

WHITE BELT

ROKKYU

JR TESTING REQUIREMENTS

STUDY GUIDE

JUDO HISTORY & PHILOSOPHY

- **Why do we learn Judo?** *Learning judo teaches us skills and strategies to help us become the best person we can be.*
- **What is judo? What is it not?** *Judo is learning how to train yourself while working with others cooperatively, keeping everyone safe and able to learn. It is not about punching, kicking, breaking things, nor hurting others.*

ESSENTIAL QUESTION

Why do we wear a uniform to practice judo?

To protect our body and to be able to grip the uniform to work with a partner.

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- **How can I be a good judoka?** *A good judoka trains their body, mind and spirit to continuously develop knowledge, self-control, and integrity, trying to improve every day. They learn about and practice Judo virtues. They try to be the best person they can be.*

VOCABULARY

Be able to translate the following from Japanese to English or English to Japanese.

Gi Judo Uniform

Obi Judo Belt

Dojo Training place where judo is practiced

Judoka Someone who practices judo

Sensei Teacher or Instructor

**VISIT OUR KOKA
KIDS RESOURCE!**



DEMONSTRATION REQUIREMENTS

Students must be able to demonstrate and translate all the following techniques.

GENERAL

- Tie own obi
- Bow as taught
- Follow the basic rules and protocols of the dojo

UKEMI

- Keep your chin tucked and slap the mat with a straight arm.
- Perform Ushiro-ukemi (back break fall) from a sitting, squatting, and standing position
- Perform Yoko-ukemi (side break fall) from a sitting and squatting position
- Perform Mae-mawari-ukemi (judo roll) from a kneeling position

NAGE-WAZA

- Perform off-balancing and ukemi exercises as taught with a partner.
- As Tori, keep own balance, and never let go of partner's sleeve.
- As Uke, accept and demonstrate the fall safely and properly.
 - ▷ The instructor will select the techniques to demonstrate.

KATAME-WAZA

- Tell and show what makes a successful gatame (judo pin) selected by sensei:
 - ▷ On their back
 - ▷ Pressing down from the side, the head, or the top
 - ▷ Controlling with the arms, head, and upper body
 - ▷ Using the legs to balance, move, and control.