



Northglenn Judo Club

STUDY GUIDE FOR PROMOTION TO SR. ROKKYU WHITE

MINIMUM REQUIREMENT:

- 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. Who was the founder of Judo? Dr. Jigoro Kano
2. What year was Judo founded? 1882
3. What was the name of the school he founded? The Kodokan
4. Who founded the Northglenn Judo Club? Dr. Dennis McGuire & Page Baptist
5. When was the Northglenn Judo Club founded? 1965
6. Who is the Northglenn Judo Club President? Warren Agena, Rokudan (6th degree black belt)
7. Names, colors, order of “kyu” belt ranking system.
8. The meaning of the name: Judo (柔道), a commonly referred to “Gentle Way”.
 - 柔 : The literal translation of the letter is “Gentle”. This is where “Gentle Way” came from, but it is not quite right interpretation of the name Judo. “柔” is also being read “Yawara (soft, gentle)” and “Yawara” is a collection / series of techniques that uses the opponent's strength to defeat the opponent (soft way) instead of using force (hard way), developed during Samurai century, also referred to Ju-Jitsu (柔術, “術” being techniques, tactical).
 - 道 : A way of. Kano-Shihan (Master Teacher) derived a physical/mental teaching method utilizing Ju-Jitsu training and reclassified as A Way of Yawara, instead of “Tactical techniques of Yawara”.
 - Judo vs Ju-Jitsu
 - Ju-Jitsu: It will make you a weapon. It teaches you a series of tactical techniques to defeat others. No teaching principle or philosophy, similar to Boxing, wrestling, or other fighting sports.
 - Judo: It will create a person who can utilize the weapon and also repurpose it to return/benefit back to the society.
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. Bowing etiquette - The student should demonstrate an understanding of when and why judoka bows. Full information can be found in the Rei Hou appendix and associated web pages.
11. Randori & Shiai - The student should demonstrate an understanding on the purpose of randori and shiai. Full information can be found in the Practice Types appendix and associated web pages.



VOCABULARY:

1. Anza – Sitting cross-legged
2. Ashi – Foot
3. Count to ten – ich, ni, san, shi, go, roku, shichi, hachi, kyu, ju
4. Dojo – Practice Hall
5. Hajime – Start / begin
6. Hidari – Left
7. Judo – The way of Gentle
8. Judogi / Dogi – Judo uniform
9. Judoka – Judo student
10. Katame (Gatame) – Hold
11. Kesa – Monk Sash
12. Kiotsuke – Attention!
13. Komi – Pull in
14. Koshi (Goshi) – Hip
15. Maitta (two taps by hands or feet) - Give up
16. Mate – Stop
17. Migi – Right
18. Mokuso – Quiet mindfulness / reflection
19. Ne – Ground
20. O (or Oo) – Big or major
21. Obi – Belt
22. Randori – Free-style practice
23. Rei – Bow
24. Sasae – Blocking
25. Seiza – Sitting on knees
26. Sensei – Teacher
27. Shiai – Tournament
28. Shomen – Dojo front
29. Tachi – Standing
30. **T**ori – A person who is **T**hrowing
31. Tsuru – Fishing
32. Uke – A person who is getting thrown
33. Ukemi – Judo falls
34. Waza – Technique

ABILITY TO DEMONSTRATE: (right and left where appropriate)

1. Basics
 - Warmup exercises – Waki shime, Ebi, Gyaku ebi, Koshi wari
 - Ukemi – Ushiro, Yoko, Mae mawari
2. Koshi-waza
 - O-goshi
3. Ashi-waza
 - Sasae-tsuru-komi-ashi
4. Osaekomi-waza
 - Kesa-gatame
 - Escape from Kesa-gatame
5. One Ne-waza turnover of the student's choice