



American Judo & Jujitsu Federation

# Medford Judo Academy

Since 1960

104 W. 1<sup>st</sup> St. / Phoenix, OR

535-4263 / www.medfordjudo.com

Professor Larry Nolte, Rokudan

## Adult Class Lower Rank Requirements

*Improved performance of all prior rank requirements is expected for each subsequent rank.*

### Blue Belt (Gokyu)

#### 2<sup>nd</sup> degree

TIME IN GRADE:

3 MONTHS

- rolls and falls
- all of Yawara list
- Deashi Harai (*Nage*)
- O Goshi (*Nage*)
- Seoi Nage (*Nage*)
- Seoi Goshi (*Nage*)
- Tsurikomi Goshi (*Nage*)
- Ko Soto Gari (*Kodokan*)
- Uchi Gari (*Kodokan*)
- Ko Uchi Gari (*Kodokan*)

#### 1<sup>st</sup> degree

TIME IN GRADE:

3 MONTHS

- one variation of each Yawara
- Soto Gama (*Nage*)
- Uchi Gama (*Nage*)
- Ushiro Goshi (*Nage*)
- Makikomi (*Nage*)
- Uke Goshi (*Kodokan*)
- Tawara Gaeshi (*Kodokan*)
- Kubi Nage (*Kodokan*)
- Tai Otoshi (*Kodokan*)

### Green Belt (Yonkyu)

TIME IN GRADE:

6 MONTHS

- 2–3 variations of each Yawara
- Sasae Ashi (*Nage*)
- Okuri Harai (*Nage*)
- Soto Momo Harai (*Nage*)
- Uchi Momo Harai (*Nage*)
- Utsuri Goshi (*Nage*)
- Harai Goshi (*Nage*)
- Hane Goshi (*Nage*)
- Uke Otoshi (*Nage*)
- Kani Sute (*Nage*)
- Tomoe Nage (*Nage*)
- Yama Arashi (*Nage*)
- Ate Mi list
- Keri Te list
- Uke Te list

#### YAWARA

(*Soft Techniques*)

1. Katate Hazushi Ichi
2. Katate Hazushi Ni
3. Ryote Hazushi
4. Morote Hazushi
5. Yubi Tori Hazushi
6. Momiji Hazushi
7. Ryoeri Hazushi
8. Yubi Tori
9. Moro Yubi Tori
10. Katate Tori
11. Ryote Tori
12. Tekubi Tori Ichi
13. Tekubi Tori Ni
14. Imon Tori
15. Ryoeri Tori
16. Akushu Kote Tori
17. Akushu Ude Tori
18. Akushu Kotemaki Tori
19. Kubi Nuki Shime
20. Hagai Shime

#### ATE MI

(*Strikes*)

1. Ate Mi Ichi
2. Ate Mi Ni
3. Ate Mi San
4. Ate Mi Yo
5. Kasumi Dori
6. Hibara Uchi
7. Sei Getsu
8. Hon Getsu
9. Kin Geri

#### KERI TE

(*Kicks*)

1. Tonbo Geri
2. Mae Geri
3. Mawashi Geri
4. Yoko Geri
5. Ryoashi Geri
6. Mae Tobi Geri

#### UKE TE

(*Blocks*)

1. Jodan Uke
2. Nagashi Uke
3. Shuto Uke
4. Gedan Uke