



Northglenn Judo Club

STUDY GUIDE FOR PROMOTION TO SR. IKKYU BROWN

MINIMUM REQUIREMENTS:

- Students show good behavior and attitude.
- Students show consistent attendance at practice.
- 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 or general knowledge from previous ranks.
2. Improved knowledge and ability of previous ranks.
3. Explain the purpose of “Kata” and “Randori”.
4. Judo principles – The student should demonstrate understanding of Dr. Kano’s principles. Full information can be found in the Motto appendix and associated web pages.
 - Sei Ryoku Zen Yo (精力善用)
 - Ji Ta Kyo Ei (自他共栄)
 - Jin Ki Shi Sei (尽己俟成)
 - Onore Wo Tsukushite Naru Wo Matsu
5. Ukemi principles – The student should demonstrate an understanding of the purpose and value of practicing ukemi. Full information can be found in the Ukemi appendix and associated web pages.
6. Mat etiquette – The student should be able to describe proper mat etiquette. Full information can be found in the Tatami / Dojo appendix and associated web pages.
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 and associated web pages.
 - 姿勢 (Shisei – Posture)
 - 進退動作 (Shintai Dosa – Forward/Backward Movement)
 - 崩し (Kuzushi – Off Balance)
 - 基本体捌き (Kihon-Tai-Sabaki – Basic Body Processing)
 - 飛び体捌き (Tobi-Tai-Sabaki – Jumping Tai Sabaki)
8. 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 and associated web pages.

VOCABULARY:

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| 1. Any vocabulary from previous ranks | 7. Kiai – Spirited shout |
| 2. Gaeshi – Return, reverse | 8. Mata – Thigh |
| 3. Hane – Spring up, bounce up | 9. Osaekomi-waza – Hold Down techniques |
| 4. Hara – Abdomen, belly | 10. Shime-waza – Choking technique |
| 5. Kansetsu-waza – Joint technique (Arm Lock) | 11. Sumi – Corner |
| 6. Katame-waza – Mat work (grappling) techniques | 12. Ura – Back, rear |
| | 13. Waki – Armpit, side of body, midriff |



ABILITY TO DEMONSTRATE: (right and left where appropriate)

1. Koshi-waza
 - Hane-goshi
2. Ashi-waza
 - Uchi-mata
3. Sutemi-waza
 - Ura-nage
 - Sumi-gaeshi
4. Shime-waza (and escape from)
 - Sode-guruma-jime
5. Kansetsu-waza (and escape from)
 - Ude-hishigi-hara-gatame
 - Ude-hishigi-waki-gatame
6. Kata
 - Nage No Kata (Ashi-waza): Both Tori and Uke
 - Ashi-waza
 - Okuri-ashi-harai
 - Sasae-tsurikomi-ashi
 - Uchi-mata
7. Three ne-waza turnovers of the student's choice – right and left