



Blue Belt (7th) Requirements

Name _____

Date Started _____

Date Completed _____

Requirements- (minimum)

Time in Previous Grade– 9 months

Promotion Points– 10 points

Win a tournament as a Green Belt

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?
 - 1st Degree- Black
 - 2nd Degree- Black
 - 3rd Degree- Black
 - 4th Degree- Black or Red and Black panel
 - 5th Degree- Black or Red and Black panel
 - 6th Degree- Black or Red and White panel
 - 7th Degree- Black or Red and White panel
 - 8th Degree- Black or Red and White Panel
 - 9th Degree- Black or Red
 - 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 waza
- 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
- Newly certified throwing techniques of Kodokan Judo- Shimmeisho No Waza
- Counter technique- Kaeshi Waza
- Sixth degree black belt- Rokudan

Technical Demonstration

Miscellaneous Skills

Round offs

Monkey Drill

Snap down and around the world

Wall Drill

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

Open Guard

Escapes, Reversals, and Turnovers

Head and Arm Sit up escape

Escape the ½ Guard

Elevator sweep from attempted guard pass

Elevator sweep from attempted mount shrimp escape

Cartwheel Pass