|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Judo, Red Belt

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| D | O | K | U | Y | H | C | J | H | E | Q | J | K | N | J | B | I | C | V | C | I | P | K | H |
| N | R | H | K | K | B | K | Y | E | H | A | I | A | R | A | B | I | H | S | A | E | D | V | S |
| U | F | P | I | Y | Q | R | Q | Q | G | G | B | H | N | X | S | Y | S | W | N | N | M | C | H |
| R | H | Y | G | K | N | H | T | I | H | N | Y | V | L | F | C | F | Z | I | P | W | K | I | M |
| G | T | B | O | I | U | V | H | Z | E | D | K | Q | W | U | P | O | K | E | X | G | H | O | B |
| H | Q | V | S | H | C | Z | S | W | T | R | C | F | B | E | N | E | J | T | P | G | U | W | D |
| P | P | Q | H | S | I | B | U | O | S | K | I | V | D | M | H | R | F | B | V | P | I | O | O |
| F | Q | R | I | O | M | A | Z | R | I | Y | V | H | A | V | B | Z | W | B | H | Y | O | I | B |
| M | U | V | L | T | E | K | O | E | E | B | S | E | C | F | H | Q | R | S | A | P | E | B | I |
| O | Z | H | Z | O | K | X | S | Y | M | K | M | M | V | A | T | U | S | F | K | M | M | Z | G |
| W | H | P | E | O | U | X | I | M | R | A | E | I | L | A | T | D | V | Y | L | S | I | P | G |
| S | S | G | U | T | O | E | W | M | W | F | T | S | N | M | T | G | L | G | S | V | J | F | D |
| U | V | H | O | O | K | S | D | A | Y | W | W | A | A | O | K | P | R | W | N | G | A | W | Y |
| S | F | D | Y | S | O | X | R | W | F | F | S | D | G | G | Z | N | A | C | J | J | H | Q | H |
| H | X | H | L | O | Y | I | Z | A | R | E | I | K | Z | E | A | L | U | L | N | G | A | Y | T |
| I | M | Q | S | Z | U | W | G | U | F | V | H | P | D | E | N | T | D | B | T | A | P | C | F |
| R | H | J | F | K | L | R | A | G | X | Q | E | J | T | O | N | U | A | C | B | X | E | D | F |
| O | Q | G | E | O | V | G | J | C | H | V | U | T | E | B | J | P | M | M | P | N | X | N | R |
| U | T | M | Y | V | K | B | J | J | Z | S | A | Y | Y | T | Z | O | C | F | E | M | T | Y | A |
| K | I | O | T | X | J | U | T | X | Z | M | H | Q | E | S | N | Y | R | A | E | Z | B | B | Q |
| E | C | O | I | A | Y | F | J | G | Q | D | V | T | Q | Z | I | G | K | A | O | E | K | S | P |
| M | Y | V | K | E | S | A | G | A | T | A | M | E | P | Q | N | M | U | W | R | W | L | Y | T |
| I | C | A | U | I | J | C | D | U | A | D | U | X | X | W | E | O | R | H | H | U | W | V | D |
| Q | K | S | F | X | N | A | O | C | Y | R | V | X | U | L | E | T | X | Y | J | L | Y | L | N |

   matte       dojo       hajime       obi       kuzure kesa gatame       uki goshi       mae mawari ukemi       za rei       tachi rei       mune gatame       de ashi barai       yoko ukemi       kesa gatame       osoto otoshi       ushiro ukemi