

# PURPLE BELT

IKKYU

## JUNIOR TESTING REQUIREMENTS STUDY GUIDE

STUDENTS ARE REQUIRED TO SHOW IMPROVEMENT ON ALL PREVIOUS KNOWLEDGE.

### JUDO HISTORY & PHILOSOPHY

- ▶ How can one share Professor Kano's teachings with the community?
- ▶ How does refereeing and/or technical officiating help one expand their understanding of judo?

### PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ▶ Application of Kano's intent for the development of the whole judoka
- ▶ Yudanshakai level refereeing and/or technical officiating
- ▶ Explore regional referee certification
- ▶ Enhanced leadership development

### VOCABULARY

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

<i>Tomoe-nage</i> Circular throw	<i>Sankaku-gatame</i> Leg Extractions From Scissors
<i>Ashi-guruma</i> Leg Wheel	<i>Kata-juji-jime</i> Half Cross Lock
	<i>Kata-ha-jime</i> Single Wing lock

### ESSENTIAL QUESTIONS


How have I evolved  
as a judoka?

VISIT OUR KOKA  
KIDS RESOURCE!




## DEMONSTRATION REQUIREMENTS

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




### GENERAL

- ▶ Expanded knowledge of previous ranks
- ▶ Demonstration of teaching/modeling judo philosophy
- ▶ Application of Seiryoku Zenyo Jita Kyoei in personal life
- ▶ Referee and Tournament Management




### KATA

- ▶ Competitor Level: Perform three sets of Nage No Kata as tori
- ▶ Non-Competitor Level: Perform all five sets of Nage No Kata as uke



### NAGE-WAZA

- ▶ Tomoe-nage Circular Throw
- ▶ Ashi-guruma Leg Wheel
- ▶ Demonstrate and teach multiple techniques and combinations



### KATAME-WAZA

- ▶ Knowledge of and ability to teach multiple osae waza entries, applications, transitions, and escapes
- ▶ Sankaku-gatame
- ▶ Kata-juji-jime
- ▶ Kata-ha-jime
- ▶ Escapes from previous shime-waza techniques
- ▶ Combination applications from Osaekomi-waza to Ude-hishigi-ude-gatame, Ude-hishigi-juji-gatame