

Kokushi Budo

Judo Promotion Recommendation Form

Student name: _____

Fee: \$50 Cash

Promotion to: _____

Time in current belt: _____

Belt SIZE (Circle): 00, 0, 1, 2, 3, 4, 5, 6, 7

Please select date of Promotion: 1/18, 1/20, 1/22, 1/23

Promotion to:	Standing	Ground	Terminology
White/yellow	3	1	Jigoro Kano, Judo (the gentle way), Judo gi (uniform), Obi (belt), Dojo (judo school), Sensei (teacher), Tatami (mat), Rei (bow), Shomen (front of dojo)
Yellow	4	2	Sei (Honesty, sincerity, trust), Kinro (Diligence, hard work, grit) Kenshiki (Knowledge, education, academics) Kihaku (Spirit, perseverance)
Yellow/orange	5	3	Anza (sitting cross-legged), Seiza (kneeling position), Hajime (begin) Matae (stop), Osaekomi (holding)
Orange	6	4	Kuzushi (off-balancing), Uchikomi (technique drills), Ippon (full point, win), Wazari (almost an ippon, half point, two wazaris = ippon)
Orange/green	7	5	Shido (penalty, minor), Tsukuri (entry into a technique), Kake (finish of technique), Hikite (sleeve hand), Tsurite (lapel hand)
Green	8	6	Shime waza (choking technique), Kansetsu waza (joint locking technique), Eri (lapel), Shiai (tournament)
Green/Blue	9	7	Kumikata (gripping), Meisou (meditate), Mokusou (meditate)
Adult Yellow	10	10	All of the above
Adult Green	15	15	All of the above + tournament rules
Adult Brown	20	20	All of the above + Kids judo help + tournament experience

