

Student Name: _____ Testing Date: _____ Dec 15 - 23



Orange Belt Test

Name the two offensive ways for juniors to score Ippon and win a judo match?

- *Throw opponent directly onto back with force*
- *Pin opponent for 20 seconds*

Name the two scores (offensive) used to award points in a judo match?

- *Waza-ari & Ippon*

How long must you pin your opponent to score?

- *Waza-ari --- 10 – 19 seconds*
- *Ippon --- 20 seconds*

Nage Waza (Throwing Techniques) - Demonstrate 6 throws:

- | | |
|-------------------------|-------------------------|
| 1. Japanese Name: _____ | 4. Japanese Name: _____ |
| 2. Japanese Name: _____ | 5. Japanese Name: _____ |
| 3. Japanese Name: _____ | 6. Japanese Name: _____ |

Renraku-waza (Combination Techniques) - Demonstrate 1 combination technique:

First Throw _____ goes into Second Throw _____

Osaekomi Waza (Pinning Techniques) - Demonstrate 4 pins:

- | | |
|-------------------------|-------------------------|
| 1. Japanese Name: _____ | 3. Japanese Name: _____ |
| 2. Japanese Name: _____ | 4. Japanese Name: _____ |

Escapes from Pins - Demonstrate how to escape from 1 of the pins listed above:

What pin are you escaping from? _____

Newaza Skills - Demonstrate 6 ground skills/turnovers:

- | | |
|--------------------------|--------------------------|
| 1. Technique Name: _____ | 4. Technique Name: _____ |
| 2. Technique Name: _____ | 5. Technique Name: _____ |
| 3. Technique Name: _____ | 6. Technique Name: _____ |

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.

Student's Name: _____

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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