



Beginners Requirements – White

Requirements (Minimum)

Age – 4

Time in Previous Degree – 2 weeks

Class Attendance – 8 classes

Promotions Points – 4 points (see point calculation sheet)

All of this Degree Requirements signed off by a Sensei

Name _____

Date Started _____

Date Completed _____

General Information

1. What is the name of your Judo club?

Tomodachi Judo Club

2. What does Tomodachi mean?

Friend

3. What is your personal goal from Judo? How can the Sensei help you?

Judo Vocabulary

1. Teacher = *Sensei*

2. Sitting on knee = *Seiza*

3. Sitting crossed legged = *Anza*

4. Attention! = *Kiyotsuke!*

5. Bow! = *Rei!*

6. Falling methods or ways = *Ukemi*

7. Person receiving technique = *Uke*

8. Person performing technique = *Tori*

9. Begin! = *Hajime!*

10. Stop! = *Matte!*

11. I surrender! = *Maitta!*

12. Right = *Migi*

13. Left = *Hidari*

14. Big or Major = *O*

15. Outside = *Soto*

16. Block or Hook = *Gake*

17. Big Outside Block = *O-Soto Gake*

18. Scarf = *Kesa*

19. Hold = *Gatame*

20. Scarf Hold = *Kesa Gatame*

Technical Demonstration

Miscellaneous Skills

_____ *Ukemi* - Falling methods or ways (Break falls)

_____ *Zarei* - Kneeling bow

_____ *Ritsurei* - Standing bow

_____ *Kyoshi* - High kneeling

_____ *Tsugi Ashi* - Sliding foot walking

_____ *Ayumi Ashi* - Normal foot walking

_____ *Happo No Kuzushi* - Forms of off-balancing

_____ *Seiza* - Sitting on knees and feet (5 mins.)

_____ *Anza* - Sitting crossed-legged (5 mins.)

_____ *Shizen Hontai* - Basic natural posture (5 mins.)

_____ *Jigo Hontai* - Basic defensive posture (5 mins.)



Beginners Requirements – White

Ukemi Waza

Falling Techniques

_____ *Ma Ukemi* – Back Falls

Morote – 2 Hand

_____ Laying

_____ Sitting

_____ Squatting

_____ Standing

Migi – Right

_____ Laying

_____ Sitting

_____ Squatting

_____ Standing

Hidari- Left

_____ Laying

_____ Sitting

_____ Squatting

_____ Standing

_____ *Zempo Kaiten Ukemi* – Front Rolling Falls

Morote – 2 Hand

_____ Squatting

_____ Standing

_____ Running

_____ Jumping

_____ Up to Feet

Migi – Right

_____ Kneeling

_____ Standing

_____ Running

_____ Jumping

_____ Up to Feet

Hidari- Left

_____ Kneeling

_____ Standing

_____ Running

_____ Jumping

_____ Up to Feet

_____ *Mae Ukemi* – Front Falls

Morote – 2 Hands

_____ Kneeling

_____ Squatting

_____ Standing

_____ Dropped (by partner and twist around into a front fall)

Kumi Kata

Gripping Forms

_____ Standard sleeve and lapel grip

Nage Waza

Throwing Techniques

_____ *O Soto Gake* – Big Outside Block

Ukemi – Falling

_____ Right side with partner's help

_____ Left side with partner's help

_____ Right side without partner's help

_____ Left side without partner's help

Nage – Throwing

_____ Right side helping partner down

_____ Left side helping partner down

_____ Right side not helping partner down

_____ Left side not helping partner down

Katame Waza

Grappling Techniques

_____ *Kesa Gatame* – Scarf Hold