



Northglenn Judo Club

STUDY GUIDE FOR PROMOTION TO SR. SANKYU 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. Aiyotsu – Right / Right grip or Left / Left grip by both person
3. Awase waza – Two Waza-ari
4. Hadaka – Naked
5. Hansoku make – A loss by a violation of rules
6. Jikuashi – Pivoting foot
7. Kachi – Win
8. Kenkayotsu – Right / Left grip by both person
9. Kuro obi – Black belt
10. Newaza – Ground techniques
11. Renraku waza – Continuous techniques
12. Renzoku waza – Connected techniques
13. Sode – Sleeve
14. Sonomama – Freeze
15. Soremade – Time is up
16. Uki – Floating



17. Yoshi – Good (Continue)

ABILITY TO DEMONSTRATE: (right and left where appropriate)

1. Te-waza
 - Kata-guruma
 - Uki-otoshi
2. Koshi-waza
 - Tsuru-komi-goshi
 - Sode-tsuru-komi-goshi
3. Ashi-waza
 - Ko-soto-gari
4. Osaekomi-waza (and escape from)
 - Kuzure-kami-shiho-gatame
 - Ushiro-kesa-gatame
5. Shime-waza (and escape from)
 - Hadaka-jime
6. Kansetsu-waza (and escape from)
 - Ude-hishigi-ude-gatame
7. Kata
 - Nage No Kata (Te-waza): Both Tori and Uke
 - Te-waza
 - Uki-otoshi
 - Seoi-nage
 - Kata-guruma
8. Three ne-waza turnovers of the student's choice – right and left