









Northglenn Judo Club

STUDY GUIDE FOR PROMOTION TO YONKYU ORANGE 1ST STRIPE

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 Name a honsoku make penalty and show the refereeing motion.
- 4 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.
- 5 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.
- 6 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.
- 7 Mat Etiquette: The student should be able to describe proper mat etiquette. Full information can be found in the Tatami / Dojo appendix.
- 8 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.
- 9 Parts of a throw: The student should be able to demonstrate and explain the importance of the three parts of a throw (kuzushi, tsukuri, kake). Full information can be found the Parts of a Throw appendix.

VOCABULARY:

1	any vocabulary from previous ranks	
2	Honsoku make	serious penalty / disqualification
3	Kumi kata	gripping
4	Tokui waza	favorite technique

5	Guruma	wheel
6	Okuri	following / passing through
7	Tate	lengthwise, vertical, or parallel

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 Tokui waza - right, moving in all four directions
- 5 Tokui waza - left, moving in all four directions
- 6 Koshi-guruma – right and left
<https://www.youtube.com/watch?v=SU7ld6uVJ44>
- 7 Okuri-ashi-harai – right and left
<https://www.youtube.com/watch?v=nw1ZdRjrdRI>
Differences between De-ashi-harai (forward foot sweeping throw) and Okuri-ashi-harai (following foot sweeping throw):
https://www.youtube.com/watch?v=vLY_vhILh0I
- 8 Tate-shiho-gatame
<https://www.youtube.com/watch?v=55-rFmBx53g>
- 9 Escape from tate-shiho-gatame
https://www.youtube.com/watch?v=JMJBjnst_DA
- 10 Two ne-waza turnovers of the student's choice – right and left
- 11 Nami-juji-jime (Kata style) and escape – 12+ years old only
<https://www.youtube.com/watch?v=k2cHry9HByQ>
- 12 Gyaku-juji-jime (Kata style) and escape – 12+ years old only
<https://www.youtube.com/watch?v=t3tQriIPdII>
- 13 Warmup exercises – standing round trip (ashi harai zenshin and ashi harai koushin), tai sabaki (soto mawari and uchi mawari)