

# CYC Judo Yellow Belt Practical Examination Requirements

(Jr 2nd Grade)

## Technique

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### **ukemi (breakfalls)**

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Ushiro Ukemi (falling backwards)  
Mae Ukemi (forward falling)  
Migi Yoko Ukemi (Right falling sideways)  
Hidari Yoko Ukemi (left falling sideways)  
Hidari Zenpo Kaiten Ukemi (Left forward rolling  
break fall)  
Migi Zenpo Kaiten Ukemi (Right forward rolling  
break fall)

### **Tachi-Waza (Throwing technique)**

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#### **Koshi-waza (Hip technique)**

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O-goshi

#### **Ashi-Waza (Leg/Foot technique)**

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Osoto-gari  
Deashi-harai  
Ashi-guruma  
Hiza-guruma  
Sasae-tsurikomi-ashi

#### **Katame-waza (Grpaling technique)**

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#### **Osae-komi-waza (Holding/Pinning technique)**

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Kesa-gatame  
Bridge & Roll Escape from Kesa-gatame

Student: \_\_\_\_\_