

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



WHITE/YELLOW BELT REQUIREMENTS

1. How do you win a judo match?
Throw your partner on their back OR pin your partner on their back for 20 seconds
2. What is the name of your club?
Grappler Station
3. In judo, what is the instructor called?
Sensei
4. What is the Japanese name for the place to learn judo?
Dojo
5. Where did judo start?
Japan
6. What are the three reasons why we bow in judo?
*To show: (1) Respect
(2) Readiness
(3) Thanks*

Know the following Japanese words and what they mean:

- | | |
|--------------------------------|---------------------------------------|
| 1. Attention = <i>Kiotsuke</i> | 5. Judo uniform = <i>Gi</i> |
| 2. Bow = <i>Rei</i> | 6. Sitting on knees = <i>Seiza</i> |
| 3. Start = <i>Hajime</i> | 7. Sitting cross legged = <i>Anza</i> |
| 4. Stop = <i>Matte</i> | 8. Break-falling = <i>Ukemi</i> |

Nage Waza (Throwing Techniques) - Demonstrate 1 basic throwing technique:

1. Japanese Name: _____

Osaekomi Waza (Pinning Techniques) - Demonstrate 1 basic pin:

1. Japanese Name: _____

Newaza Skills - Demonstrate 1 ground skills/turnovers:

1. Technique Name: _____

Ukemi – Must show how to do **REAR UKEMI** and **ROLLING UKEMI**

Other Skills

- | | |
|------------------------------|-----------------|
| 1. Proper tying of Judo belt | 3. Kneeling Bow |
| 2. Proper introduction | 4. Standing Bow |
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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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