

Yellow Belt Evaluation



**RYUDOKAN JUDO CLUB
KESWICK**

Name: _____

Date: _____

English/Japanese
Acceptable
Technique

NAGE-WAZA

Improvement Required

O-Goshi

(major hip)

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O-Soto-Gari

(major outer reap)

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O-Uchi-Gari

(major inner reap)

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Morote-Seoi-Nage

(two arm shoulder)

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Ippon-Seioi-Nage

(one arm shoulder)

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De-Ashi-Harai

(advancing foot sweep)

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Tai-Otoshi

(body drop)

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OSAE-KOMI-WAZA

Hon Kesa-Gatame

(regular scarf hold)

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Kuzuri Kesa-Gatame

(broken scarf hold)

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Ushiro Kesa-Gatame

(rear scarf hold)

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Makura Kesa-Gatame

(pillow scarf hold)

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Kata-Gatame

(shoulder lock)

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Yoko-Shiho-Gatame

(Side lock)

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Kami-Shiho-Gatame

(upper four corner
lock)

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