

YELLOW/ ORANGE BELT ADVANCED GOKYU TEST

TO BE ASSESSED AND MODIFIED PER SENSEI DISCRETION.

JUDO HISTORY & PHILOSOPHY

- ☐ What do the letters for USJF stand for?
- ☐ What is the name of your dojo and sensei(s)?
- ☐ What is the name of your regional yudanshakai?

ESSENTIAL QUESTION

- ☐ What are 2 important things to do during ukemi?

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ☐ Academic achievement
- ☐ Assist with less experienced judoka with guidance
- ☐ Community involvement
- ☐ Display expanded virtues of judo
- ☐ Expand physical fitness and adeptness
- ☐ Family engagement
- ☐ Increased participation
- ☐ Improved character traits

VOCABULARY

Translate the following from Japanese to English or English to Japanese.

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> <i>Ashi</i> | <input type="checkbox"/> <i>Ippon</i> | <input type="checkbox"/> <i>Yoshi</i> |
| <input type="checkbox"/> <i>Te</i> | <input type="checkbox"/> <i>Waza-ari</i> | <input type="checkbox"/> <i>Nage</i> |
| <input type="checkbox"/> <i>Goshi</i> | <input type="checkbox"/> <i>Sono Mama</i> | <input type="checkbox"/> <i>Waza</i> |
| <input type="checkbox"/> <i>Hiza</i> | <input type="checkbox"/> <i>Shido</i> | |
| <input type="checkbox"/> <i>Hidari</i> | <input type="checkbox"/> <i>Hansoku make</i> | |
| <input type="checkbox"/> <i>Migi</i> | <input type="checkbox"/> <i>Waza-ari Awasete Ippon</i> | |

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

- **Basic competition rules**
Understanding points and penalties while competing in a judo match
 - ▷ Ippon, Waza-ari, Yuko, waza-ari awasete Ippon, sono mama, yoshi
 - ▷ Shido, hansoku make
- **Increased participation**
- **Improved behavior on the mat**

UKEMI

- **All ukemi shows improvement**
- **Know and demonstrate key safety points**

NAGE-WAZA

- **De-ashi-harai** Forward foot sweep
- **Ippon-seoi-nage** One arm shoulder throw
- **Morote-seoi-nage** Two arm shoulder throw
- **One combination of known techniques**

KATAME-WAZA

- **Tate-shiho-gatame** Straight Locking Four-Corner Hold
- **Escapes and variations from all holds**
- **Expanded turnover repertoire**