

onkyu- Green Belt (Min. 32 hours of Class Instruction)

History & General Knowledge

- 1.What is considered outside before a pin is called? [When no part of either body is touching the contest area] _____
- 2.After a pin is called, what is out? [Nothing] _____
- 3.What is the penalty for stepping out for no reason or on purpose? [Shido] _____
- 4.What does the Referee say to start and end the contest? [Hajime, Sore Made] _____
- 5.How many officials usually conduct a contest? [3] _____
- 6.How long must you hold Osae Komi for full point? [20seconds] _____
- 7.Name the 2 types of Throwing Techniques? [Standing & Sacrifice]_____
- 8.What are the 3 types of Standing Techniques? [Hand, Hip &Foot]_____
9. What are the 2 types of Sacrifice Techniques? [Back & Side]_____
10. What are the 3 types of Mat Techniques? [Choking, Joint-Locking, & Holding]_____

Terminology

- 11.Throwing Techniques [Nage Waza]
- 12.Standing Techniques [Tachi Waza]_____
- 13.Hand Techniques [Te Waza]_____
- 14.Hip Techniques [Koshi Waza]_____
- 15.Foot Techniques [Ashi Waza]_____
- 16.Sacrifice Techniques [Sutemi Waza]_____
- 17.Back Sacrifice Techniques [Ma Sutemi Waza]_____
- 18.Choking Techniques [Shime Waza]_____
- 19.Joint-Locking Techniques [Kansetsu Waza]_____
- 20.Holding Techniques [Osaekomi Waza]_____
- 21.Side Sacrifice Techniques [Yoko Sutemi Waza]_____
- 22.Slight Infringement [Shido] _____
- 23.Grave Infringement [Hansoku Make] _____
- 24.Receiver of a Technique [Uke]_____
- 25.Executor of a Technique [Tori]_____
- 26.6th Kyu [Rokyu] _____
- 27.5th Kyu [Gokyu] _____
- 28.4th Kyu [Yonkyu] _____
- 29.3rd Kyu [Sankyu] _____

30. 2nd Kyu [Nikyu] _____
31. 1st Kyu [Ikkyu] _____
32. Back Falls [Koho Ukemi] _____
33. Side Falls [Yoko Ukemi] _____
34. Front Rolling Falls [Zempo Kaiten Ukemi] _____
35. Sliding Foot Sweep Throw [Okuri Ashi Harai] _____
36. Body Drop Throw [Tai Otoshi] _____
37. Floating Hip Throw [Uki Goshi] _____
38. Sweeping Hip Throw [Harai Goshi] _____
39. Lifting Hip Throw [Tsuru Goshi] _____
40. One Arm Shoulder Drop Throw [Ippon Seoi Toshi] _____
41. Two Arm Shoulder Drop Throw [Morote Seoi Toshi] _____
42. Major Outside Drop Throw [O Soto Otoshi] _____
43. Minor Inside Winding Throw [Ko Uchi Makikomi] _____
44. Major Outer Winding Throw [O Soto Makikomi] _____
45. Sweeping Hip Winding Throw [Harai Makikomi] _____
46. Sleeve Lifting Pulling Hip Throw [Sode Tsuru Komi Goshi] _____
47. Choking Techniques [Shime Waza] _____
48. Naked Hand Choke [Hadaka Jime] _____
49. Joint-locking Technique [Kansetsu Waza] _____
50. Cross Arm-lock [Juji Gatame] _____

Demonstration

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| Okuri Ashi Harai _____ | Morote Seoi Toshi _____ |
| Tai Otoshi _____ | O Soto Otoshi _____ |
| Uki Goshi _____ | Ko Uchi Makikomi _____ |
| Harai Goshi _____ | O Soto Makikomi _____ |
| Tsuru Goshi _____ | Harai Makikomi _____ |
| Ippon Seoi Toshi _____ | Sode Tsuru Komi Goshi _____ |
| Kuzure Yoko Shiho Gatame _____ | Bridge & Roll Escape _____ |
| Kuzure Kami Shiho Gatame _____ | Double Bridge & Roll Escape _____ |
| Hadake Jime _____ | Juji Gatame _____ |

Memory Verse: Psalm 27:14 Wait on the Lord: be of good courage, and He shall strengthen thine heart: Wait, I say, on the Lord.