



Kokushikai Judo Academy

Green Belt Promotion Requirements

Head Instructor, Celita Schutz and Technical Advisor, Sensei Matsumura

Basic Class Performance:

Continued to demonstrate basic dojo etiquette in class. Has demonstrated the spirit of learning and helping others.

Japanese terms:

Know these terms in Japanese: teacher, person attacking, person receiving attack, sparring in class, holding on ground, hold is broken, match is over

Tachi-waza (Standing techniques) See List
See List on right (include techniques from yellow belt exam)

- Demonstration of 5 techniques with throw
- Demonstration of 2 combination techniques
- Demonstration of 2 counter techniques

Newaza (Ground techniques)

- Demonstration of 3 basic holding techniques
- Demonstration of 2 holding escapes
- Demonstration of 2 turnover techniques
 - opponent is on all fours
 - opponent is flat on belly

Shimewaza (Strangle techniques) See List

- Demonstration of 2 chokes using hands only from behind and in front of opponent

Kansetsuwaza (Joint techniques) See List

- Demonstration of 1 armbars

Individual must have current USJF membership card
Include everything from Yellow belt exam

Tachi-waza
Kouchi gari
Koshi guruma
Sode tsuri komi goshi
Sasai tsuri komi ashi
Hiza Garuma
Newaza
Kuzure kami shiho gatame
Tate shiho gatame
Shimewaza
Hadaka jime
Okurieru jime
Kataha jime
Kansetsuwaza
Juji gatame
Ude garami