



Northglenn Judo Club

STUDY GUIDE FOR PROMOTION TO SR. NIKYU BROWN

MINIMUM REQUIREMENTS:

- Student shows good behavior and attitude.
- Student shows 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 (尽己瘞成)
 - 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:

1. Any vocabulary from previous ranks
2. Ashi-waza – Foot techniques
3. Hiza – Knee
4. Kaeshi waza – Counter techniques
5. Koshi waza – Hip techniques
6. Masutemi waza – Straight back sacrifice techniques
7. Nage-waza – Throwing techniques
8. Okueri – Back of Collar
9. Sankaku – Triangle
10. San-nin Uchikomi – Three person Uchikomi
11. Sutemi-waza – Sacrifice techniques
12. Tachi-waza – Standing techniques
13. Te-waza – Hand techniques
14. Tomoe - Whirl
15. Yoko-sutemi-waza – Side sacrifice techniques



ABILITY TO DEMONSTRATE: (right and left where appropriate)

1. Koshi-waza
 - Uki-goshi
2. Ashi-waza
 - Ashi-guruma
 - Hiza-guruma
3. Sutemi-waza
 - Tomoe-nage
4. Shime-waza (and escape from)
 - Sankaku-jime
5. Kansetsu-waza (and escape from)
 - Ude-hishigi-hiza-gatame
6. Kata
 - Nage No Kata (Koshi-waza): Both Tori and Uke
 - Koshi-waza
 - Uki-goshi
 - Harai-goshi
 - Tsurikomi-goshi
7. Three ne-waza turnovers of the student's choice – right and left