

Name _____
 Current Grade _____
 Grading to: _____

Date _____
 Sensei _____
 Pass Yes No

Ukemi

Forward
 Back
 Side
 Front

Basic Knowledge

Founder
 Year Of inception
 Place of origin
 Judo Meaning

Nage Waza

1st Go Kyo

De Ashi Harai
 Hiza Guruma
 Sasae Tsuru Komi Ashi
 Uki Goshi
 O Soto Gari
 O Uchi Gari
 O Goshi
 Seoi Nage
 Others

2nd Go Kyo

Ko Soto Gari
 Ko Uchi Gari
 Koshi Guruma
 Tsuru Komi Goshi
 Okuri Ashi Harai
 Harai Goshi
 Tai Otoshi
 Uchi Mata

3rd Go Kyo

Ko Soto Gake
 Tsuru Goshi
 Yoko Otoshi
 Ashi Guruma
 Harai Tsuru Komi Ashi
 Hane Goshi
 Tomoe Nage
 Kata Guruma

4th Go Kyo

Sumi Gaeshi
 Tani Otoshi
 Hane Makikomi
 Soto Makikomi
 Sukui Nage
 Utsuri Goshi
 O Guruma
 Uki Otoshi

5th Go Kyo

O Soto Guruma
 Uki Waza
 Yoko Wakare
 Yoko Guruma
 Ushiro Goshi
 Ura Nage
 Sumi Otoshi
 Yoko Gake

Osaekomi Waza

Kesa Gatame Yoko Shiho Gatame Kami Shiho Gatame Ushiro Kesa Gatame
 Kata Gatame Mune Gatame Tate Shiho Gatame Kuzure Kesa Gatame

Shime Waza

Hadaka Jime Kata Ha Jime Kata Juji Jime Sankaku Jime
 Okuri Eri Jime Nami Juji Jime Gyaku Juji Jime Kuzure Kesa Gatame

Kansetsu Waza

Juji Gatame Ude Gatame Waki Gatame
 Ude Garami Hiza Gatame Kesa Garami

Renraku Waza

De ashi Harai / Tai Otoshi Hiza Guruma / Okuri Ashi Harai Uki Goshi / O Uchi Gari
 O Uchi Gari / Ko Uchi Gari Seoi Nage / O Uchi Gari
 Koshi Guruma / Soto Makikomi Uchi Mata / Tai Otoshi

Kaeshi Waza

De ashi Harai / Tsubame Gaeshi Hiza Guruma / Hiza Guruma Uki Goshi / Ushiro Goshi
 O Uchi Gari / Uchi Mata Seoi Nage / Okuri Ashi Harai
 Koshi Guruma / Tane Otoshi Uchi Mata / Uchi Mata Sukashi

Moving Past Legs

Technique 1 Technique 3 Technique 5 Technique 7
 Technique 2 Technique 4 Technique 6 Technique 8

Turn Overs

Technique 1 Technique 3 Technique 5 Technique 7
 Technique 2 Technique 4 Technique 6 Technique 8

recommend min age	Nage Waza	Osaekomi Waza	Kansetsu Waza	Shime Waza	Renraku Waza	Kaeshi Waza	Nage No Kata (Sets)	Moving Past Legs	Turn Overs	Escapes	Neutralising Submissions	Minimum time in grade (Months)
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Juniors	
White/Yellow	6
White/Yellow Black Tip	6
Yellow	7
Yellow/Orange	8
Yellow/Orange Black Tip	8
Orange	9
Orange / Green	10
Orange / Green Black Tip	10
Green	11
Green / Blue	12
Green / Blue Black Tip	12
Blue	13
Blue / Brown	14
Blue / Brown Black Tip	14
Brown	15
Brown Black Tip	15

1	1											
2	1											
3	2											
6	2											
8	3											
10	3											
12	4											
14	4											
16	5								2	2		6 m
18	5								2	2		
20	6								3	3		
24	6		2				1	2	4	4	2	12 m
28	6		3				1-2	2	4	4	2	
30	6		4				1-3	2	4	4	2	
32	6	2	6	2	2	2	1-3	2	6	6	4	12 m
40	6	4	6	6	6	6	1-5	2	6	6	4	

Seniors	
Yellow	
Orange	
Green	
Blue	
Brown	
Black (Shodan)	

8	4	2	2					2	2			
8	4	2	2					2	2	2		
16	6	4	4					4	4	4	2	
24	6	5	5	4	4					5	2	6 m
32	6	6	6	6	6	6	1-3	4	4	5	4	12 m
40	6	6	6	6	6	6	1-5	4	6	6	4	12 m