

# Junior Grading

## Yellow



### Terminology

Judo - Gentle way	Judogi - Judo uniform
Seiza - Ceremonial sitting, knees and heels	Rei - bowing
Kumi Kata - Method of grasping opponent; Grip	Tachi-Waza - Standing techniques
Kodokan - Judo Headquarters in Tokyo, Japan	Ne-Waza - Ground techniques
Hajime - Start; begin	Mate - Wait; stop
Sore made - Time had expired	Migi - Right
Idari - Left	Ippon - Full point
Ashi - Leg	Shido - Penalty
Kuzushi - Breaking opponent's balance	Uchi Komi - Practicing form by repeating technique many times with partner
Uke - Person who is being thrown	Tori - Person who does the throwing

Founder: Prof. Jigoro Kano

When: 1882

Where: Kodokan, Tokyo, Japan

### Techniques

Ukemi Waza - breakfalls

Ushiro Ukemi - backward breakfall



Yoko Ukemi - side breakfall



Zenpo Kaiten Ukemi - rolling forward breakfall

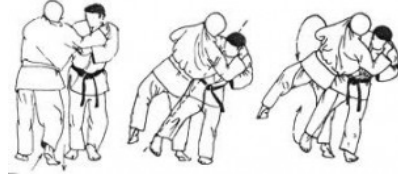


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## Tachi Waza

### O-Soto-Gari



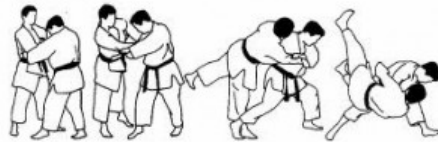
### Ouchi-Gari



### Deashi Barai



### Tai-Otoshi



### O-Goshi



### Ippon Seoi-Nage



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### Ne Waza

Kesa Gatame



Yoko Shiho Gateme



### Ne Waza turnovers

Uke is on his hands and knees, tori turns Uke over by grabbing Uke's arms from underneath Uke, pushing Uke with the chest, and placing the arm closer to the head under Uke's head, the other hand between Uke's legs, and performs Yoko Shiho Gatame.