









# Northglenn Judo Club

## STUDY GUIDE FOR PROMOTION TO YONKYU ORANGE 2ND 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 three types of shido penalty and show the refereeing motion for each.
- 3 Name two types of honsoku make penalty and show the refereeing motion for each.
- 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.

## **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 Harai-goshi – right and left  
<https://www.youtube.com/watch?v=qTo8HIAAkOo>
- 7 Ushiro-kesa-gatame – right and left  
<https://www.youtube.com/watch?v=SBapox2M2dE>
- 8 Escape from ushiro-kesa-gatame – right and left  
<https://www.youtube.com/watch?v=4QuzAAucQsA>
- 9 Three ne-waza turnovers of the student's choice – right and left
- 10 Nami-juji-jime (Kata style) and escape – 12+ years old only  
<https://www.youtube.com/watch?v=k2cHry9HByQ>
- 11 Gyaku-juji-jime (Kata style) and escape – 12+ years old only  
<https://www.youtube.com/watch?v=t3tQriIPdII>
- 12 Warmup exercises – standing round trip (ashi harai zenshin and ashi harai koushin), tai sabaki (soto mawari and uchi mawari)