ Fukuga-zenshin/Wake-shime
- ___ Basic bowing in/out of a match procedure
- ___ Basic competition terminology

UKEMI

- ___ Ushiro-ukemi from stationary standing position and back up to standing
- ___ Yoko-ukemi alternating sides from a standing position
- ___ Mae-ukemi from standing position
- ___ Mae-mawari-ukemi from standing position

NAGE-WAZA

- ___ Koshi-guruma Hip Wheel
- ___ Ouchi-gari Major Inside Reaping Throw

KATAME-WAZA

- ___ Kesa-gatame Scarf Hold
- ___ Transitions between osaekomi-waza
- ___ Transitions from kneeling into osaekomi-waza
- ___ Transitions from nage-waza to osaekomi-waza