









Northglenn Judo Club

STUDY GUIDE FOR PROMOTION TO GOKYU YELLOW

MINIMUM REQUIREMENTS:

-  Student shows good behavior and attitude.
-  Student is at least 7 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 Ukemi Principles: The student should demonstrate an age-appropriate understanding of the purpose and value of practicing ukemi. Full information can be found in the Ukemi appendix.
- 11 Mokuso: The student should be able to describe why we practice mokuso at the end of practice. Full information can be found in the Rei Hou appendix.

VOCABULARY:

1	any vocabulary from previous ranks	
2	Ippon (technique)	one stick (one arm)
3	Seoi	back carry
4	Nage	throw
5	Soto	outer
6	Gari	reap
7	Kata (technique)	shoulder or half
8	Waza-ari	there was a technique (half point)

9	Mokuso	quiet mindfulness / reflection
10	Ippon (score)	one stick (full point)
11	Soremade	the end
12	Juji	cross
13	Shime (or Jime)	choke
14	Ha	wing
15	Kata (practice type)	form practice
16	Waza-ari awasete ippon	two waza-ari makes ippon

ABILITY TO DEMONSTRATE:

- Any demonstrations from previous ranks.
- Ukemi – zenpo kaiten right, zenpo kaiten left
<https://www.youtube.com/watch?v=VoktcQAxEPg>
- Ippon-seoi-nage – right and left
<https://www.youtube.com/watch?v=FQnOICxo4ol>
- O-soto-gari – right and left
https://www.youtube.com/watch?v=c-A_nP7mKAc
- Kesa-gatame – right and left
<https://www.youtube.com/watch?v=NDaQuJOFBYk>
- Escape from kesa-gatame – right and left
- One ne-waza turnover of the student's choice – right and left
- Kata-juji-jime (Kata style) and escape – 12+ years old only
<https://www.youtube.com/watch?v=3VZVUAmiMD8>
- Kataha-jime and escape both right and left – 12+ years old only
<https://www.youtube.com/watch?v=yaTGgRjnwB8>
- Warmup exercises – judo udetate (pushups), teppo gaeshi bridge, ashi geri, ashi kousa, ashi mawashi (in and out), koshi-kiri