



## Lil' Dragons Belt Test Requirements



To be awarded each new belt rank, Lil' Dragons must fulfill the following experience, academic and technical requirements as well as receive parental approval for promotion. All Lil' Dragons must also show positive attitude and good behavior in class.

### I. Experience:

\* Minimum 8 weeks time in grade and minimum of 12 classes with consistent attendance since last belt promotion.

### II. Academic:

1. What is the Japanese word for teacher or instructor?  
*Sensei*
2. What is the Japanese word for a judo club or place to learn judo?  
*Dojo*
3. What is the proper way to enter AND exit the dojo?  
*Bow and say "Konichiwa" (to enter)*  
*Bow and say "Sayonara" (to exit)*
4. What are the two proper ways to sit as a judo student during class? (Students Demonstrate)
  1. *Sitting on knees – Seiza*
  2. *Sitting cross-legged – Anza*
5. What is the command for Attention and Bow?(Students Demonstrate also)  
*Kiyotsuke / Rei*
6. Pedro's Judo Center Creed: (student recites to sensei)  
*"I will use my judo to develop my mind and body through minimum effort and maximum efficiency with mutual respect for myself and others."*

### III. Technical Requirements:

\* Lil' Dragons must be able to tie their belts properly. For each new belt rank, Lil' Dragons must be able to demonstrate 1 technique from each group listed below that they learned during the testing cycle. (Check with Sensei if unsure.)

#### **Nagewaza: Throwing Techniques** (Must demonstrate 1 of the following)

- Ippon Seionage – One arm Shoulder Throw
- Marote Seionage – Two Arm Shoulder Throw
- Ouchi Gare – Major Inner Reaping Throw
- Osoto Gare – Major Outer Reaping Throw
- Koshi Garuma – Hip Wheel Technique
- Ogoshi – Major Hip Throw

### III. Technical Requirements (continued):

#### **Newaza : Ground Techniques** (Must demonstrate 1 of the following)

Kesa Gatame + 1 Escape (Inside Turn)  
Kamishiho Gatame + 1 Escape (Inside Turn)  
Yokoshiho Gatame + 1 Escape (Sit up)  
Arm Roll to Ushiro Kesa Gatame  
Spin Drill to Double Leg Breakdown  
Half Nelson

#### **Ukemi: Breakfall** (Must demonstrate 1 of the following)

Side Ukemi  
Backward Ukemi  
Forward Rolling Ukemi

#### **Judo Skill**: (Must demonstrate 1 of the following)

Ayumi Ashi – Sliding Footsteps  
Tsugi Ashi – Trailing Footsteps  
Side Shuffle Steps

#### **Athletic Skill**: (Must demonstrate 1 of the following)

Forward Somersault  
Backward Somersault  
Crabwalk

#### **Physical Requirements**:

5 Push ups  
5 Sit ups  
5 Squats  
(NOTE: 10 good push ups, 10 good sit ups + 1 rope climb (without help) earns a White Fitness Patch)

### IV. Vocabulary

\* Check with Sensei to learn what cycle the class is on to determine Appropriate Vocabulary List.  
(see attached)

### V. Paperwork & Fees

Lil' Dragons must return a signed ***Intent to Promote Evaluation Form + Testing Fee of \$25*** prior to the test date to be eligible for promotion.

Upon Graduation from the Lil' Dragons, and to earn the rank of Yellow/Orange Belt, students must take the Yellow/Orange Belt test in order to move into Pedro's Judo's Intermediate Judo Program. Final Decision and Evaluation will be made by the Lil' Dragon's Sensei.



## Lil' Dragons Vocabulary List



### Cycle 1

Sensei = Instructor or Teacher  
Rei = Bow  
Kiyotsuke = Attention  
Obi = Belt  
Ukemi = Breakfall  
Uchikomi = Fit in/repetition of technique  
Judo Gi = Judo uniform  
Judoka = Judo player  
Judoka = Judo player  
Tatami = Judo mat

### Cycle 2

Dojo = Training hall  
Matte = Stop  
Hajime = Begin  
Konichiwa = Hello  
Sayonara = Goodbye  
Anza = Sitting cross legged  
Seiza = Sitting on knees  
Japan = Country where Judo was founded  
Dr. Kano = Founder of Judo

### Cycle 3

1 = ichi  
2 = ni  
3 = san  
4 = shi  
5 = go  
6 = roku  
7 = shichi  
8 = hachi  
9 = ku  
10 = ju  
Atama = Head  
Kata = Shoulder  
Hiza = Knee  
Ashi = Foot

### Cycle 4

Hai = Yes  
Me ("may") = Eyes  
Mimi = Ears  
Kuchi = Mouth  
Hana = Nose  
Te ("tay") = Hand  
**Song:** *Head & Shoulders, Knees & Toes*  
Head, Shoulders, Knees, Toes = Atama,  
Kata, Hiza, Ashi. Hiza, Ashi. Me to Mimi to  
Kuchi to Hana. Atama, Kata, Hiza, Ashi. Hiza,  
Ashi.

### Cycle 5

Shiro = White  
Aka = Red  
Aoi ("AH OH mE") = blue  
Osaekomi = Pin!  
Toketa = Hold Down Broken!  
Sonomama = Don't Move!  
Yoshi = Restart!

### Cycle 6

Ippon = Full Point

Name 2 Ways to score Ippon:

1) *Throw directly on back* 2) *Pin for 25 secs.*

Hand Signals for:

1) *Ippon* 2) *Waza-ari*

Ko = Minor or Small

Tori = Attacker or person attacking

Uke = Defender or person defending

Shomen = Front of Dojo (place of honor)