

Green Belt (5th) Requirements

Requirements- (minimum)

Time in Previous Grade– 8 months
Promotion Points– 8 points
Win a tournament Orange Belt

Name _____

Date Started _____

Date Completed _____

General Information

1. What is Kata? Kata is a formal prearranged practice routine
2. How many Kata are there in Kodokan Judo?
There are presently 9 Kata in Kodokan Judo
3. Which Kata is considered most useful for learning throwing techniques?
Nage-No-Kata (forms of throwing)
4. Which Kata is considered most useful for learning grappling techniques?
Katame-No-Kata (forms of grappling)

Judo Vocabulary

1. Technique- waza
2. Throw- nage
3. Throwing Technique- Nage Waza
4. Hand- Te
5. Hand Techniques- Te Waza
6. Foot or Leg- Ashi
7. Foot Techniques- Ashi Waza
8. Holding Techniques- Osae-komi-waza
9. Grappling Techniques- Katame Waza
10. Loss by rule violation- Hansoku Make
11. Judo Uniform- Gi
12. Judo uniform sleeve- Sode
13. Judo uniform belt- Obi
14. Fourth degree black belt- Yodan

Technical Demonstration

Miscellaneous Skills

Hand Stand
Dive Rolling Break Falls
Hip Heist
Arm Drag
Duck Under

Nage Waza (Pick 6)

Harai Goshi
Uchi Mata
Tomoe Nage

Renraku Waza

Tomoe Nage to Tateshiho Gatame

Kaeshi No Waza

Uke attacks with Harai Goshi and Tori counters with Ura Nage

Katame Waza

Butterfly Guard

Escapes, Reversals, and Turnovers

Rear Mount Escape (rolling to guard)
Gator Roll
Guard pass Standing cross knee pass
Butterfly Sweep elevator from Guard

