

# CYC Judo Yellow Belt Practical Examination Requirements

(Jr 3rd 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)

Migi Zenpo Kaiten Ukemi (Right forward rolling  
break fall)

Hidari Zenpo Kaiten Ukemi (Left forward rolling  
break fall)

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

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#### **Te-waza (Hand technique)**

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Seoi-nage

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

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O-goshi

Uki-goshi

#### **Ashi-Waza**

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Osoto-gari

Deashi-harai

Ashi-guruma

Hiza-guruma

Sasae-tsurikomi-ashi

Osoto-gaeshi

#### **Katame-waza**

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#### **Osae-komi-waza**

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Kesa-gatame

Bridge & Roll Escape from Kesa-gatame

Uphill-turn Escape from Kesa-gatame

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