



ξ Northglenn Judo Club ξ

PROMOTION GUIDE FOR GOKYU Sr. (YELLOW BELT)

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 held the rank of Gokyu (Yellow belt) for a minimum of 3 months.
4. Must be able to tie belt correctly and have neat appearance.
5. Must have the recommendation of your instructor and the head 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 Kodokan |
| 4. Where was the last Judo Olympics held? | Beijing, China |
| 5. Who founded the Northglenn Judo Club? | Dr. Dennis McGuire & Page Baptist |
| 6. When was the Northglenn Judo Club founded? | 1965 |
| 7. Who is the Northglenn Judo Club Head Sensei? | Warren Agena, 5th Dan |

VOCABULARY:

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| 1. Hajime.....Begin | 6. Dojo.....Practice Hall |
| 2. Mate.....Stop | 7. Judo-Gi.....Judo uniform |
| 3. Rei.....Bow | 8. Judoka.....Judo Player |
| 4. Sensei.....Teacher | 9. Seiza.....Sit on knees |
| 5. Judo.....Gentle Way | 10. Count to ten (Ichi, Ni, San, Shi, Go, Roku, Shichi, Hachi, Kyu, Ju) |

ABILITY TO DEMONSTRATE:

1. Throwing Techniques

- O-soto-gari.....major outer reaping throw
- O-goshi.....major hip throw
- De-ashi-harai.....advancing foot sweep
- Seoi-nage.....shoulder throw

2. Holding Techniques*

- Kesa-gatame.....cross-chest hold
 - Kata-gatame.....shoulder hold
- *(Must also know escape(s) from the above holding techniques.)

TOURNAMENT EXPERIENCE:

Limited contest experience. Familiarity with training exercises with emphasis on etiquette, rules and prohibited matters. No contest points required.