

YELLOW BELT

GOKYU

JR TESTING REQUIREMENTS STUDY GUIDE

STUDENTS ARE REQUIRED TO SHOW IMPROVEMENT ON ALL PREVIOUS KNOWLEDGE.

JUDO HISTORY & PHILOSOPHY

- ▶ **What is the purpose of judo?** *Judo will help you realize that what you will be able to do tomorrow is more than you can do now, through dedication to practice.*
- ▶ **Tell me about a judo principle(s) and skill(s) you have learned.** *Examples include keeping yourself and your partners safe, kuzushi-tsukuri-kake, being respectful of yourself and others, why we bow, etc.*

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ▶ **Name at least one way you can help your community.** *Examples include pick up trash, volunteer with your family, help someone with their homework, etc.*

VOCABULARY

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

Kuzushi <i>Unbalancing opponent</i>	Soremade <i>End of match</i>
Tsukuri <i>The set up to execute technique</i>	Mae <i>Front or forward</i>
Kake <i>Execution of a technique</i>	Ushiro <i>Back/backwards</i>
Osaekomi <i>Pin is being scored</i>	Yoko <i>Side</i>
Toketa <i>Pin is not being scored</i>	Mae-mawari-ukemi <i>Judo roll</i>

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DEMONSTRATION REQUIREMENTS

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

GENERAL

- ▶ **Newaza movement drills:**
 - ▷ **Ebiyo-ogi** *Shrimp Drill*
 - ▷ **Kata-nuki** *Shoulder Pushing Drill*
 - ▷ **Fukuga-zenshin/Wake-shime** *Army Crawl Type Drill*
- ▶ **Basic bowing in/out of a match procedure**
- ▶ **Basic competition terminology**

UKEMI

- ▶ **Ushiro-ukemi** *from stationary standing position and back up to standing*
- ▶ **Yoko-ukemi** *alternating sides from a standing position*
- ▶ **Mae-ukemi** *from standing position*
- ▶ **Mae-mawari-ukemi** *from standing position*

NAGE-WAZA

- ▶ **Koshi-guruma** *Hip Wheel*
- ▶ **O-uchi-gari** *Major Inside Reaping Throw*

KATAME-WAZA

- ▶ **Kesa-gatame** *Scarf Hold*
- ▶ **Transitions between osaekomi-waza**
- ▶ **Transitions from kneeling into osaekomi-waza**
- ▶ **Transitions from nage-waza to osaekomi-waza**