



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 = <i>Sensei</i> | 12. Right = <i>Migi</i> |
| 2. Sitting on knee = <i>Seiza</i> | 13. Left = <i>Hidari</i> |
| 3. Sitting crossed legged = <i>Anza</i> | 14. Big or Major = <i>O</i> |
| 4. Attention! = <i>Kiyotsuke!</i> | 15. Hip = <i>Goshi or Koshi</i> |
| 5. Bow! = <i>Rei!</i> | 16. Big Hip Throw = <i>O-Goshi</i> |
| 6. Falling methods or ways = <i>Ukemi</i> | 17. Outside = <i>Soto</i> |
| 7. Person receiving technique = <i>Uke</i> | 18. Block or Hook = <i>Gake</i> |
| 8. Person performing technique = <i>Tori</i> | 19. Big Outside Block = <i>O-Soto Gake</i> |
| 9. Begin! = <i>Hajime!</i> | 20. Scarf = <i>Kesa</i> |
| 10. Stop! = <i>Matte!</i> | 21. Hold = <i>Gatame</i> |
| 11. I surrender! = <i>Maitta!</i> | 22. Scarf Hold = <i>Kesa Gatame</i> |

Technical Demonstration

Miscellaneous Skills

- | | |
|--|--|
| _____ <i>Ukemi</i> - Falling methods or ways (Break falls) | _____ <i>Maak So</i> – Practicing Self-Control |
| _____ <i>Zarei</i> - Kneeling bow | _____ <i>Seiza</i> - Sitting on knees and feet (5 mins.) |
| _____ <i>Ritsurei</i> - Standing bow | _____ <i>Anza</i> - Sitting crossed-legged (5 mins.) |
| _____ <i>Kyoshi</i> - High kneeling | _____ <i>Shizen Hontai</i> - Basic natural posture (5 mins.) |
| _____ <i>Tsugi Ashi</i> - Sliding foot walking | _____ <i>Jigo Hontai</i> - Basic defensive posture (5 mins.) |
| _____ <i>Ayumi Ashi</i> - Normal foot walking | |



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Ukemi Waza Falling Techniques

- _____ *Ma Ukemi* – Back Falls
- | | | |
|------------------------------|---------------------------|----------------------------|
| _____ <i>Morote</i> – 2 Hand | _____ <i>Migi</i> – Right | _____ <i>Hidari</i> - Left |
| _____ Laying | _____ Laying | _____ Laying |
| _____ Sitting | _____ Sitting | _____ Sitting |
| _____ Squatting | _____ Squatting | _____ Squatting |
| _____ Standing | _____ Standing | _____ Standing |
- _____ *Zempo Kaiten Ukemi* – Front Rolling Falls
- | | | |
|------------------------------|---------------------------|----------------------------|
| _____ <i>Morote</i> – 2 Hand | _____ <i>Migi</i> – Right | _____ <i>Hidari</i> - Left |
| _____ Squatting | _____ Kneeling | _____ Kneeling |
| _____ Standing | _____ Standing | _____ Standing |
| _____ Running | _____ Running | _____ Running |
| _____ Jumping | _____ Jumping | _____ Jumping |
- _____ *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
- _____ *Happo No Kuzushi* - Forms of off-balancing

Nage Waza Throwing Techniques

- _____ *O Soto Gake* – Big Outside Hook
- | | |
|---|---|
| _____ <i>Ukemi</i> – Falling | _____ <i>Nage</i> – Throwing |
| _____ Right side with partner's help | _____ Right side helping partner down |
| _____ Left side with partner's help | _____ Left side helping partner down |
| _____ Right side without partner's help | _____ Right side not helping partner down |
| _____ Left side without partner's help | _____ Left side not helping partner down |
- _____ *O Goshi* – Big Hip Throw
- | | |
|---|---|
| _____ <i>Ukemi</i> – Falling | _____ <i>Nage</i> – Throwing |
| _____ Right side with partner's help | _____ Right side helping partner down |
| _____ Left side with partner's help | _____ Left side helping partner down |
| _____ Right side without partner's help | _____ Right side not helping partner down |
| _____ Left side without partner's help | _____ Left side not helping partner down |

Katame Waza Grappling Techniques

- _____ *Kesa Gatame* – Scarf Hold