









Northglenn Judo Club

STUDY GUIDE FOR PROMOTION TO YONKYU ORANGE

MINIMUM REQUIREMENTS:

-  Student shows good behavior and attitude.
-  Student is at least 9 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 Name two types of shido penalty and show the refereeing motion for each.
- 3 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.
- 4 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.
- 5 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.
- 6 Mat Etiquette: The student should be able to describe proper mat etiquette. Full information can be found in the Tatami / Dojo appendix.
- 7 Shintai / Tai Sabaki: The student should be able to understand and demonstrate proper body movements for judo. Full information can be found in the Shintai / Tai Sabaki appendix.

VOCABULARY:

1	any vocabulary from previous ranks
2	Morote two arm
3	De forward
4	Harai sweeping
5	Kami upper
6	Gyaku reverse
7	Nami standard

8	Shintai	forward and back-ward movement
9	Shisei	posture or body position
10	Tai Sabaki	body processing (how to move your body in judo)

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 Ukemi - being thrown right and left
- 4 Morote-seoi-nage – right and left
<https://www.youtube.com/watch?v=z1q0xl0ogxk>
- 5 De-ashi-harai – right and left (can be with forward/backward or side movement)
https://www.youtube.com/watch?v=4BUUvqxi_Kk
- 6 Kami-shiho-gatame
<https://www.youtube.com/watch?v=HFuMjOv0WN8>
- 7 Escape from kami-shiho-gatame
<https://www.youtube.com/watch?v=seGsXy9l4G8>
- 8 Two ne-waza turnovers of the student's choice – right and left
- 9 Nami-juji-jime (Kata style) and escape – 12+ years old only
<https://www.youtube.com/watch?v=k2cHry9HByQ>
- 10 Gyaku-juji-jime (Kata style) and escape – 12+ years old only
<https://www.youtube.com/watch?v=t3tQriIPdII>
- 11 Warmup exercises – standing round trip (ashi harai zenshin and ashi harai koushin), tai sabaki (soto mawari and uchi mawari)