



ξ Northglenn Judo Club ξ

PROMOTION GUIDE FOR YONKYU Sr. (GREEN 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 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 was the name of the School he founded? | The Kodokan |
| 3. What is the fundamental principal of Judo? | Maximum efficiency |
| 4. When was Judo added to the Olympics? | 1964 |
| 5. Who founded the Northglenn Judo Club? | Dr. Dennis McGuire & Page Baptist |
| 6. Who is the Northglenn Judo Club Head Sensei? | Warren Agena, 5th Dan |

VOCABULARY:

- | | |
|---------------------------|------------------------------|
| 1. Hajime.....Begin | 5. Toketa.....Broken |
| 2. Mate.....Stop | 6. Randori.....Open practice |
| 3. Rei.....Bow | 7. Shiai.....Tournament |
| 4. Osaekomi.....Hold down | 8. Sonomama.....Freeze |
| | 9. Yoshi.....Ok; good to go. |

ABILITY TO DEMONSTRATE:

1. Throwing Techniques

- Kouchi-gari.....minor inner reaping throw
- Uki-goshi.....floating hip throw
- Hiza-guruma.....knee wheel throw
- O-uchi-gari.....major inner reaping throw

2. Holding Techniques*

- Kami-shiho-gatame.....upper four-corner hold
- Yoko-shiho-gatame.....side four-corner hold

*(Must also know escape(s) from the above holding techniques.)

3. Any Gokyu level technique with improved skill.

TOURNAMENT EXPERIENCE:

Continued contest experience with expanded interpretation of the sport phase. No contest wins required for promotion to this rank.