

WHITE/YELLOW BELT ADVANCED ROKKYU TEST

TO BE ASSESSED AND MODIFIED PER SENSEI DISCRETION.

JUDO HISTORY & PHILOSOPHY

- ☐ Name the founder of judo.
- ☐ In what country was judo founded?

ESSENTIAL QUESTION

- ☐ What does judo mean?

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ☐ Name four general categories of judo virtues.

VOCABULARY


Translate the following.

- | | |
|----------------------------------|---------------------------------|
| <input type="checkbox"/> Hajime | <input type="checkbox"/> Rei |
| <input type="checkbox"/> Mate | <input type="checkbox"/> Uke |
| <input type="checkbox"/> Umkemi | <input type="checkbox"/> Tori |
| <input type="checkbox"/> Obi | <input type="checkbox"/> Sensei |
| <input type="checkbox"/> Judo Gi | <input type="checkbox"/> Dojo |

DEMONSTRATION REQUIREMENTS			
Sensei will grade each demonstration requirement as a 4, 3, 2, or 1 score.			
4 Advanced	3 Proficient	2 Developing	1 Needs Improvement
Judoka is able to demonstrate exemplary technique flawlessly with fluid kuzushi, tsukuri, & kake from verbal command.	Judoka is able to demonstrate technique with mostly fluid kuzushi, tsukuri, & kake from verbal command.	Judoka is able to demonstrate technique, but may need verbal cues or lacks in kuzushi, tsukuri, or kake.	Judoka is unable to complete the technique from verbal command or cues and/or lacks in 2+ execution requirements.
PRIOR RANK REQUIREMENTS ASSESSED			


DEMONSTRATION REQUIREMENTS

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




GENERAL

- ___ Ritzarei (Standing Bow)
- ___ Zarei (Kneeling Bow)
- ___ Name 3 parts of a throw
Kuzushi, Tsukuri, Kake
- ___ Shisei:
- ___ Shizentai (natural posture)
- ___ Jigotai (defensive posture)
- ___ Be an active learner and participant
- ___ Follow the rules of the dojo




UKEMI

- ___ Ushiro Back
- ___ Yoko Side
- ___ Mae Forward
- ___ Mae-mawari-ukemi
Roll



NAGE-WAZA

- ___ O-goshi Major hip throw
- ___ Uki-goshi Floating hip throw



KATAME-WAZA

(Includes entries, variations, escapes, turnovers and transitions)

- ___ Kami-shiho-gatame
Upper Four Corner Hold
- ___ Yoko-shiho-gatame Side
Locking Four-Corner Hold