

Academy of Modern Martial Arts - Judo
Children's Class
Kyu Requirements

WHITE BELTS:

All beginners start here – no test.

White Belt – One stripe

Must be a member in good standing with Academy of Modern Martial Arts.

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Must demonstrate the following falls:

Standing right and left shoulder rolls

Squatting right and left side falls

Squatting back fall

Kneeling front fall

Must demonstrate the following throws:

O goshi - major hip throw

Must demonstrate the following hold down and escape:

Kesa gatame - scarf hold

Must demonstrate the One turn over

Should know the following terms:

Dr. Jigoro Kano - Founder of Judo

Ichi - one

Ni - two

San - three

Shi - four

Go - five

His/her Sensei's name

Sensei – Teacher / instructor

Why do we Bow - shows respect, humbleness, and appreciation

Kyotsuke - Attention

Rei - bow

White Belt Two stripes

Must be a member in good standing with the Academy of Modern Martial Arts

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Must demonstrate the following falls:

- Stepping right and left shoulder rolls
- Standing right and left side falls
- Standing back fall
- Standing front fall

Must demonstrate all of the previous throws plus the following throws:

Osoto gari - major outside reap

Ippon Seoi Nage – One arm Shoulder throw

Must demonstrate the following hold downs and escapes:

- a. Kesa gatame - scarf hold
- b. Kuzure Kesa gatame – modified scarf hold

Must demonstrate two turn overs:

Should know all terms:

Ichi - One

Ni – Two

San - Three

Shi – Four

Go - Five

Rokku - Six

Shishi- Seven

Hachi - Eight

Ku - Nine

Ju - Ten

What does Judo Mean – Gentle Way

Why do we Bow - shows respect, humbleness, and appreciation

Judogi - judo uniform

Obi - belt

Hajime - begin

Matte - stop

Ippon - full point

Tori – Attacker

Uke – Defender

Dojo - practice hall

YELLOW BELTS:

Must be a member in good standing with the Academy of Modern Martial Arts.

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Must demonstrate the following falls:

- Stepping right and left shoulder rolls
- Standing right and left side falls
- Standing back fall
- Standing front fall

Must demonstrate all of the previous throws plus the following throws:

- O goshi - major hip throw
- Ippon Seoi Nage – One arm Shoulder throw
- Osoto gari - major outside reap
- Hiza guruma - knee wheel
- De Ashi Harai - Advanced Foot Sweep

Must demonstrate the following hold downs and escapes from:

- Kesa gatame - scarf hold
- Kuzure Kesa gatame – modified scarf hold
- Kuzure Yoko shiho gatame – modified side quarter hold

Must demonstrate three turn overs:

Should know all previous terms plus the following:

- Judo was founded in 1882
- Judo was founded in Tokyo, Japan
- The home of Judo in Japan is the Kodokan
- Osaekomi waza - hold down techniques (example: kesagatame)
- Shime waza - choking techniques (used when over 13 years old)
- Kansetsu waza - joint locking techniques (used when over 15 years old)
- Te waza - hand techniques (example: seoi nage)
- Koshi/Goshi waza - hip techniques (example: ogoshi)
- Kuzushi – Off balance
- Hagime – begin
- Matte - Stop

Yellow Belt: One Stripe

Must be a member in good standing with Academy of Modern Martial Arts..

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Must demonstrate the following falls:

- Standing right and left shoulder rolls
- Standing right and left side falls
- Standing back fall
- Standing front fall
- Shoulder roll to a stance

Must demonstrate all of the throws:

- O goshi - major hip throw
- Ippon Seoi Nage – One arm Shoulder throw
- Osoto gari - major outside reap
- Hiza guruma - knee wheel
- De Ashi Harai - Advanced Foot Sweep
- Ouchi Gari – major inside reap

Must demonstrate the following hold downs and escapes:

- Kesa gatame - scarf hold
- Kuzure Kesa gatame – modified scarf hold
- Kuzure Yoko shiho gatame – modified side quarter hold
- Yoko Shiho gatame - side quarter hold

Must demonstrate 4 turn overs.

Should know all previous terms plus the following:

Ashiwaza – Foot and Leg Techniques

Three Parts of a Throw :

- Kuzushi – off balancing
- Tsukuri – Entering the throw
- Kake – Executing the throw

Randori – free practice

Uchi komi – Repetition of throws

Tatami – Judo Mats

Shia – Tournament

Yellow Belt: Two Stripes

Must be a member in good standing with Academy of Modern Martial Arts..

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Two Principles of Judo as defined by Kano
Maximum Efficiency, Minimum Effort
Mutual Welfare and Benefit

Must demonstrate the following falls:

- Standing right and left shoulder rolls
- Standing right and left side falls
- Standing back fall
- Standing front fall
- Shoulder roll to a stance

Must demonstrate all of the throws:

- goshi - major hip throw
- Ippon Seoi Nage – One arm Shoulder throw
- Osoto gari - major outside reap
- Hiza guruma - knee wheel
- De Ashi Harai - Advanced Foot Sweep
- Ouchi Gari – major inside reap
- Sasae tsuri komi ashi - supporting foot lift pull throw

Must demonstrate the following hold downs and escapes:

- Kesa gatame - scarf hold
- Kuzure Kesa gatame – modified scarf hold
- Kuzure Yoko shiho gatame – modified side quarter hold
- Yoko Shiho gatame - side quarter hold
- Ushiro Kesa Gatame – Back Scarf Hold

Must demonstrate 5 turn overs.

Should know all previous terms plus the following:

- Koka – 1/8 point
- Yuko – 1/4 point
- Wazari – 1/2 point
- Ippon – full point
- Shido – penalty
- Hansoku make – loss by penalty

Orange Belt:

Must be a member in good standing with Academy of Modern Martial Arts..

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Must demonstrate the following falls:

- Standing right and left shoulder rolls
- Standing right and left side falls
- Standing back fall
- Standing front fall
- Shoulder roll to a stance

Must demonstrate all of the throws:

- O goshi - major hip throw
- Ippon Seoi Nage – One arm Shoulder throw
- Osoto gari - major outside reap
- Hiza guruma - knee wheel
- De Ashi Harai - Advanced Foot Sweep
- Ouchi Gari – major inside reap
- Sasae tsuri komi ashi - supporting foot lift pull throw
- Kouchi Gari – minor inside reap

Must demonstrate the following hold downs and escapes:

- Kesa gatame - scarf hold
- Kuzure Kesa Gatame – modified scarf hold
- Kuzure Yoko shiho Gatame – modified side quarter hold
- Yoko Shiho Gatame - side quarter hold
- Ushiro Kesa Gatame – Back Scarf Hold
- Tate Shiho Gatame – Straddling Hold

Must demonstrate 6 turn overs.

Should know all previous terms plus the following:

- Gatame – Hold
- Ko – Little or Minor
- O – Major or Big
- Yoko – Side
- Ashi – Foot
- Gari – Reap
- Guruma – Wheel

Orange Belt: One Stripe

Must be a member in good standing with Academy of Modern Martial Arts..

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Must demonstrate the following falls:

- Standing right and left shoulder rolls
- Standing right and left side falls
- Standing back fall
- Standing front fall
- Shoulder roll to a stance

Must demonstrate all of the throws:

- O goshi - major hip throw
- Ippon Seoi Nage – One arm Shoulder throw
- Osoto gari - major outside reap
- Hiza guruma - knee wheel
- De Ashi Harai - Advanced Foot Sweep
- Ouchi Gari – major inside reap
- Sasae tsuri komi ashi - supporting foot lift pull throw
- Kouchi Gari – minor inside reap
- Kosoto Gake – minor Outside Hook
- Uchimata – Inner Thigh Throw

Must demonstrate the following hold downs and escapes:

- Kesa gatame - scarf hold
- Kuzure Kesa Gatame – modified scarf hold
- Kuzure Yoko shiho Gatame – modified side quarter hold
- Yoko Shiho Gatame - side quarter hold
- Ushiro Kesa Gatame – Back Scarf Hold
- Tate Shiho Gatame – Straddling Hold
- Kata Gatame – Shoulder Hold

Must demonstrate 7 turn overs.

Should know all previous terms plus the following:

- Sode - Sleeve
- Waza – Technique
- Kata - Forms
- Toketa – Hold is broken
- Sono Mama – Freeze (don't move)
- Yoshi – Continue
- Seize – Sit on Knees
- Anza – Sit with legs crossed

Orange Belt: Two Stripes

Must be a member in good standing with Academy of Modern Martial Arts..

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Must demonstrate the following falls:

- a. Standing right and left shoulder rolls
 - b. Standing right and left side falls
- Standing back fall
Standing front fall
Shoulder roll to a stance

Must demonstrate all of the throws:

- a. O goshi - major hip throw
- b. Ippon Seoi Nage – One arm Shoulder throw
- c. Osoto gari - major outside reap
- d. Hiza guruma - knee wheel
- e. De Ashi Harai - Advanced Foot Sweep
- f. Ouchi Gari – major inside reap
- g. Sasae tsuri komi ashi - supporting foot lift pull throw
- h. Kouchi Gari – minor inside reap
- I. Kosoto Gake – minor outside Hook
- J. Uchimata – Inner Thigh Throw
- k. Morote Gari – Two Hand Reap

Must demonstrate the following hold downs and escapes:

Kesa gatame - scarf hold
Kuzure Kesa Gatame – modified scarf hold
Kuzure Yoko shiho Gatame – modified side quarter hold
Yoko Shiho Gatame - side quarter hold
Ushiro Kesa Gatame – Back Scarf Hold
Tate Shiho Gatame – Straddling Hold
Kata Gatame – Shoulder Hold
Kuzure kami shiho gatame – modified four corner hold

Must demonstrate 8 turn overs.

Should know all previous terms plus the following:

Nage Waza – Throwing Technique
Sono mama – Don't move (freeze)
Kumi Kata – ways of gripping (grip fighting)
Sankyu – 3rd Brown
Nikkyu – 2nd Brown
Ikkyu – 1st Brown

Green Belt:

Must be a member in good standing with Academy of Modern Martial Arts..

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Must demonstrate the following falls:

Jumping Rolling Falls (height)

Jumping Rolling Falls (distance)

Must demonstrate all of the throws:

Ogoshi - major hip throw

Ippon Seoi Nage – One arm Shoulder throw

Osoto gari - major outside reap

Hiza guruma - knee wheel

De Ashi Harai - Advanced Foot Sweep

Ouchi Gari – major inside reap

Sasae tsuri komi ashi - supporting foot lift pull throw

Kouchi Gari – minor inside reap

Kosoto Gake – minor outside Hook

Uchimata – Inner Thigh Throw

Morote Gari – Two Hand Reap

Tai otoshi – Body Drop

Must demonstrate the following hold downs and escapes:

Kesa gatame - scarf hold

Kuzure Kesa Gatame – modified scarf hold

Kuzure Yoko shiho Gatame – modified side quarter hold

Yoko Shiho Gatame - side quarter hold

Ushiro Kesa Gatame – Back Scarf Hold

Tate Shiho Gatame – Straddling Hold

Kata Gatame – Shoulder Hold

Kuzure kami shiho gatame – modified four corner hold

Kami Shiho Gatame – Four Corner hold

Must demonstrate 9 turn overs.

Should know all previous terms plus the following:

Suteme waza – sacrifice technique

Yoko Suteme Waza – Side sacrifice technique

Sore Made – Time is up

Shodan – 1st Degree Black

Nidan – 2nd Degree Black

Sandan – 3rd Degree Black

1964 – Year Judo Was included in Olympics

Green Belt: One Stripe

Must be a member in good standing with Academy of Modern Martial Arts..

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Must demonstrate the following falls:

Jumping Rolling Falls (height)

Jumping Rolling Falls (distance)

Must demonstrate all of the throws through Green Belt:

Must Demonstrate 2 Throwing combination techniques

Must 9 Previous Pins and Escapes:

Must demonstrate 9 turn overs.

Should know all previous terms plus the following:

Suteme waza – sacrifice technique

Yoko Suteme Waza – Side sacrifice technique

Sore Made – Time is up

Shodan – 1st Degree Black

Nidan – 2nd Degree Black

Sandan – 3rd Degree Black

1964 – Year Judo Was included in Olympics

Green Belt: Two Stripes

Must be a member in good standing with Academy of Modern Martial Arts..

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Must demonstrate the following falls:

Jumping Rolling Falls (height)

Jumping Rolling Falls (distance)

Must demonstrate all of the throws through Green Belt:

Must Demonstrate 2 Throwing combination techniques

Must 9 Previous Pins and Escapes:

Must demonstrate 9 turn overs.

Should know all previous terms plus the following:

Suteme waza – sacrifice technique

Yoko Suteme Waza – Side sacrifice technique

Sore Made – Time is up

Shodan – 1st Degree Black

Nidan – 2nd Degree Black

Sandan – 3rd Degree Black

1964 – Year Judo Was included in Olympics

Blue Belt

All Throws must be done left and right

Must be a member in good standing with Academy of Modern Martial Arts..

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Must demonstrate all of the throws through Green Belt:

Must Demonstrate 3 Throwing combination techniques

Must 9 Previous Pins and Escapes:

Must demonstrate 9 turn overs.

Should know all previous terms plus the following:

- a. Tomoe Nage – Circle / Stomach Throw

Blue Belt One Stripe

All Throws must be done left and right

Must be a member in good standing with Academy of Modern Martial Arts..

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Must demonstrate all of the throws through Blue Belt:

Must Demonstrate 4 Throwing combination techniques

Must 9 Previous Pins and Escapes:

Must demonstrate 9 turn overs.

Should know all previous terms plus the following:

Okuri ash harai – Sliding foot sweep

Blue Belt: Two Stripes

All Throws must be done left and right

Must be a member in good standing with Academy of Modern Martial Arts..

Must have instructor's permission to attempt the test.

Must be will to undergo an examination of both physical skill and character.

Must demonstrate all of the throws through Blue

Must Demonstrate 5 Throwing combination techniques

Must 9 Previous Pins and Escapes:

Must demonstrate 9 turn overs.

Demonstrate sweep from back

Demonstate one strangle (ONLY FOR THOSE OVER 13 years and older)

Should know all previous terms plus the following:

Sode Tsuru Kome Goshi – Sleeve Lifting Pulling Hp Throw

Harai Goshi – Sweeping Hip Throw