



JUNIOR YELLOW STRIPE GRADING

FIRST YELLOW STRIPE

DEMONSTRATE:

Ushiro Ukemi (Back Breakfall)
Yoko Ukemi (Side Breakfall)
Chugari (Kneeling Forward Roll)
Ebi (shrimping)
1,2,3 step

Count to 5 in Japanese:

Ichi (One)
Ni (Two)
San (Three)
Shi (Four)
Go (Five)

Terminology:

Matte (Stop)
Kyotsuki (Attention)
Rei (Bow)
Soremade (That is all)
Dojo (Place where Judo is practised)
Ushiro (backwards/reverse)
Yoko (side)

SECOND YELLOW STRIPE:

Demonstrate:

Rolling Back Breakfall
Breakfall over the horse
5 Judo Pushups
De-Ashi-Harai (advancing foot sweep)
O-Goshi (Major Hip Throw)
Kesa-Gatame

Count to 10 in Japanese:

Roku (Six)
Shichi (Seven)
Hachi (Eight)
Ku (Nine)
Ju (Ten)

Terminology:

Judoka (A Person that Practises Judo) Back
Judogi (A Judo Suit/ Uniform)
Jigoro Kano (Founder of Judo)
Sensei (Teacher)
Kuzushi (Breaking a persons balance)
Kiai (Power Shout/ Spirit)

Third Yellow Stripe:

DEMONSTRATE:

Zempo-Kaiten (standing forward rolling Breakfall)
Forward Breakfall Over the Horse
O-Soto Gari (Major Outer Reaping)
Tai-Otoshi (Body Drop)
10 Judo Pushups
Turnover from Kesa-Gatame

TERMINOLOGY:

Waza (Technique)
Ne (ground)
Tachi Waza (standing Technique)
Koshi/Goshi (Hip)
Randori (Free Practice/ Fighting)