









Northglenn Judo Club

STUDY GUIDE FOR PROMOTION TO GOKYU YELLOW 2ND 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	Ko minor

3	Kuzure	modified
4	Te	hand

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 Ko-uchi-gari – right and left
<https://www.youtube.com/watch?v=3Jb3tZvr9Ng>
- 4 Kuzure-kesa-gatame – right and left
<https://www.youtube.com/watch?v=Q2fb9jaoUFQ>
- 5 Escape from kuzure-kesa-gatame – right and left
- 6 One ne-waza turnover of the student's choice – right and left
- 7 Kata-juji-jime (Kata style) and escape – 12+ years old only
<https://www.youtube.com/watch?v=3VZVUAmiMD8>
- 8 Kataha-jime and escape both right and left – 12+ years old only
<https://www.youtube.com/watch?v=yaTGgRjnwB8>
- 9 Warmup exercises – judo udetate (pushups), teppo gaeshi bridge, ashi geri, ashi kousa, ashi mawashi (in and out), koshi-kiri