

IOWA STATE UNIVERSITY JUDO CLUB

JUDO TESTING

WHERE: ISU CYCLONE MARTIAL ARTS DOJO
 202E Forker Bldg, 534 Wallace Dr.
 Iowa State University
 Ames, IA 50011

BLACK BELT JUDGES WILL BE PRESIDING OVER THE TESTING

Students must pre-register before the testing day so examination may begin on time. The applications will be reviewed by the black belts in order to determine testing eligibility.

TESTING FEES: See Instructor

Ukemi required at all ranks. Students should know techniques several belt ranks higher than their current rank to be reasonably prepared for testing. This set of techniques is a guide. Judges reserve the right to ask for more techniques and to ask questions of any and all students presenting themselves for testing.

<u>RANK</u>	<u>THROWING</u>	<u>HOLDING</u>	<u>CHOKES / ARM BARS</u>
Yellow Belt	Ippon-Seoi Morote-Seoi O-Goshi Koshi-Guruma O-Soto-Gari	Kesa-Gatame Kami-Shiho-Gatame Yoko-Shiho-Gatame	Kata-Juji-Jime Okuri-Eri-Jime <i>Ude-Hishigi-Juji-Gatame</i>
Orange Belt	De-Ashi-Harai	Kata-Gatame	Kata-Ha-Jime <i>Ude-Garami</i>
Green Belt	Tai-Otoshi Ko-Uchi-Gari O-Uchi-Gari Sasae-Tsurikomi-Ashi Nage No Kata (set 1)		
3rd Brown Sankyu	Harai-Goshi Okuri-Ashi-Harai Ko-Soto-Gari Tomoe-Nage 3 Combinations Nage No Kata (up to set 2)	Tate-Shiho-Gatame	Hadaka-Jime
2nd Brown Nikyu	Hane-Goshi Tsurikomi-Goshi Uchi-Mata 3 Combinations 3 counters Nage No Kata (up to set 3)	Kuzuri-Kami-Shiho-Gatame	Nami-Juji-Jime Gyaku-Juji-Jime <i>Ude-Hishigi-Ude-Gatame</i>
1st Brown Ikkyu	Sode-Tsurikomi-Goshi Kata-Guruma 5 Combinations 3 counters Nage No Kata (up to set 4)		
1st Black Shodan	Uki-Otoshi Harai-Tsurikomi-Ashi 5 throws left and right 5 Combinations 5 Counters Nage No Kata		