

ORANGE BELT (GOKYU) EXAM

NAME: _____ DATE: _____ 20_____

GENERAL REQUIREMENTS

- Good moral character and maturity.
- Regular practice and attendance, twice a week.

GENERAL KNOWLEDGE

- Difference between Brazillian, Japanese Judo and Ju-Jitsu
- Knowledge of the Fundamental Principles of Judo (Maximum Efficiency)

DEMONSTRATE THE FOLLOWING TACHI WAZA:

- | | | |
|--------------------------------|-------|-------|
| 1. Ko Soto Gari | A B C | _____ |
| 2. Ko Uchi Gari | A B C | _____ |
| 3. Tsuru Komi Goshi | A B C | _____ |
| 4. Harai Goshi | A B C | _____ |
| 5. Koshi Garuma | A B C | _____ |
| 6. Okuri Ashi Harai | A B C | _____ |
| 7. Tai Otoshi | A B C | _____ |
| 8. O Soto Gaeshi (any version) | A B C | _____ |

DEMONSTRATE THE FOLLOWING NE WAZA:

- | | | |
|---|-------|-------|
| 1. Kami Shiho Gatame | A B C | _____ |
| 2. Kazure Kami Shiho Gatame | A B C | _____ |
| 3. One escape from Kesa, Kata and Yoko Gatame | A B C | _____ |

I AM APPLYING FOR A JUDO PROMOTIONAL EXAM

SIGNATURE: _____ DATE: _____ 20_____

EXAMINER: _____ OUTCOME: [] Pass [] Fail