

# ORANGE BELT YONKYU TEST

TO BE ASSESSED AND MODIFIED PER SENSEI DISCRETION.

## JUDO HISTORY & PHILOSOPHY

- ☐ Is judo practiced across the United States?
- ☐ When was the first American dojo founded?
- ☐ Name an American Judo competitor you have heard of.

## PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ☐ How do you help and mentor others in your dojo?
- ☐ How you are improving your academic skills?
- ☐ Guided score keeping and refereeing during class and in the dojo

## VOCABULARY

Translate the following.

- |   |   |
|---|---|
| <input type="checkbox"/> <b>Ashi-waza</b>   | <input type="checkbox"/> <b>Sutemi-waza</b> |
| <input type="checkbox"/> <b>Kaeshi-waza</b> | <input type="checkbox"/> <b>Te-waza</b>     |
| <input type="checkbox"/> <b>Koshi-waza</b>  | <input type="checkbox"/> <b>Tai-sabaki</b>  |

## ESSENTIAL QUESTION

- ☐ Why is proper ukemi important?

### 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

- Consistent attendance and participation
- Show maturation and self-discipline
- Understand shido penalties
  - ▷ Three shidos = hansokue make
  - ▷ Shidos do not equal points
  - ▷ Name three shidos (stalling, gripping, out-of-bounds, etc.)
- Understand Hansoku Make Penalties
  - ▷ Cumulative (3 shidos)
  - ▷ Direct Hansoku Make
  - ▷ Against the spirit of judo: unsportsmanlike conduct, striking, refusing to bow
  - ▷ Self-endangerment: posting on the head, head diving

### UKEMI

- Improved skills paralleling tori's progressive tachi waza

### NAGE-WAZA

- Harai-goshi *Hip Sweep*
- Hiza-guruma *Knee Wheel*
- Kouchi-gari *Small Inner Reap*
- O-soto-gari *Large Outer Reap*
- Tai-otoshi *Body Drop*
- One combination
- One counter

### KATAME-WAZA

- Escapes from all holds
- Expand turnover repertoire from stomach and turtle positions
- Ura-gatame *Back Pin (hold)*
- Ushiro-kesa-gatame *Backward Scarf Hold*