



## 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              |  |



## 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

*Migi* – Right

\_\_\_\_\_ Kneeling

\_\_\_\_\_ Standing

\_\_\_\_\_ Running

\_\_\_\_\_ Jumping

*Hidari*- Left

\_\_\_\_\_ Kneeling

\_\_\_\_\_ Standing

\_\_\_\_\_ Running

\_\_\_\_\_ 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

*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

\_\_\_\_\_ *O Goshi* – Big Hip Throw

*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