



**RYUDOKAN JUDO CLUB
KESWICK**

Blue Belt Evaluation

Name: _____

Date: _____

*English/Japanese
Acceptable
Technique*

NAGE-WAZA

Improvement Required

Koshi-Guruma
(hip wheel)

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Tsuri-Goshi
(lifting hip)

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Hana-Makikomi
(outer winding spring hip)

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Utsuri-Goshi
(changing hip)

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O-Guruma
(major wheel)

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Soto-Makikomi
(outer winding)

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Uchi-Mata
(inner thigh)

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Yoko-Otoshi
(side drop)

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SHIME WAZA

Katate-jime
(one hand choke)

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Ryote-jime
(two hand choke)

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Sode-guruma-jime
(sleeve wheel choke)

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KANSETSU WAZA

Ude-Hishigi-Waki-Gatame
(armpit armlock)

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Ude-Hishigi-Hara-Gatame
(stomach armlock)

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Ude-Hishigi-Ashi-Gatame
(leg armlock)

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