

# Advanced Yellow Lesson Plan and Rank Test

STUDENT NAME: \_\_\_\_\_

DATE	EXPLAIN	PASS/FAIL	DEMONSTRATE	PASS/FAIL	REMARKS
	What is Judo (gentle way)		Yoi (attention)		
	What is Karate (empty hand)		Sensei ni rei(bow to teacher)		
	When & where was Judo founded (1882 –Japan)		Kokyu (deep breath)		
	Who is the founder of Judo(Jigro Kano)		Mokuso (meditation)		
	Hajime (begin)		Chokuza (kneel)		
	Mate/Yame (wait/stop)		Seiza (sit back on heels)		
	kaka (throw)		Zarei (kneeling bow)		
	Mawate (turn around)		Ritsurei (standing bow)		
	Kiritsu (stand)		Kiai (yell)		
	Hidari (left)		Zenkutsu-dachi (front stance)		
	Migi (right)		Kiba-dachi (horse stance)		
	Dojo (training place)		Choku-zuki (front punch)		
	Onegaishimazu (please teach me)		Teisho-uchi (palm heel)		
	Arigatogozaimashita(thank you for teaching me)		Ageuke (rising block)		
	Obi (belt)		Uchi-uke (inside to outside block)		
	Gi (uniform)		Soto-uke(outside to inside block)		
	Te (hand)		Gedanbarai (down block)		
	Kumite (sparring)		Punch/kick combination		
			Mae-geri (front kick)		
			Kamae (fighting stance)		
			Shizentai (natural stance)		
			Jigotai (defense posture)		
	DEMONSTRATE		Ushiro-ukemi (fall backwards)		
	Empi Kata		Yoko-ukemi (falling sideway)		
	Taikyoku Shodan		Zenpo-kaiten-ukemi (forward role)		
	Taikyoku Nidan		Face Fall		
	Newaza (ground technique)		Osto-Gari (outer leg sweep)		
	Tachiwaza (standing technique)		Kesa-Gatame (scarf fold)		
	Ukemi (falling technique)		Kusure-Kesa_Gatame(arm postion)		
	Nage-waza (throwing techniques)		Koshi-waza (hip technique)		
	Katamewaza (grappling techniques)		O-Goshi (major hip throw)		
			Ippon Seonage (1 arm shoulder throw)		
			Morote Seonage (Gi Grip)		
			Kote-gaedhi (wrist manipulation)		

STUDENT HAS PASSED THE REQUIREMENTS FOR PROMOTION TO SIEHIKYU/YELLOW BELT

DATE: \_\_\_\_\_

Sensie Signature: \_\_\_\_\_ Sensie Signature: \_\_\_\_\_