

Gardena Judo Club Belt Grading Requirements

Judoka Name: _____ Age _____ Rank _____ Date of Rank _____

Waza	Self-Check?	Instructor	Comments	Date
White				
Ogoshi				
Osotogari				
Ushiro Ukemi				
Yoko Ukemi				
Zempo Kaiten				
Yellow				
Ippon Seoi Nage				
Sasae Tsurikomi Ashi				
Kesa Gatame				
Kuzure Kesa Gatame				
Escapes from Kesa Gatame				
Yellow 1				
Morote Seoi Nage				
Hiza Guruma				
Makura Kesa Gatame				
Ushiro Kesa Gatame				
Escape from Ushiro Kesa Gatame				
Yellow 2				
Uki Goshi				
De Ashi Harai				
Yoko Shiho Gatme				
Kuzure Yoko Shio Gatame				
Escape from Yoko Shiho Gatme				
Orange				
Tai Otoshi				
Ouchi Gari				
Kami Shiho Gatame				
Kuzure Kami Shiho Gatame				
Escape from Kami Shiho Gatame				

Gardena Judo Club Belt Grading Requirements

Waza	Self-Check?	Instructor	Comments	Date
Orange 1				
Koshi Guruma				
Kouchi Gari				
Tate Shiho Gatame				
Kuzure Tate Shiho Gatame				
Escape from Tate Shio Gatame				

Orange 2				
Tsurikomi Goshi				
Sode Tsurikimoi Goshi				
Kata Gatame				
Escape from Kata Gatame				
Entry from Uke's Legs (side)				
Entry from Uke's Legs (direct)				

Gardena Judo Club Belt Grading Requirements

Judoka Name: _____ Age _____ Rank _____ Date of Rank _____

Waza	Self-Check?	Instructor	Comments	Date
Green				
Harai Goshi				
Okuri Ashi Harai				
Hadaka Jime				
Entry from Uke's legs by pressing on his knees into Kata Gatame				
Entry from Uke's legs using Tori's elbows				

Green 1				
Uchimata				
O Soto Otoshi				
Okuri Eri Jime				
Entry from Uke's legs by pressing on his knees into Kuzure Kami				
Shiho Gatame				

Green 2				
Hane Goshi				
Kosoto Gari				
Morote Jime				
Turnover #1				
Turnover #2				

Blue				
Kata Guruma				
Tomoe Nage				
Kata Juji Jime				
Turnover #3				
Turnover #4				

Blue 1				
Ashi Guruma				
O Guruma				
Ashi Gatame Jime				
Sode Guruma Jime				
Turnover #5				
Turnover #6				

Gardena Judo Club Belt Grading Requirements

Waza	Self-Check	Instructor	Comments	Date
Blue 2				
Ushiro Goshi				
Harai Tsurikomi Ashi				
Ude Gatame				
Attacking from bottom #1				
Attacking from bottom #2				

Purple				
Ushiro Goshi				
Sukui Nage				
Juji Gatame				
Ude Garami				
Attack from bottom #3				
Attack from bottom #4				

Purple 1				
Soto Makikomi				
Yoko Otoshi				
Hiza Gatame				
Freeing a trapped leg #1				
Freeing a trapped leg #2				
Freeing a trapped leg #3				

Purple 2				
Uki Waza				
Yoko Guruma				
Waki Gatame				
Hara Gatame				
First section of Nage No Kata				