

## PURPLE BELT IKKYU TEST

TO BE ASSESSED AND MODIFIED PER SENSEI DISCRETION.

### JUDO HISTORY & PHILOSOPHY

- ☐ How can one share Professor Kano's teachings with the community?
- ☐ How does refereeing and/or technical officiating help one expand their understanding of judo?

### PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ☐ Application of Kano's intent for the development of the whole judoka
- ☐ Yudanshakai level refereeing and/or technical officiating
- ☐ Explore regional referee certification
- ☐ Enhanced leadership development

### VOCABULARY

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

- |   |  |
|---|--|
| <input type="checkbox"/> <i>Tomoe nage</i>  | <input type="checkbox"/> <i>Sankaku Gatame</i> |
| <input type="checkbox"/> <i>Ashi guruma</i> | <input type="checkbox"/> <i>Kata Juji Jime</i> |
|   | <input type="checkbox"/> <i>Kata Ha Jime</i>   |

### ESSENTIAL QUESTIONS

- ☐ How have I evolved as a judoka?

#### 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
- \_\_\_ Demonstration of teaching/modeling judo philosophy
- \_\_\_ Application of Seiryoku Zenyo Jita Kyoei in personal life
- \_\_\_ Referee and Tournament Management

### KATA

- \_\_\_ Competitor Level: Perform three sets of Nage No Kata as tori
- \_\_\_ Non-Competitor Level: Perform all five sets of Nage No Kata as uke

### NAGE-WAZA

- \_\_\_ Tomoe-nage *Circular Throw*
- \_\_\_ Ashi-guruma *Leg Wheel*
- \_\_\_ Demonstrate and teach multiple techniques and combinations

### KATAME-WAZA

- \_\_\_ Knowledge of and ability to teach multiple osae waza entries, applications, transitions, and escapes
- \_\_\_ Sankaku-gatame
- \_\_\_ Kata-juji-jime
- \_\_\_ Kata-ha-jime
- \_\_\_ Escapes from previous shime-waza techniques
- \_\_\_ Combination applications from Osaekomi-waza to Ude-hishigi-ude-gatame, Ude-hishigi-juji-gatame