



## 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?

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### 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.)



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### 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

### 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