

BLUE/PURPLE BELT ADVANCED NIKYU JUNIOR TESTING REQUIREMENTS STUDY GUIDE

STUDENTS ARE REQUIRED TO SHOW IMPROVEMENT ON ALL PREVIOUS KNOWLEDGE.

JUDO HISTORY & PHILOSOPHY

- What are key components of Professor Kano's intent for the development of the whole judoka?

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- In addition to competing, how else can a judoka contribute to the judo community?

VOCABULARY

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

Soto-makikomi Outer Wraparound Throw
Sumi-gaeshi Corner Throw
Morote-jime Two Hand Choke
Sode-guruma-jime Sleeve Wheel Choke

ESSENTIAL QUESTION

How does kata enhance my overall understanding of judo?

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DEMONSTRATION REQUIREMENTS

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

GENERAL

- Expanded knowledge of previous ranks
- Enhanced judo philosophy
- Expanded understanding and application of refereeing, timekeeping, scorekeeping, and tournament management
- Teach proper ukemi to lower ranking judoka
- Improve own actions as Uke in Nage No Kata

KATA

- Nage No Kata Competitor: 3 sets as Uke
- Non-Competitor: 3 sets as Tori

NAGE-WAZA

- Soto-makikomi Outer Wraparound Throw
- Sumi-gaeshi Corner Throw
- Demonstrate and teach multiple techniques and combinations

KATAME-WAZA

- Knowledge or and ability to teach multiple osaekomi-waza entries, applications, and escapes
- Morote-jime Two Hand Choke
- Sode-guruma-jime Sleeve Wheel Choke
- Escapes from previous shime-waza
- Osaekomi-waza escape to Hadaka-jime, Okuri-eri-jime, and Gyaku-juji-jime