









# Northglenn Judo Club

## STUDY GUIDE FOR PROMOTION TO GOKYU YELLOW 1ST STRIPE

### 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	Tai                      body
3	Otoshi                    drop
4	Uchi                      inner
5	Yoko                      sideways, horizontal, or perpendicular
6	Shiho                      (4) corner(s)
7	Uchikomi                repetition practice
8	Nagekomi                throwing practice

9	Shido                      minor penalty
10	Osaekomi                hold
11	Toketa                    hold broken
12	Kuzushi                 off-balancing
13	Tsukuri                 set-up or fit-in of a throw
14	Kake                      execution of a throw
15	Mae                        forward
16	Uchiro                    rear / backward

**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 Tai-otoshi – right and left  
<https://www.youtube.com/watch?v=4x6S3Q-Ktv8>
- 4 O-uchi-gari – right and left  
<https://www.youtube.com/watch?v=0itJFhV9pDQ>
- 5 Yoko-shiho-gatame – right and left  
<https://www.youtube.com/watch?v=TT7XJVSEQxA>
- 6 Escape from yoko-shiho-gatame – right and left
- 7 One ne-waza turnover of the student's choice – right and left
- 8 Kata-juji-jime (Kata style) and escape – 12+ years old only  
<https://www.youtube.com/watch?v=3VZVUAmiMD8>
- 9 Kataha-jime and escape both right and left – 12+ years old only  
<https://www.youtube.com/watch?v=yaTGgRjnwB8>
- 10 Warmup exercises – judo udetate (pushups), teppo gaeshi bridge, ashi geri, ashi kousa, ashi mawashi (in and out), koshi-kiri