

CYC Judo Yellow Belt Practical Examination Requirements

(Jr 1st Grade)

Technique

ukemi (breakfalls)

Ushiro Ukemi (falling backwards)

Mae Ukemi (forward falling)

Migi Yoko Ukemi (Right falling sideways)

Hidari Yoko Ukemi (left falling sideways)

Migi Zenpo Kaiten Ukemi (Right forward rolling break fall)

Hidari Zenpo Kaiten Ukemi (Left forward rolling break fall)

Tachi-Waza (Standing Technique)

Koshi-waza (Hip Technique)

O-goshi

Ashi-Waza (Foot/Leg Technique)

Hiza-guruma

Osoto-gari

Katame-waza (Ground Technique)

Osae-komi-waza (Holding/Pin Technique)

Kesa-gatame

Student: _____