

Green Belt Test 1

General Knowledge

1. Where did Ju-jitsu begin?
2. Who is the creator of modern Judo?
3. Counting to 10 in Japanese.
4. Basic terms (left, right, reverse, stop, listen, etc.)
5. Dojo etiquette.

Skills

1. KOSTO – know the names and how to perform and how to perform from blocked punch.
2. Kotegaeshi – properly apply, take opponent down, and three finishing techniques(submissions)
3. Know two different arm bars.
4. Know three different joint locks.
5. Waki gatame
6. Ude gatame
7. Key lock (Americana) and it's reversal.
8. Shio nage
9. Defend cross wrist grab and same side wrist grab.
10. Rising block, kick defense.
11. Defense from bear hug front and back.
12. Maegeri
13. Mawashigeri
14. Proper side and back falls.
15. Ukemi
16. Gun and knife defense
17. 3 nerve techniques
18. 3 ways to escape guard
19. Two escapes from guillotine choke
20. Ouchi gari and Ko ouchi gari

Green Belt Test 2

Kosto

Irimi Nage (1)

2 pressure/nerve techniques

Shio Nage

Fig 4 (3)

Gun

Knife

Defense from 2 handed choke

Defense from lapel grab

Judo vs 1 Uke

Grappling vs 1 uke

Hiza Garuma

Green Belt with Stripe Test

Kosto

Irimi Nage (2)

4 pressure/nerve techniques

Shio Nage

Fig 4 (3)

Gun

Knife Defense from 2 handed choke

Defense from lapel grab

Judo vs 2 Uke

Grappling vs 2 uke

Uchi Mata

Harai Goshi

Reverse Ippon

Sasae Tsurikomi Ashi

Purple Belt Test

Kosto

Irimi Nage (3)

5 pressure/nerve techniques

Shio Nage

Fig 4 (3)

Gun

Knife

Defense from 2 handed choke

Defense from lapel grab

Judo vs 2 Uke

Grappling vs 2 uke

Uchi Mata

Harai Goshi

Hani Goshi

Reverse Ippon

Dropping Knee Ippon

Rear choke escape

Side guillotine escape

Sasae Tsurikomi Ashi

Hiza Garuma

O Garuma

Ouchi Gari

Kouchi gari
