

KACHI MUSHI KAIJŌ

KMK JUDO CLUB

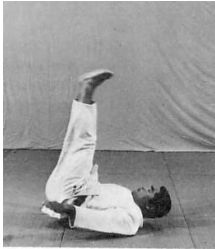
YELLOW BELT GRADING SYLLABUS

A. CRAWLING

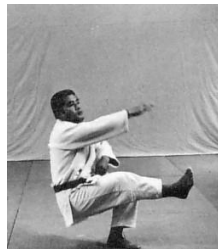
1. Head-first pull
2. Head-first shrimp
3. Feet first bridge
4. Leg scissor

B. UKEMI WAZA (Breakfalling)

1. Ushiro Ukemi
(Reverse falling)



2. Yoko Ukemi
(Side Falling)

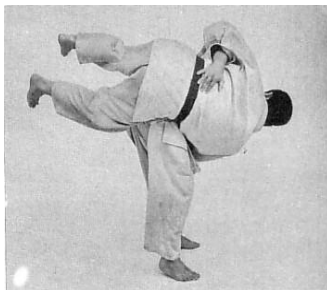


3. Zempo Kaiten
(Shoulder Roll)



C. NAGE WAZA (Throwing Techniques)

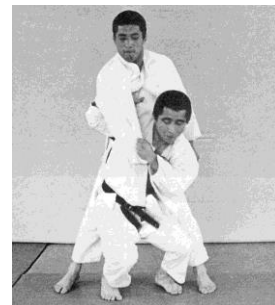
1. O Goshi
(Major hip)



2. Ippon Seoi Nage
(One arm shoulder throw)



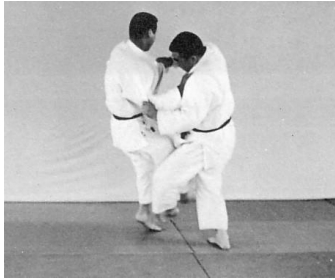
3. Morote Seoi Nage
(Two arm shoulder throw)



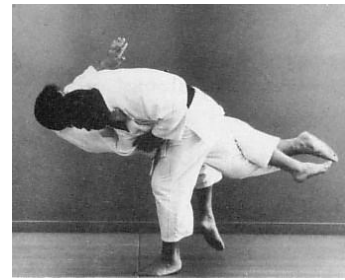
4. Koshi Guruma
(Hip wheel)



5. De Ashi Barai
(Advanced foot sweep)

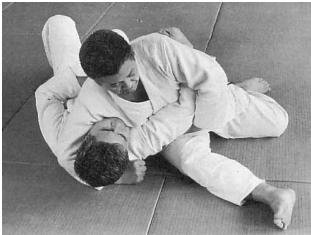


6. O Soto Gari
(Major outer reaping)



D. OSAEKOMI WAZA (Holding Techniques)

1. Kesa Gatame
(Scarf hold)



2. Kata Gatame
(Shoulder hold)



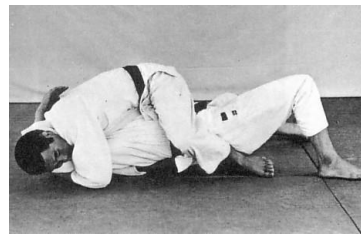
3. Yoko Shiho Gatame
(Side four quarters hold)



4. Kami Shiho Gatame
(Upper four quarters hold)



5. Tate Shiho Gatame
(Lengthwise four quarters hold)



E. TERMINOLOGY

Judo - Gentle way	Soremade - That is all
Randori - Free practice	Sensei - Teacher
Uwagi - Jacket	Tori - Doer of action
Rei - Bow	Hajime - Begin
Matte - Wait	Migi - Right
Zubon - Pants	Uke - Receiver of action
Hadari - Left	Zori - Slippers
Obi - Belt	Taiso - Exercise
Judogi - Judo uniform	Judoka - Judo student

F. COUNTING

ICHI	NI	SAN	SHI	GO	ROKU	SHICHI	HACHI	KU	JU
1	2	3	4	5	6	7	8	9	10

G. HISTORY OF JUDO

1. Founder of Judo - Jigoro Kano
2. Originated from Jujitsu

H. OTHER

Club attendance, Attitude, Tournament/Clinic experience and participation.

(Yellow belt end)