

JUDO PROMOTION CHECKLIST

Jyu Ichikyu 5 Yrs old White	
7 Classes Attended:	
Basics:	
Shinzentai	
Taisabaki	
Ritsurei (standing bow)	
Zarei (kneeling bow)	
Suriashi (moving by sliding on the balls of feet)	
Ayumiashi (Normal walking steps)	
Tsugiashi (shuffling feet)	
Referee commands	
Matte	
Hajime	
Ukemi:	
Ushiro Ukemi	
Yoko Ukemi	
Mae Ukemi	
Mae Mawari Ukemi	
Tachiwaza	
Osoto-Gari	
O-Goshi	
Ippon Seoi Nage	
Newaza	
Kesa-Gatame	
Yoko-Shiho-Gatame	
Kesa-Gatame escape	
History and philosophy	
Know how to spell judo	
Define Judo	
Where was Judo founded	
Personal	
Good Moral Character	
Participate in class activities	

JUDO PROMOTION CHECKLIST

Jyukyu 6 yrs old Yellow/White	
14 Classes Attended:	
Basics:	
Shinzentai	
Jigotai	
Ritsurei (standing bow)	
Zarei (kneeling bow)	
Uchikomi	
Kuzushi	
Tsukuri	
Happo no Kuzushi 8 directions of Kuzushi	
Referee	
Osaekomi	
Toketa	
Soremade	
Ukemi	
Ushiro	
Yoko	
Mae	
Mae Mawari	
Tachiwaza	
O-Goshi	
Ippon Seoi Nage	
Koshi Guruma	
Osoto Gari	
Newaza	
Kesa-Gatame	
Kuzure Kesa Gatame	
Yoko-Shiho-Gatame	
Kesa-Gatame escape	
History and philosophy	
Name the founder of judo.	
What year was it founded?	
In what country was it founded?	
What was the name of the first school?	
Personal	
Good Moral Character	
Participate in class activities	
Participate in class activities	

JUDO PROMOTION CHECKLIST

Kyukyu 6yrs old Yellow	
20 Classes Attended:	
Basics:	
Shinzentai	
Taisabaki	
Ritsurei (standing bow)	
Zarei (kneeling bow)	
Suriashi (moving by sliding on the balls of feet)	
Ayumiashi (Normal walking steps)	
Tsugiashi (shuffling feet)	
Uchikomi	
Kuzushi	
Tsukuri	
Happo no Kuzushi 8 directions of Kuzushi	
Referee commands	
Sonomama	
Yoshi	
Ukemi:	
Ushiro Ukemi	
Yoko Ukemi	
Mae Ukemi	
Mae Mawari Ukemi	
Tachiwaza	
Ogoshi	
Ippon Seoi Nage	
Koshi Guruma	
Osoto Gari	
De-Ashi Barai	
Newaza	
Kesa-Gatame	
Kuzure Kesa Gatame	
Yoko-Shiho-Gatame	
Kesa-Gatame escape	
Kuzure Kesa Gatame escape	
History and philosophy	
Personal	
Good Moral Character	

JUDO PROMOTION CHECKLIST

Hachikyu 7 yrs old Orange/Yellow	
20 Classes Attended:	
Basics:	
Be able to fold judogi	
Mae Sabaki	
Ushiro Sabaki	
Mae Mawari Sabaki	
Ebi	
Suriashi (moving by sliding on the balls of feet)	
Ayumiashi (Normal walking steps)	
Tsugiashi (shuffling feet)	
Uchikomi	
Kuzushi	
Tsukuri	
Happo no Kuzushi	
Shinzentai	
Shinzentai	
Migo Jigotai	
Hidari Jigotai	
Referee commands demonstrate and explain	
Ippon	
Wazaari	
Yuko	
Koka	
Ukemi:	
Ushiro Ukemi	
Yoko Ukemi	
Mae Ukemi	
Mae Mawari Ukemi	
Tachiwaza	
De-Ashi Barai	
Hiza Guruma	
Tsurikomi Goshi	
Tai-Otoshi	
Ouchi Gari	
Newaza	
Kata-Gatame	
Kami Shiho Gatame	
Yoko Shiho escape	
Shimewaza 13yrs old	
Okuri Eri Jime	
History and philosophy	
Personal	
Good Moral Character	
Participate in class activities	

JUDO PROMOTION CHECKLIST

Nanakyu 7 yrs old Orange	
20 Classes Attended:	
Basics:	
Shinzentai	
Jigotai	
Ebi	
Uchikomi	
Kuzushi	
Tsukuri	
Happo no Kuzushi	
Demonstrate uchikomi	
Referee commands demonstrate and explain	
Shido	
Hansokumake	
Sonomama	
Yoshi	
Ukemi:	
Ushiro Ukemi	
Yoko Ukemi	
Mae Ukemi	
Mae Mawari Ukemi	
Tachiwaza	
Osoto-Gari	
O-Goshi	
Tsurikomi Goshi	
Tai-Otoshi	
Ouchi Gari	
Morote Seoi Nage	
One combination	
Newaza	
Kata-Gatame	
Kamishiho Gatame	
One escape from Yoko Shiho	
One escape from Kami Shiho	
Shimewaza 13 yrs old	
Okuri Eri Jime	
Hadaka Jime	
History and philosophy	
Personal	
Good Moral Character	
Participate in class activities	

JUDO PROMOTION CHECKLIST

Rokkyu 8yrs old Blue	
32 Classes Attended:	
Basics:	
Clean judogi	
Upkeep dojo	
Shinzentai (migi/Hidari)	
Jigotai (Migi/Hidari)	
Uchikomi	
Kuzushi	
Tsukuri	
Happo no Kuzushi	
Demonstrate Uchikomi	
Rules and Referee	
One example of how to get Hansokumake	
State 2 shido penalties	
Demonstrate proper entry into shiaido	
Ukemi:	
Ushiro Ukemi	
Yoko Ukemi	
Mae Ukemi	
Mae Mawari Ukemi	
Tachiwaza	
Harai Goshi	
Sode Tsurikomi Goshi	
Sasae Tsurkomi Ashi	
One waza, Migi and Hidari	
Newaza	
Kuzure Kami Shiho Gatame	
Tate Shiho Gatame	
One escape from Tate Shiho Gatame	
One escape from Kata Gatame	
Two turnovers from uke back	
One entry from uke legs	
Shimewaza 13 yrs old	
Kata Ha Jime	
Okuri Eri Jime	
One escape from Okuri Eri Jime	
History and philosophy	
Personal	
Good Moral Character	
Participate in class activities	

JUDO PROMOTION CHECKLIST

Gokyu 9yrs old Purple	
40 Classes Attended:	
Basics:	
Care of judogi	
Shinzentai (migi/Hidari)	
Jigotai (Migi/Hidari)	
Uchikomi	
Kuzushi	
Tsukuri	
Happo no Kuzushi	
Demonstrate Uchikomi	
Rules and Referee	
Define Hikiwake	
Practice refereeing in the dojo	
Ukemi:	
Ushiro Ukemi	
Yoko Ukemi	
Mae Ukemi	
Mae Mawari Ukemi	
Tachiwaza	
Harai Goshi	
Sode Tsurikomi Goshi	
Morote Seoi Nage	
Sasae Tsurikomi Ashi	
2 Waza Migi and Hidari	
Newaza	
Kuzure Kami Shiho Gatame	
Tate Shiho Gatame	
Escape from Kuzure Kamishiho	
Sankyu turnover	
One turnover from uke's side	
1st entry from uke's legs	
2nd entry from uke's legs	
Tokuiwaza	
Shimewaza	
Kata Juji Jime	
One escape from Kata Ha Jime	
One escape from Kata Juji Jime	
History and philosophy	
Personal	
Good Moral Character	
Participate in class activities	

JUDO PROMOTION CHECKLIST

Yonkyu 10 yrs old Green	
40 Classes Attended:	
Basics:	
Care of judogi	
Shinzentai (migi/Hidari)	
Jigotai (Migi/Hidari)	
Uchikomi	
Kuzushi	
Tsukuri	
Happo no Kuzushi	
Demonstrate Uchikomi	
Rules and Referee	
Define Hikiwake	
Practice refereeing in the dojo	
Tachiwaza	
Ko Uchi Gari	
Uki Goshi	
Hane Goshi	
Hidari Okuri Ashi Harai	
Migi Okuri Ashi Harai	
Hidari De Ashi Harai	
Migi De Ashi Harai	
2 Renraku waza	
2 Kaeshiwaza	
2 Waza Migi and Hidari	
Newaza	
Osaekomi Exercise-all holds	
One turnover from bottom	
Tokuiwaza- Nage Waza	
Tokuiwaza- Osae Waza	
Tokuiwaza- Turn over	
Tokuiwaza- Entry from Leg	
Shimewaza	
Nami Juji Jime	
Gyaku Juji Jime	
Nami Juji Jime escape	
Gyaku Juji Jime escape	
History and philosophy	
Personal	
Good Moral Character	
Participate in class activities	

JUDO PROMOTION CHECKLIST

Sankyu 11 yrs old Brown	
52 Classes Attended:	
Basics:	
Knowledge and skills of lower ranks	
Participate in tournament or assist in the judo process	
Rules and Referee	
Define Hikiwake	
Practice refereeing in the dojo	
Tachiwaza	
Uchi Mata	
Harai Tsuru Komi Ashi	
Tomoe Nage	
Tsubame Gaeshi	
Hane Goshi	
Newaza	
All Osae Waza	
1st way to get leg out	
2nd way to get leg out	
Shimewaza 13 yrs old	
Morote Jime	
History and philosophy	
Personal	
Good Moral Character	
Participate in class activities	
Contribute to some aspect of our program	

JUDO PROMOTION CHECKLIST

Nikyu 12 yrs old Brown	
52 Classes Attended:	
Basics:	
Knowledge and skills of lower ranks	
Participate in tournament or assist in the judo process	
Tachiwaza	
Uchi Mata	
Ko Soto Gari	
Tsubame Gaeshi	
Harai Tsurikomi Ashi	
Ushiro Goshi	
Kata Guruma	
Soto Maki Komi	
Osoto Gaeshi (counter)	
Ouchi Gaeshi (counter)	
1st set of Nage no Kata	
2nd set of Nage no Kata	
Newaza	
All Osae Waza	
Multiple Escapes	
Shimewaza 13 yrs old	
Nami Juji Jime	
Kata Juji Jime	
Hadaka Jime	
Okuri Eri Jime	
Gyaku Juji Jime	
Morote Juji Jime	
Nami Juji Jime escape	
Gyaku Juji Jime escape	
Kata Ha Jime Escape	
Kata Juji Jime Escape	
History and philosophy	
Personal	
Good Moral Character	
Participate in class activities	
Contribute to some aspect of our program	

JUDO PROMOTION CHECKLIST

Ikkyu 13 yrs old Brown	
52 Classes Attended:	
Basics:	
Knowledge and skills of lower ranks	
Participate in tournament or assist in the judo process	
Tachiwaza	
Uki Otoshi	
Uki Waza	
Ashi Guruma	
Hikikomi Gaeshi	
Sumi Gaeshi	
Uchimata Sukashi	
Utsuri Goshi	
O Guruma	
Newaza	
All Osae Waza	
Proper Application	
Multiple escapes	
Shimewaza 13 yrs old	
Nami Juji Jime escape	
Gyaku Juji Jime escape	
Kata Ha Jime Escape	
Kata Juji Jime Escape	
Kansetsuwaza 16 yrs old	
Ude Garami	
Juji Gatame	
Ude Gatame	
Hiza Gatame	
Hara Gatama	
Waki Gatame	
History and philosophy	
Personal	
Good Moral Character	
Participate in class activities	
Contribute to some aspect of our program	