

Student Name: _____ Testing Week: _____ Aug 17-23

High Orange Belt Requirements

Nage Waza (Throwing Techniques) - demonstrate 2 throws from this cycle:

Throw Name: _____

Throw Name: _____

Osaekomi Waza (Pinning Techniques) - Demonstrate 1 pin from this cycle:

Pin Name: _____

Newaza Skills - Demonstrate 2 turnovers from this cycle:

Turnover Name: _____

Turnover Name: _____

Ukemi – show us all 4 types of ukemi below:

Forward Ukemi

Rear Ukemi

Side Ukemi

Rolling Ukemi

Teach one technique from this cycle from start to finish.



Respectful Behavior Checklist

Parents and Teachers,

We want our students to develop **physically, mentally, socially, and emotionally** – and knowing that they're being respectful both inside and outside of the dojo is part of our criteria for belt promotions.

We respectfully request a few moments to let us know whether or not this student is being respectful and following directions.

PARENT'S SECTION

My child is behaving and cooperating at home: _____ YES _____ NO

My child is doing what I ask of them the first time I ask: _____ YES _____ NO

Parent's Signature: _____

TEACHER'S SECTION

This student has been doing satisfactory, or better, work in class and is receiving passing grades while also being respectful to teachers, students, and themselves.

YES _____ NO _____ Signature: _____

If a student does not meet both of the requirements at home and in school, we will hold the student's rank until there has been improvement. Thank you very much for your help.

Best,

Sensei Max

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