

YELLOW BELT (ROYKU) EXAM

NAME: _____ DATE: _____ 20 _____

GENERAL REQUIREMENTS

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

GENERAL KNOWLEDGE

- Basic Judo Etiquette and Hygiene
- Purpose of Breakfall "Ukemi"
- Correct Forms of Sitting, Standing and Kneeling
- Basic Fundamentals of Postures and Grasping
- Basic Fundamentals of Throwing (Kuzushi, Tsukuri and Kake)
- Eight forms of Unbalance

DEMONSTRATE THE FOLLOWING TACHI WAZA:

- | | | |
|--------------------------|-------|-------|
| 1. Hiza Garuma | A B C | _____ |
| 2. Uki Goshi | A B C | _____ |
| 3. O Goshi | A B C | _____ |
| 4. Ippon Seoi Nage | A B C | _____ |
| 5. De Ashi Harai | A B C | _____ |
| 6. O Soto Gari | A B C | _____ |
| 7. Sa Sae Tsurikomi Ashi | A B C | _____ |
| 8. O Uchi Gari | A B C | _____ |

DEMONSTRATE THE FOLLOWING NE WAZA:

- | | | |
|------------------------|-------|-------|
| 1. Kesa Gatame | A B C | _____ |
| 2. Kata Gatame | A B C | _____ |
| 3. Yoko Shiho Gatame | A B C | _____ |
| 4. Reverse Kesa Gatame | A B C | _____ |

I AM APPLYING FOR A JUDO PROMOTIONAL EXAM

SIGNATURE: _____ DATE: _____ 20 _____

EXAMINER: _____ OUTCOME: [] Pass [] Fail