

KACHI MUSHI KAIJŌ

KMK JUDO CLUB

GREEN BELT GRADING SYLLABUS

A. CRAWLING

1. All previous belt requirements

B. UKEMI WAZA (Breakfalling)

1. All previous belt requirements
2. Headstand to back breakfall
3. Handstand to back breakfall

C. NAGE WAZA (Throwing Techniques)

1. All previous belt requirements plus following

2. Okuri Ashi Barai

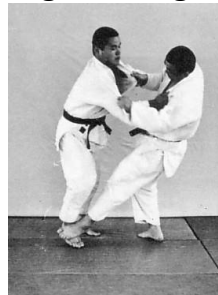
(Double sweeping ankle)

3. Sase Tsurikomi Ashi

(Propping drawing ankle)

4. Tani Otoshi

(Valley drop)

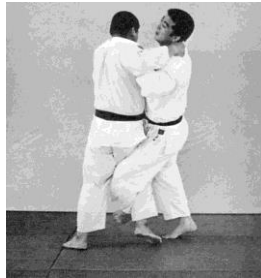


(green belt con...)

5. Hane Goshi
(Spring hip)



6. Ko Soto Gari
(Minor outer reaping)



7. Ko Soto gake
(Minor outer hook)



8. Tsurikomi Goshi
(Lifting propping hip)



9. Ashi Guruma
(Leg wheel)



10. Sukui Nage
(Scooping throw)



D. OSAEKOMI WAZA (Holding Techniques)

1. All previous belt requirements

E. SHIME WAZA (Choking and strangulation techniques)

1. Nami Juji Jime (Normal cross)
2. Gyaku Juji Jime (Reverse cross)
3. Kata Juji Jime (Half cross)
4. Tsurikomi Jime (Thrust choke)

F. ESCAPES

1. Two escapes from Kesa Gatame
2. One escape from Yoko Shiho Gatame

(green belt con...)

G. COMBINATIONS

1. Forward technique into a backward technique
(e.g. Ippon Seoi Nage to Ko Uchi Gari)

H. COUNTER TECHNIQUE

1. Tani Otoshi

I. TERMINOLOGY

All previous belt requirements plus following

Ashi - foot

Atama - head

Eri - collar

Guruma - wheel

Hiza - knee

Kubi - neck

Koshi/Goshi - hip

Ude - arm

Kesa - scarf

Barai/Harai - sweep

Gari - reaping

Hane - spring

Sasae - stop, prop

Jime - tighten, squeeze

Nage - throw

Ne Waza - ground techniques

Nage Waza - throwing techniques

Osae Komi Waza - holding techniques

Shime Waza - choking/strangulation techniques

Te Waza - hand techniques

Ashi Waza - foot techniques

Tokui Waza - favorite techniques

Tachi Waza - standing techniques

Renraku Waza - combination techniques

(green belt con...)

J. COUNTING

Previous yellow belt counting plus following

NIJUICHI NIJUNI NIJUSAN NIJUSHI NIJUGO NIJUROKU

21 22 23 24 25 26

NIJUSHICHI NIJUHACHI NIJUKU SANJU

27 28 29 30

K. HISTORY OF JUDO

1. Previous belt requirements plus following
2. 1909, Jigoro Kano became the first Japanese member of the International Olympic Committee. (I.O.C.)
3. 1938, Jigoro Kano attended the I.O.C. meeting in Cairo, where he proposed that Tokyo, Japan be the site of the 12th Olympic Games.

L. NAGE NO KATA (Throwing Forms)

1. Te waza (Hand Techniques)

- a) Uki Otoshi b) Seoi Nage c) Kata Guruma
 (Floating drop) (Shoulder throw) (Shoulder wheel)

M. OTHER

Club attendance, Attitude, Tournament/Clinic experience and participation.

(Green belt end)