



Northglenn Judo Club

STUDY GUIDE FOR PROMOTION TO SR. GOKYU YELLOW

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 and knowledge from previous ranks.
2. Who was the founder of Judo? Dr. Jigoro Kano
3. What year was Judo founded? 1882
4. What was the name of the school he founded? The Kodokan
5. Who founded the Northglenn Judo Club? Dr. Dennis McGuire & Page
Baptist
6. When was the Northglenn Judo Club founded? 1965
7. Who is the Northglenn Judo Club President? Warren Agena, Rokudan
8. 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.
9. 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
10. 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.
11. Mokuso – The student should be able to describe why we practice Mokuso at the end of practice. Full information can be found in the Rei Hou appendix and associated web pages.

VOCABULARY:

1. Any vocabulary from previous ranks
2. Gari – Reap
3. Ha – Wing
4. Hiki te – Pulling Hand
5. Hishigi – Break, crush, sprain
6. Ippon (technique) – One stick (one arm)
7. Ippon (score) – One stick (full point)
8. Juji – Cross
9. Kake – Execution of a throw
10. Kansetsu – Joints
11. Kata (practice type) – Form practice
12. Kata (technique) – Shoulder
13. Kata (state) – Being half
14. Ko – Minor
15. Koshi – Hip (same as goshi)
16. Kuzure – Modified
17. Kuzushi – Off-balancing
18. Mae – Forward
19. Nage – Throw
20. Nagekomi – Throwing practice
21. Osaekomi – Hold down
22. Otoshi – Drop
23. Seoi – Back carry
24. Shido – Minor penalty
25. Shiho – 4 corners
26. Shime (jime) – Choke
27. Soremade – The end
28. Soto – Outer
29. Tai – Body
30. Te – Hand

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Updated: 07May2025



31. Toketa – Hold broken
32. Tsukuri – Set-up or fit-in of a throw
33. Tsurite – Fishing hand
34. Uchi – Inner
35. Uchikomi – Repetition practice
36. Ude – Arm
37. Ushiro – Rear / backward
38. Yuko – It was a valid move, but not quite to call there was a technique.
39. Waza-ari – There was a technique (half point)
40. Waza-ari awasete ippon – Two waza-ari makes ippon
41. Yoko – Sideways, horizontal, or perpendicular

ABILITY TO DEMONSTRATE: (right and left where appropriate)

1. Basics
 - Ukemi – zenpo kaiten
 - Warmup exercises – judo udetate (pushups), teppo gaeshi bridge, ashi geri, ashi kousa, ashi mawashi (in and out), koshi kiri
2. Te-waza
 - Ippon-seoi-nage
 - Tai-otoshi
3. Ashi-waza
 - Ko-uchi-gari
 - O-soto-gari
 - O-uchi-gari
4. Osaekomi-waza (and escape from)
 - Kata-gatame
 - Kuzure-kesa-gatame
 - Yoko-shiho-gatame
5. Shime-waza (and escape from)
 - Kata-ha-jime (Kata style)
 - Kata-juji-jime (Kata style)
6. Kansetsu-waza (and escape from)
 - Ude-hishigi-juji-gatame
7. One ne-waza turnover of the student's choice