



# Northglenn Judo Club



## JUNIOR JUDOKA ROKYU PROMOTION GUIDE

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_ Examiner: \_\_\_\_\_

Circle:      Pass      Fail

### GENERAL REQUIREMENTS:

1. Must show good behavior and attitude.
2. Must have consistently attended practice for a minimum of 3 months from your last promotion.
3. Must have the recommendation of your Sensei.

### GENERAL KNOWLEDGE:

- |   |                                   |
|---|-----------------------------------|
| 1. Who was the founder of Judo?                   | Dr. Jigoro Kano                   |
| 2. What year was Judo founded?                    | 1882                              |
| 3. What was the name of the school he founded?    | The Kodakan                       |
| 4. Who founded the Northglenn Judo Club?          | Dr. Dennis McGuire & Page Baptist |
| 5. When was the Northglenn Judo Club founded?     | 1965                              |
| 6. Who is Northglenn's current head Sensei?       | Warren Agena                      |
| 7. Who is the Northglenn Judo Club Chief Advisor? | Shuichi Otaka, 7th Dan            |

### VOCABULARY:

- |                                       |   |
|---------------------------------------|---|
| 1. <b>Sensei</b> .....Teacher         | 9. <b>Ukemi</b> .....Falling Rollouts                                       |
| 2. <b>Dojo</b> .....Practice Hall     | 10. <b>Hajime</b> .....Begin  |
| 3. <b>Judo</b> .....Gentle Way        | 11. <b>Matte</b> .....Stop  |
| 4. <b>Judoka</b> .....Student of Judo | 12. <b>Waza</b> .....Technique  |
| 5. <b>Judo-Gi</b> .....Judo uniform   | 13. <b>Tori</b> .....The one throwing                                       |
| 6. <b>Obi</b> .....Belt               | 14. <b>Uke</b> .....The one who is thrown                                   |
| 7. <b>Seiza</b> .....Sit on knees     | 15. <b>Count to ten</b> (Ich, Ne, San, She, Go, Roku, Sechi, Hachi, Ku, Ju) |
| 8. <b>Rei</b> .....Bow                |   |

### ABILITY TO DEMONSTRATE:

Requirements:	Rokyu 1 Stripe	Rokyu 2 Stripes
Vocabulary	1 – 8 Above	All Above
Uniform	What is a Gi?	Tying Belt
Ukemi	Foward	Forward, Side, Back
Throws	O-Soto-Gari	Tai-Otoshi O-Goshi
Hold Down	Mune-Gatame	Kesa-Gatame

### TOURNAMENT EXPERIENCE:

None required