

CYC Judo Yellow Belt Practical Examination Requirements

(Jr 3rd 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 Zempo Kaiten Ukemi (Right forward rolling break fall)

Hidari Zempo Kaiten Ukemi (Left forward rolling break fall)

Tachi-Waza (Throwing technique)

Te-waza (Hand technique)

Seoi-nage

Koshi-waza (Hip technique)

O-goshi

Uki-goshi

Ashi-Waza

Osoto-gari

Hiza-guruma

Deashi-harai

Sasae-tsurikomi-ashi

Ashi-guruma

Osoto-gaeshi

O uchi-gari

Kouchi-gari

Kosoto-gake (Counter to Sasae)

Katame-waza

Osae-komi-waza

Kesa-gatame

Bridge & Roll Escape from Kesa-gatame

Uphill-turn Escape from Kesa-gatame

Yoko-shiho-gatame