

WHITE/YELLOW BELT

ADVANCED ROKKYU

JR TESTING REQUIREMENTS

STUDY GUIDE

STUDENTS ARE REQUIRED TO SHOW IMPROVEMENT ON ALL PREVIOUS KNOWLEDGE.

JUDO HISTORY & PHILOSOPHY

- ▶ Name the founder of judo. *Professor Jigoro Kano*
- ▶ In what country was judo founded? *Japan*

ESSENTIAL QUESTION

What does judo mean?
The gentle way.

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ▶ Name four general categories of judo virtues.
Knowledge, self-control, integrity, and etiquette.

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VOCABULARY

Be able to translate the following from Japanese to English or English to Japanese.

- | | |
|-----------------------------|--|
| Hajime Start/Begin | Rei Bow |
| Mate Stop | Uke Judoka being thrown |
| Ukemi Breakfall | Tori Judoka performing technique |
| Obi Judo Belt | Sensei Teacher or Instructor |
| Judo Gi Judo Uniform | Dojo Training place where judo is practiced |

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** Posture
 - ▷ **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

- ▶ **Entries, variations, escapes, and turnovers from:**
 - ▷ **Kami-shiho-gatame** Upper Four Corner Hold
 - ▷ **Yoko-shiho-gatame** Side Locking Four-Corner Hold
 - ▷ **Kuzure-yoko-shiho-gatame** Modified Side Locking Four-Corner Hold
- ▶ **Transitions from kneeling position to osaekomi-waza techniques**