



**White 6th Kyu - Yellow 5th Kyu
+ 11 years old
6 months minimum**

- 1) **Wearing Judogi, Tie Obi**
- 2) **Ukemi, Falling with Tori** Mae-ukemi, Ushiro-ukemi, Yoko-ukemi
- 3) **Mae-mawari-ukemi** from low position
- 4) **Tsugi-ashi** 4 directions
- 5) **6 Techniques Tachi-waza** in movement
- 6) **3 Consecutive Osaekomi with escapes**
- 7) **Returning** from Turtle Position
- 8) **Freeing a trapped leg**
- 9) **Knowledge**

Nage-waza	Katame-waza, Osaekomi
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