

TO BE ASSESSED AND MODIFIED PER SENSEI DISCRETION.

### JUDO HISTORY & PHILOSOPHY

- ☐ When teaching a throw, what are the key points to explain to your students and what mistakes should you look out for?
- ☐ Demonstrate the hand signals for ippon, wazari, yuko, osaekomi, toketa, and mate. Perform hand motions.

### PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ☐ Study and comprehend Kano's intent for the development of the whole judoka
- ☐ Begin yudanshakai level refereeing and/or technical officiating
- ☐ Explore local referee certification
- ☐ Enhanced leadership development

### VOCABULARY

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

- ☐ *Hiki-wake*
- ☐ *Sankaku-jime*
- ☐ *Hadaka-jime*
- ☐ *Okuri-eri-jime*
- ☐ *Gyaku-juji-jime*

### ESSENTIAL QUESTIONS


- ☐ Is the goal of Judo always ippon? If not, what is the goal?
- ☐ Is competition necessary in judo?

### PRIOR RANK REQUIREMENTS ASSESSED

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

- Expanded knowledge of previous ranks
- Teach, mentor, and guide lower ranking judoka
- Demonstrate and explain proper ukemi
- Understand team competition protocols, contest rules, scorekeeping, and recording outcomes




### KATA

- Introduction to Nage No Kata
- Focus on the role of uke and ukemi portion of the kata
- Perform the role of uke for the first three sets



### NAGE-WAZA

- Tsubame-gaeshi Swallow Counter
- Kata-guruma Shoulder Wheel
- Uki-otoshi Floating Drop
- Demonstrate and teach multiple techniques of combinations



### KATAME-WAZA

- Knowledge and ability to teach multiple osaekomi-waza entries
- Applications, and escapes for Sankaku-jime, Hadaka-jime, and Okuri-eri-jime,
- Getting around the "guard" position
- Sankaku Series
- Develop defenses and escapes from kansetsu-waza