



Northglenn Judo Club

STUDY GUIDE FOR PROMOTION TO SR. YONKYU GREEN

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. Name two 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 understanding of when and why judoka bow. Full information can be found in the Rei Hou appendix and associated web pages.
5. 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 (尽己瘼成)
 - Onore Wo Tsukushite Naru Wo Matsu
6. 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.
7. 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.
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 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)
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 and associated web pages.

VOCABULARY:

1. Any vocabulary from previous ranks
2. De – Forward
3. Eri – Collar of Judogi
4. Garami – Entwined
5. Guruma – Wheel
6. Gyaku – Reverse
7. Harai – Sweeping
8. Kami – Upper
9. Kumi kata – Gripping
10. Morote – Two arm
11. Nami – Standard
12. Okuri – Following, passing it through
13. Shintai – Forward and backward movement
14. Shisei – Posture or body position
15. Tai sabaki – Body processing (how to move your body in judo)



16. Tate – Lengthwise, vertical, or parallel

17. Tokui waza – Favorite technique

ABILITY TO DEMONSTRATE: (right and left where appropriate)

1. Basics

- Warmup exercises – Standing round trip (ashi harai zenshin and ashi harai koushin), Tai sabaki (soto mawari and uchi mawari)
- Ukemi – Being thrown
- Ukemi – Zenpo kaiten (Mae mawari ukemi)

2. Te-waza

- Morote-seoi-nage

3. Koshi-waza

- Harai-goshi
- Koshi-guruma

4. Ashi-waza

- De-ashi-harai
- Okuri-ashi-harai

5. Osaekomi-waza (and escape from)

- Kami-shiho-gatame
- Tate-shiho-gatame

6. Shime-waza (and escape from)

- Gyaku-juji-jime (Kata style)
- Nami-juji-jime (Kata style)
- Okuri-eri-jime (Kata style)

7. Kansetsu-waza (and escape from)

- Ude-garami

8. Three ne-waza turnovers of the student's choice

9. Tokui waza – moving in all four directions (R/L/F/B)