









Northglenn Judo Club

STUDY GUIDE FOR PROMOTION TO ROKKYU WHITE 2ND 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 Any concepts and general knowledge from previous ranks.
- 2 Who was the founder of Judo? Dr. Jigoro Kano
- 3 What year was Judo founded? 1882
- 4 What was the name of the school Dr. Kano founded? The Kodokan
- 5 Who founded the Northglenn Judo Club? Dr. Dennis "Doc" McGuire & Page Baptist
- 6 What year was the Northglenn Judo Club founded? 1965
- 7 Who is the current Northglenn Judo Club president? Warren Agena, Rokudan (6th degree black belt)
- 8 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.
- 9 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.
- 10 Randori & Shiai: The student should demonstrate and age-appropriate understanding on the purpose of randori and shiai. Full information can be found in the Practice appendix.

VOCABULARY:

1	any vocabulary from previous ranks
2	Sasae blocking
3	Tsuri fishing
4	Komi pull in
5	Ashi foot
6	Dojo practice hall
7	Judoka judo student
8	Judogi (Dogi) judo uniform
9	Obi belt

10	Tori	attacker
11	Uke	attacked (victim)
12	count to ten	ich, ni, san, shi, go, roku, shichi, hachi, ku, ju
13	Migi	right
14	Hidari	left
15	Randori	free-style practice
16	Shiai	tournament

ABILITY TO DEMONSTRATE:

- 1 Any demonstrations from previous ranks.
- 2 Ukemi – zenpo kaiten right, zenpo kaiten left
<https://www.youtube.com/watch?v=VoktcQAxEpG>
- 3 O-goshi – right and left
<https://www.youtube.com/watch?v=yhu1mfy2vJ4>
- 4 Sasae-tsurikomi-ashi – right and left
<https://www.youtube.com/watch?v=699i--pvYmE>
- 5 Kesa-gatame – right and left
<https://www.youtube.com/watch?v=NDaQuJOFBYk>
- 6 Escape from kesa-gatame – right and left
- 7 One ne-waza turnover of the student's choice – right and left
- 8 Warmup exercises – waki shime, ebi, gyaku ebi, koshi wari