

## GREEN BELT (YONKYU) EXAM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ 20 \_\_\_\_\_

### GENERAL REQUIREMENTS

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

### GENERAL KNOWLEDGE

- An understanding of the "Kyu" Belt Ranking System
- An understanding of Randori and its purpose
- What is Shiai, and a general understanding of its rules

### DEMONSTRATE THE FOLLOWING TACHI WAZA:

- |                                   |   |   |   |       |
|-----------------------------------|---|---|---|-------|
| 1. Ko Soto Gake                   | A | B | C | _____ |
| 2. Sode Tsuru Komi Goshi          | A | B | C | _____ |
| 3. Yoko Otoshi                    | A | B | C | _____ |
| 4. Hane Goshi                     | A | B | C | _____ |
| 5. Tai Otoshi [any no gi version] | A | B | C | _____ |
| 6. Harai Tsuru Komi Ashi          | A | B | C | _____ |

### DEMONSTRATE THE FOLLOWING NE WAZA:

- |   |   |   |   |       |
|---|---|---|---|-------|
| 1. Kata Juji Jime                                       | A | B | C | _____ |
| 2. Gyaku Juji Jime                                      | A | B | C | _____ |
| 3. O kuri Eri Jime                                      | A | B | C | _____ |
| 4. Two Reversals [Turnovers] from the on-back position. |   |   |   |       |

### I AM APPLYING FOR A JUDO PROMOTIONAL EXAM

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_ 20 \_\_\_\_\_

EXAMINER: \_\_\_\_\_ OUTCOME: [ ] Pass [ ] Fail