

North Star Judo

Personal Technique Check List Booklet

A companion to your *Basics of Judo* binder notebook



Use the Waza section to indicate the specific technique within each Category. The date that you have accomplished a passable skill level will be indicated and initialed by your sensei. Notes are for your input. Rank indicates the rank promotion test you used this skill to accomplish.

### Te Waza

WAZA	DATE	SENSEI	NOTES	RANK

## Koshi Waza

WAZA	DATE	SENSEI	NOTES	RANK

## Ashi Waza

WAZA	DATE	SENSEI	NOTES	RANK

#### Ma Sutemi Waza

DATE	SENSEI	NOTES	RANK
	DATE	DATE SENSEI	DATE SENSEI NOTES

### Yoko Sutemi Waza

WAZA	DATE	SENSEI	NOTES	RANK

# Combination / Renraku Waza

WAZA	DATE	SENSEI	NOTES	RANK

# Osae Waza - Holding Techniques

WAZA	DATE	SENSEI	NOTES	RANK

## **Shime Waza**

WAZA	DATE	SENSEI	NOTES	RANK

## Kansetsu Waza

WAZA	DATE	SENSEI	NOTES	RANK

## Other

Includes Transitions, Escapes, Turnovers, Combinations, etc.

WAZA	DATE	SENSEI	NOTES	RANK