

Kita Kaze Judo Club

Blue Belt Requirements (Adults)

Nage-waza (Throwing techniques)

Koshi-waza (Hip techniques)

Hane-goshi (Spring hip)



Ushiro-goshi (Reverse hip)



Sutemi-waza (Sacrifice techniques)

Hikkomi-gaeshi (Pulling in reversal)



Harai-maki-komi (Sweeping wrap around)



O-soto-maki-komi (Major outer wrap around)



Ashi-waza (Foot techniques)

Ashi-guruma (Leg wheel)



O-soto-guruma (Major outer wheel)



Harai-tsure-komi-ashi (Lifting binding sweeping foot)



O-uchi-gaeshi (Major inner sweep counter)



Te-waza (Hand techniques)

Uchi-mata-sukashi (Inner thigh throw reversal)



Ground Techniques

- Kibisu-gaeshi sweep from guard
- Double kibisu-gaeshi sweep from guard
- Two guard sweeps not listed
- Two sweeps from half guard
- One half guard pass
- Sankaku series against turtle
- Morote-gari reversal from turtle bottom
- Sit-out reversal from turtle bottom
- One submission combination for each hold-down
- Two sweep or submission combinations from guard

Vocabulary

Ai-yotsu (normal grip; right on right, left on left)

Kenka-yotsu (opposite grip; right on left)

Kumi-kata (gripping method)

Debana (moment of opportunity)

Happo no kuzushi (eight directions of kuzushi)

Joseki (seat of honour)

Shomen (front of the dojo)

Yudansha (students above black belt)

Mudansha (students below black belt)

Tsuri-te (lifting hand)

Hiki-te (pulling hand)

Tai-sabaki (body movement, turning)

Kinshi-waza (techniques forbidden in shiai)

Ki-o-tsuke (attention)

Randori (free practice)

Nage-komi (repetitive throwing practice)

Uchi-komi (repetitive practice without throwing)

Seiza (formal kneeling)

Anza (sitting cross-legged)

Atemi-waza (striking technique)

Obi (belt)

Eri (collar, lapel)

Other Requirements

- Have good attitude, attendance, participation
- Perform all throws in motion
- Perform all throws right and left
- Perform some throws in randori
- Perform one throw against a left-gripping opponent in randori
- Know judo terminology and history
- Have reasonable fitness
- Participate in tournaments
- Be a good practice partner in drills and randori
- Perform the first and second set (Te-waza, Koshi-waza) of Nage-no-kata as both uke and tori
- Demonstrate four throws as counters
(Kaeshi-waza)
- Demonstrate four throwing combinations
(Renraku-waza)