

TO BE ASSESSED AND MODIFIED PER SENSEI DISCRETION.

JUDO HISTORY & PHILOSOPHY

- About 20 million people are doing judo around the world.
- France has the most judoka with almost 800,000 people active.
- Basics of judo in Olympics.
- Name at least one Judo Olympian, World Champion, or Pan American
- Champion you have heard of.

ESSENTIAL QUESTION

- Why are there so many ways to move in judo?

PRIOR RANK REQUIREMENTS ASSESSED

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- Academic achievement
- Assist with less experienced judoka
- Community involvement
- Continued dojo level refereeing and/or technical officiating
- Display expanded virtues of judo
- Expand physical fitness and adeptness
- Family engagement
- Increased participation
- Maturing character traits

VOCABULARY

Translate the following.

- Seiryoku Zenyo*
- Ayumiashi*
- Tsugiashi*

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 kaka.	Judoka is unable to complete the technique from verbal command or cues and/or lacks in 2+ execution requirements.

DEMONSTRATION REQUIREMENTS

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

GENERAL

- ___ Expanded knowledge of previous ranks
- ___ Further development of concepts
- ___ Describe the differing roles of referee, coach, and spectator.

UKEMI

- ___ Proficient on both sides

NAGE-WAZA

- ___ *Ko-soto-gari* *small outer reaping throw*
- ___ *Osoto-gaeshi* *large outer reaping throw counter*
- ___ *Ouchi-gaeshi* *large inner reaping throw counter*
- ___ *Hane-goshi* *hip spring*
- ___ *Ko-uchi-makikomi* *small inner reap wraparound*
- ___ 2 Combinations
- ___ 2 Counters

KATAME-WAZA

- ___ *Kata-gatame* *shoulder hold*
- ___ Variations, entries, escapes, and turnovers
- ___ Continue to expand depth of previously known repertoire