

**JUDO**  
*Grading Requirements*

**WHITE Belt**



**Rokkyu** (6<sup>th</sup> student level) 20 to 25 practice sessions as beginner

6+

**Nage-Waza** Throwing Techniques



de ashi barai  
*advancing foot sweep*



uki goshi  
*floating hip*



o soto gari  
*major outer reap*



koshi-guruma  
*hip wheel*

**Ne-Waza** Grappling Techniques



kesa gatame  
*scarf hold down*



kata gatame  
*shoulder hold down*

**Ukemi** breakfalls

mae ukemi    *front breakfall*  
yoko ukemi    *side breakfall*  
koho ukemi    *back breakfall*  
zempo katen    *forward roll*

Shizen Hontai;    *Natural Posture*  
Migi/Hidari Shizentai    *Right / Left Natural Posture*  
Jigo Hontai:    *Defensive Stance*  
Migi/Hidari Jigotai    *Right / Left Defensive Stance*  
Tai-sabaki;    *turn in movement*

Tsugi-ashi    *natural walking*  
Kumi-kata    *forms of gripping*  
Kuzushi    *break balance*  
Tsukuri    *preparatory action for attack*  
Kake    *execution of throw*

1-ichi, 2-ni, 3-san, 4-shi or yon, 5-go, 6-roku, 7-sichi, 8-hachi, 9-ku, 10-ju ; 11 - ju ichi . 12 - ju ni,

Jigoro KANO founder of Judo in 1882 . Kodokan in Tokyo, Japan headquarters of Judo.