



Yellow Belt Mat Test Requirements

Bowing (rei)

- Standing bow (rei)
- Kneeling bow (seiza rei)
- Attention stance (kotokai)

Stances

- Fighting stance
- Fighting stance L stance (Karate)
- Zen kutsi dachi -Dragon stance (deep front stance) (Karate)
- Kokutsi dachi -back stance (Karate)
- Kiba dachi- Horse stance (Karate)
- Shizen Hontai - Basic natural posture (Judo)
- Migi Shizentai - right natural posture (Judo)
- Hidari Shizentai - left natural posture (Judo)
- Jigo Hontai - basic defensive posture (Judo)
- Migi Jigotai - right defensive posture (Judo)
- Hidari Jigotai - left defensive posture (Judo)

Footwork (Karate and Judo)

- On the Clock
- Side to Side
- Under the Rope

Tai sabaki (movement with partner) (Judo)

- Forward and back
- Side to side
- Diagonal movement

Break Falls

Sequential Ukemi Waza (must be able to perform no less than 6 in rolling manner)

- Mae Ukemi waza
- Yoko Ukemi waza
- Ushiro Ukemi waza

Adults Add:

- Mae, Yoko and Ushiro ukemi waza performed from a pushed position.

Strikes (Atemi) (karate and jujitsu based)

- Backfist
- step slide backfist
- Twist and Lock punch
- 1-2 punch (lead Jab, twist and lock punch)
- Elbow strikes: upward, downward, side strike, back strike elbow
- Shuto (knife hand strike)
- Step slide punch (right and left)
- Adults add:
- Lead and Rear Hook
- Lead and Rear Uppercut

Kicks (Geri) -performed left and right side

- Defensive Front kick (mae geri)
- Step Slide Front kick (advancing mae geri)
- Back Leg Front kick
- Front Roundhouse kick (advancing mawashi geri - (high, medium and low)
- Side kick (yoko geri)-defensive and offensive
- Back kick- (ushiro geri)

Adults add:

- Back Leg roundhouse kick
- Target advance back kick (ushiro geri with step toward target)
- Inside crescent kick
- Outside crescent kick

Blocks

- Upper block -open and closed handed
- Mid sectional block (inside and outside) -open and closed handed
- Lower sectional block -open and closed handed

Adults add:

- Glancing block inner
- Glancing block outer
- Glancing-check block inner
- Glancing-check block outer

Ju-jitsu -Self-defense techniques -Kata and Waza

Kata (prearranged, specific technique done with help of partner)

Waza (non-specified technique used to defend against a specified attack)

Waza include 3 essential components

1. Block, loosening up, or distraction
2. Throw, takedown, or come-along
3. Submission, choke, or devastating blow

Waza-

- Defense from a punch
- Defense from a wrist grab

Adults add:

- Defense from Bear hug (front and rear)
- Defense from a double wrist grab
- Defense from a Back leg Front kick

Kata-

- Basic 1 arm hip throw ending with wrist lock lift submission
-(Ippon seoi nage ending with ude garame)
- Basic drop throw with wrist press submission
-(Tai Otoshi modified with elbow strike to the cheek/chin area followed by wrist press)
- Leg lift/groin stomp
(rear bearhug position)
- Chin or nose turn / elbow strike
(this is performed from a headlock position and turns into a choke hold followed by elbow strike to the spinal column)

Judo Throws (Tachi Waza)

Judo techniques are divided into three major areas:

1. Standing techniques (Tachi waza or Nage waza)
2. Fall techniques/throws (sutemi waza)
3. Ground techniques/grappling techniques (Katame waza or newaza)

Standing throws (Tachi waza)

- Ippon seoi nage (One arm back carry throw)
- Morote seoi Nage (Two arm back carry throw)
- Koshi Garuma (Neck wheel)
- O Goshi (Big hip)
- Obi Nage (Belt throw)
- Tai Otoshi – (Body drop)
- Deashi Barai- (Forward foot sweep)
- Osoto gari (big outside clip technique)

Ground techniques (Katame Waza or Newaza) (hold downs and submission holds)

- Kesa gatame
- Kata gatame (shoulder hold down/smother)
- Kuzure Kesa Gatame
- Yoko shiho gatame (side locking hold down)

Adult Only:

Shime waza (Strangulation techniques):

- Nami juji jime (normal cross lock, thumbs in)
- Gyaku juji jime (reverse cross lock, thumbs out)
- Kata juji jime (half cross lock, one thumb in-one thumb out)

Ippon seoi nage



Obi nage



Morote seoi nage



Tai Othoshi



Koshi Garuma



Deashi Barai



O Goshi



Osoto Gari



