



### Senior Yonkyu Study Guide

USJF  
PO Box 338  
Ontario, OR 97914

Phone: 541-889-8753  
Fax: 541-889-5836



## Senior Yonkyu Green or Blue Belt

*Study Guide*

# UNITED STATES JUDO FEDERATION



Issued Date: April 2008

**Study Guide Assigned To:**

- \_\_\_\_\_
- Date Assigned: \_\_\_\_\_
- Initiated By: \_\_\_\_\_





# USJF Judo

## CAVEAT

This booklet is specifically intended for use as a study guide and aide to assist the student in preparing for promotions. It is expressly limited to this purpose only. Nothing contained herein should be construed by the user as constituting a rank standard for promotion different from the published USJF standard.

USJF students and others are encouraged to use this booklet as a study aid when preparing for promotion to the rank indicated on the cover. The USJF Board of Examiners believes that individuals choosing to use this study aid will benefit by increased knowledge of Kodokan Judo and in their preparation for promotion.

The official promotion procedures and senior rank standards used by the United States Judo Federation can be found online at [http://www.usjf.com/public/rank\\_requirement.pdf](http://www.usjf.com/public/rank_requirement.pdf). These rank standards are the definitive documents concerning criteria for rank and promotion procedures for the United States Judo Federation. For further information or clarification as to applicable minimum rank standards, please visit the website or check with your dojo sensei or yudanshakai board of examiner representative.

The photographs used in this study guide are the property of Mr. Bob Brink of the Anchorage Dojo and are used by permission. The cover photo, of the belt, is the property of Mr. Bill Beebe of Ozark Judo and is used by permission.

COPYRIGHT 2008 BILL BEEBE AND THE USJF.

This body of work was authorized and approved by the USJF Board of Examiners on April 9, 2008. Credit for the final product goes to these four USJF sensei's: Bob Harder, Ad Hoc committee chairman; Eiko Shepherd; Tom Sheehan and to Bill Beebe the principle draftsman and concept originator. The work product can not be modified or altered in any way without the prior written permission of Sensei Bill Beebe and the United States Judo Federation, Inc.



## Student Notes



## Student Notes



### Table of Contents

#### Introduction

General Information	1
Health and Hygiene	1
General Eligibility	2

#### Promotion Tasks

General Knowledge	3
Suggested Reading	4
Ability to Demonstrate	4

#### Competition

Competitive Ability	6
Competition Experience	6

#### Time In Grade

General Requirements	7
Yonkyu Requirements	7
Practice Time	8

#### Suggested Vocabulary

General Requirements	11
Suggested Vocabulary Words	12

Student Notes	13
---------------	----



## Introduction

### General Information

The United States Judo Federation uses a six kyu (or class) promotion system prior to promoting a person to Shodan or First Degree Black Belt. These classes are Rokkyu (Sixth Class), Gokyu (Fifth Class), Yonkyu (Fourth Class), Sankyu (Third Class), Nikyu (Second Class) and Ikkyu (First Class). Yonkyu is the second rank in this system where the judoka wears a colored Belt, the first being Gokyu.

While still a “Beginner”, the judoka should have some elementary skills and understanding of Kodokan Judo practice and techniques. At this rank, the general public will consider the judoka to be somewhat proficient in judo and will expect him/her to be able to explain Kodokan Judo and to execute basic techniques with some degree of skill. It is important that the judoka understand that this is the first step in a long journey toward proficiency in Kodokan Judo.

Since this is the second rank with a colored belt, it is important that the Instructor counsel the student as he/she prepares to engage in the challenge of becoming a Kodokan Judoka. The Yonkyu must be made to understand that he/she will be expected to be an example to other beginners in the class, that they must demonstrate a willingness to learn that will encourage others. This includes being at the class on time, being ready to practice and being attentive. Therefore, the judoka must practice with sincerity, dedication and regularity.

### Health and Hygiene

Kodokan Judo is a sport that is practiced with a partner in close physical contact. In order to minimize the transmission of diseases, students should:

- A. Wash the gi (judo uniform) after each practice.
- B. Inspect the body before each practice for lesions, cuts, scratches and abrasions that could transmit blood or other body fluids. Take the necessary action to minimize the potential transmission of body fluids.
- C. Refrain from practice when you have contagious diseases such as colds, flu or other diseases that could be transmitted to another student by close physical contact, coughing or sneezing.



## Student Notes

## Student Notes

### General Eligibility

To be considered eligible for promotion to the rank of Yonkyu, the judoka must demonstrate the following:

- A. Be of good moral character, have a good attitude and outlook on life in general and Kodokan Judo in particular, and show a maturity that will ensure that the knowledge he/she is about to gain will not be abused.
- B. A basic understanding of competition in Olympic Judo.
- C. Technical proficiency in the techniques taught for this rank.
- D. Adequate time in grade to both understand and be proficient in the techniques required at this rank.
- E. A recommendation by the candidates' instructor or by the Yudanshakai Board of Examiners.

Candidate's for promotion must be currently registered with the United States Judo Federation. Candidates must also be an active member of their club.



## Promotion Tasks

The judoka should work with his/her instructor on the topics included in the “Suggested Knowledge” section below. When the student feels that he or she understands the principles included in these topics he or she should date and initial the topic. This will guide the student through their study of Kodokan Judo.

### Suggested Knowledge

Task	Date Completed
Basic Kodokan Judo etiquette.	
Basic Kodokan Judo hygiene.	
Purpose of breakfalls	
Correct forms of sitting, standing and kneeling.	
Basic fundamentals of grasping.	
Basic posture, both natural and defensive.	
Basic principles of throwing (breaking balance, fitting the body, and finishing the throw).	
Difference between Kodokan Judo and Jujitsu.	
Knowledge of the fundamental principles of Kodokan Judo (the three maxims of judo).	
Basic history of Kodokan Judo, its origin and progression into the Olympics.	
Vocabulary (see suggested list in this study guide)	

## Suggested Vocabulary List

English	Japanese	English	Japanese
One	Ich	Start	Haijime
Two	Ni	Stop	Matte
Three	San	Hold Still-Pause	Sona-Mama
Four	Yon	Continue	Yoshi
Five	Go	Hold Down	Osae-Komi
Six	Roku	Hold Broken	Toketa
Seven	Sichi	One Point	Ippon
Eight	Hachi	Half Point	Wazari
Nine	Ku	Almost Wazari	Yuko
Ten	Ju	Almost Yuko	Koka
Belt	Obi	Sitting Bow	Za-Rei
Uniform	Gi	Choke	Jime
Side	Yoko	Technique	Waza
Drop	Otoshi	Practice Hall	Dojo
Hold	Gatame	Foot or leg	Ashi
Collar	Eri		

## Suggested Vocabulary

### General Requirements

Kodokan Judo is an Olympic Sport and self defense system that originated in Japan. Therefore, the techniques and class commands are properly known by their Japanese names. Learning the proper names for the techniques, the commands used in class and the way to address the instructors and visitors is important to all United States Judo Federation students. This has the added benefit of allowing you to practice effectively anywhere in the world where Kodokan Judo is taught.

In addition, all commands at Kodokan Judo tournaments up to and including the Olympic Games are given in Japanese. Therefore, it is imperative that the student understand these terms to be competitive in tournament play.



## Promotion Tasks

### Suggested Reading

The candidate for promotion to Yonkyu should consult with the head instructor to determine appropriate reading material to guide his/her study in Kodokan Judo. It is suggested, but not required, that the student read at least one book of the instructor's choosing in addition to visiting several of the internet sites that contain in depth information on Kodokan Judo. The books and websites listed here are provided as an aid to the instructor and student in selecting appropriate material.

Title	Date Completed
"Judo Textbook" by Hayward Nishoka	
Judo Information Site ( <a href="http://www.judoinfo.com/">http://www.judoinfo.com/</a> )	
Kodokan Judo Web Site ( <a href="http://www.kodokan.org/">http://www.kodokan.org/</a> )	

Ukemi-Waza	Date Completed
Ushiro-Ukemi	
Migi-Yoko Ukemi	
Hidari-Yoko-Ukemi	
Migi Zenpo-Kaiten	
Hidari Zenpo-Kaiten	
Mae-Ukemi	

Osaekomi-Waza	Date Completed
Kesa-Gatame	
Kata-Gatame	
Yoko-Shiho-Gatame	
Kami-Shiho-Gatame	

## Promotion Tasks

## Ability to Demonstrate

Nage-Waza	Date Completed
De-Ashi-Barai	
Hiza-Guruma	
Kouchi-Gari	
Tai-Otoshi	
O-Soto-Gari	
O-Goshi	
O-Uchi-Gari	
Seoi-Nage	



## Time In Grade

## Practice Time

[illegible]

## Time In Grade

## Practice Time

[illegible]

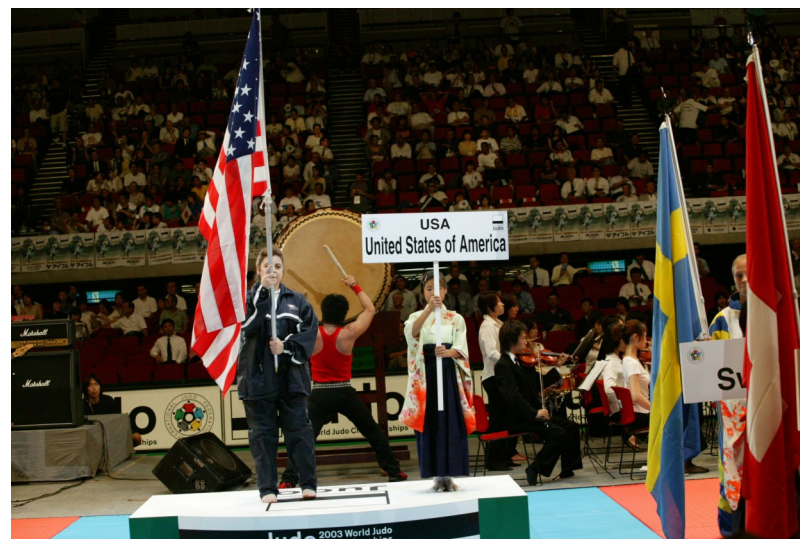
## Competition

## Competition Experience

A competitor shall be required to spend less time in grade and will be given greater weight for his or her competition record towards promotion consideration. A non-competitor will have stricter requirements and a longer time in grade than a competitor.

The Sankyu (third class brown belt) study guide will include a table that describes the reduction in time in grade given by the USJF for competition record.

Tasks	Required Experience
Competitor	None for Yonkyu
Official	None for Yonkyu



## Time In Grade

## General Requirements

The time in grade requirements are based on a period of time that the student remained a registered member of the United States Judo Federation since his/her last promotion. Since the Senior Yonkyu rank is the second rank that the senior student can be promoted to, the Time In Grade indicates the total time that the student has been a registered member of the USJF since being promoted to Gokyu.

## Yonkyu Requirements

Time in Grade	Date Completed
Minimum time in grade for yonkyu is determined by the instructor based on the progress of the individual student. The student should record his/her practice time since being promoted to Gokyu.	



## Practice Time

[illegible]