

#### JUDO HISTORY & PHILOSOPHY

- ☐ Expanding understanding and scope of judo
- ☐ Jita kyoei (Mutual welfare)

#### ESSENTIAL QUESTION

- ☐ How do I contribute to judo and to my community?

#### PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ☐ Expanded virtues of judo
- ☐ Expand physical fitness and adeptness
- ☐ Academic achievement
- ☐ Family engagement
- ☐ Community involvement
- ☐ Begin local level refereeing and/or technical officiating (if appropriate)
- ☐ Mentor less experienced judoka
- ☐ Begin leadership development
- ☐ Improved character traits
- ☐ Increased participation

#### PRIOR RANK REQUIREMENTS ASSESSED

#### VOCABULARY

Translate the following.

- ☐ Uchikomi
- ☐ Randori
- ☐ Sutegeiko
- ☐ Jita Kyoei

#### 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.

## DEMONSTRATION REQUIREMENTS

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

### GENERAL

- Describe the pros and cons of uchikomi, sutegeiko and randori
- Explain how they are related to each other
- Describe the professionalism needed in refereeing/officiating

### UKEMI

- Solidly able to take ukemi, both right and left handed, for known throws
- Able to present one's self as a good uke

### NAGE-WAZA

- Uchimata  
*Inner Thigh Reaping Throw*
- Tsurikomi-goshi  
*Lift-Pull Hip Throw*
- Sode-tsurikomi-goshi  
*Sleeve Lift-Pull Hip Throw*
- Okuri-ashi-harai  
*Foot Sweep*
- 1 Opposite Side Throw

### KATAME-WAZA

- Variations, entries, escapes, and turnovers for Sankaku-jime *Triangle Choke*
- Continue to expand depth of repertoire