



Blue Belt (7th) Requirements

Requirements- (minimum)

Time in Previous Grade– 5-9 months
Promotion Points– 10 points
Win a tournament as an Green Belt

Name _____

Date Started _____

Date Completed _____

General Information

- Name the 10 black belt ranks in order
 - Shodan
 - Nidan
 - Sandan
 - Yodan
 - Godan
 - Rokudan
 - Shichidan
 - Hachidan
 - Kudan
 - Judan
- Name three black belt ranks that are considered student grades
Shodan, Nidan, Sandan
- What other colored belts are black belt holders entitled to wear in the USJA senior Rank system?

1 st Degree- Black	6 th Degree- Black or Red and White panel
2 nd Degree- Black	7 th Degree- Black or Red and White panel
3 rd Degree- Black	8 th Degree- Black or Red and White Panel
4 th Degree- Black or Red and Black panel	9 th Degree- Black or Red
5 th Degree- Black or Red and Black panel	10 Degree- Black or Red

Judo Vocabulary

- Reverse Cross Choke- Gyaku Juji-jime
- Knee- Hiza
- Knee Wheel throw- Hiza guruma
- Sacrifice- Sutemi
- Side or lateral- Yoko
- Throwing techniques done by falling on one's back or side- Sutemi Waza
- Side falling sacrifice throws- Yoko Sutemi Waza
- Forms of gripping an opponent- Kumi Kata
- Four corners (as a pin) Shiho
- Locking the side four corners- Yokoshiho gatame
- Five stages of throwing, the basic syllabus of Kodokan Judo- Gokyo No waza
- Newly certified throwing techniques of Kodokan Judo- Shimmeisho No Waza
- Counter technique- Kaeshi Waza
- Sixth degree black belt- Rokudan

Technical Demonstration

Round offs
Monkey Drill
Snap down and around the world
Wall Drill

Miscellaneous Skills

Nage Waza

Single Leg and variations (superman, dump, treetop, Flair, Foot sweep)
Kosoto Gari
Kibisu Gaeshi
Te Guruma

Renraku Waza

Single Leg to Yokoshiho Gatame

Kaeshi No Waza

Uke Attacks with Koshi Guruma and Tori attacks with Te Guruma

Katame Waza

Reverse Top Mount
S Mount
Open Guard

Escapes, Reversals, and Turnovers

Head and Arm Sit up escape
Escape the ½ Guard
Granby Roll

Elevator sweep from attempted guard pass
Elevator sweep from attempted mount shrimp escape
Standing Knee Through