









# Northglenn Judo Club

## STUDY GUIDE FOR PROMOTION TO ROKKYU WHITE 1ST STRIPE

### MINIMUM REQUIREMENTS:

-  Student shows good behavior and attitude.
-  Student is at least 5 years old.
-  Student must turn in 25 black tokens and 2 red tokens. These are due before testing can take place. Full information can be found in the Token appendix.
-  Student must be able to tie their belt correctly without assistance and have a neat appearance.
-  Club dues and membership must be current.
-  Must have the recommendation of the head sensei (Sensei Hideki or Sensei Colleen).

### CONCEPTS & 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 Dr. Kano founded? The Kodokan
- 4 Who founded the Northglenn Judo Club? Dr. Dennis "Doc" McGuire & Page Baptist
- 5 What year was the Northglenn Judo Club founded? 1965
- 6 Who is the current Northglenn Judo Club president? Warren Agena, Rokudan (6th degree black belt)
- 7 Bowing Etiquette: The student should demonstrate an age-appropriate understanding of when and why judoka bow. Full information can be found in the Rei Hou appendix.
- 8 Judo Principles: The student should demonstrate an age-appropriate understanding of Dr. Kano's principles (Jin Ki Shi Sei : Onore Wo Tsukushite Naru Wo Matsu, Sei Ryoku Zen Yo, and Ji Ta Kyo Ei). Lower ranks / ages need not memorize the Japanese. Full information can be found in the Motto appendix.

### VOCABULARY:

1	Ukemi	Judo falls
2	O (or Oo)	big or major
3	Koshi (or Goshi)	hip
4	Kesa	sash
5	Katame (or Gatame)	hold
6	Ne	ground
7	Tachi	standing
8	Waza	technique

9	Rei	bow
10	Sensei	teacher
11	Judo	gentle way
12	Hajime	start / begin
13	Mate	stop
14	Seiza	sitting on knees
15	Anza	sitting cross-legged

**ABILITY TO DEMONSTRATE:**

- 1 Ukemi – ushiro, yoko right, yoko left, zenpo kaiten right, zenpo kaiten left  
<https://www.youtube.com/watch?v=VoktcQAxEPg>
- 2 O-goshi – right and left  
<https://www.youtube.com/watch?v=yhu1mfy2vJ4>
- 3 Kesa-gatame – right and left  
<https://www.youtube.com/watch?v=NDaQuJOFBYk>
- 4 Escape from kesa-gatame – right and left
- 5 One ne-waza turnover of the student's choice – right and left
- 6 Warmup exercises – waki shime, ebi, gyaku ebi, koshi wari