



**White 6th Kyu -
White 1 bar 6th Kyu -
White 2 bars 6th Kyu -
White 3 bars 6th Kyu -
Minimum 5 years old to U11 years old**



**White Yellow 6th Kyu
Minimum 6 years old to U11 years old**

3 months minimum between each level

- 1) **Wearing Judogi, Tie Obi**
- 2) **Ukemi** Mae-ukemi (knee), Ushiro-ukemi (seating), Yoko-ukemi (seating)
- 3) **Ayumi-ashi** (forward, backward) - Moving in pairs
- 4) **6 Techniques Tachi-waza - static demonstration**
- 5) **Osaekomi Initiation, leaning, Ne-waza Practice**
- 6) **2 Escapes from Osaekomi**
- 7) **2 Transition from standing to ground position, Osaekomi**
- 8) **Knowledge**

Nage-waza	Katame-waza, Osae Komi
Te-waza (Hand Technique)	Kuzure Kesa Gatame
Tai Otoshi	Yoko Shiho Gatame
Koshi-waza (Hip Technique)	
Uki Goshi	
Ashi-waza (Foot / Leg Technique)	
Hiza Guruma	
O Uchi Gari	
Ko Uchi Gari	
O Soto Otoshi	

Judo Words	
Dojo	Judo Hall
Judogi	Judo Suit
Obi	Belt
Tatami	Mat
Sensei	Teacher
Rei	Bow
Ki wo Tsuke	Standing up straight with attention
Ukemi	Breakfalls
Tachi-waza	Standing Position Throw Technique
Katame-waza	Ground Technique, Ne-waza
Randori	Free Fight Practice
Hajime	Start
Mate	Wait, Stop
Soremade	Finish
Ippon	Full Count Win
Waza Ari	Half Count to Win, 2 Waza Ari Counts are Ippon
Yuko	Effective / Moderate advantages
Shido	Minor, Light Penalty, 3 Shido is Lose
Osaekomi	Hold Down with Ground Technique
Osaekomi Toketa	Osaekomi is Broken