

## YELLOW/ ORANGE BELT ADVANCED GOKYU JUNIOR TESTING REQUIREMENTS STUDY GUIDE

STUDENTS ARE REQUIRED TO SHOW IMPROVEMENT ON ALL PREVIOUS KNOWLEDGE.

### JUDO HISTORY & PHILOSOPHY

- ▶ What do the letters for USJF stand for? *United States Judo Federation*
- ▶ What is the name of your dojo and sensei(s)?
- ▶ What is the name of your regional yudanshakai?

### ESSENTIAL QUESTION

What are 2 important things to do during ukemi?

*Tuck your chin and slap the mat.*

### PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ▶ Academic achievement
- ▶ Assist with less experienced judoka with guidance
- ▶ Community involvement
- ▶ Display expanded virtues of judo
- ▶ Expand physical fitness and adeptness
- ▶ Family engagement
- ▶ Increased participation
- ▶ Improved character traits

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### VOCABULARY

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

<b>Ashi</b> Foot	<b>Ippon</b> Full Point	<b>Yoshi</b> Continue
<b>Te</b> Hand	<b>Waza-ari</b> Half Point	<b>Nage</b> Throw
<b>Goshi</b> Hip	<b>Sono Mama</b> Don't move	<b>Waza</b> Technique
<b>Hiza</b> Knee	<b>Shido</b> Minor Penalty	<b>Yuko</b> Tie breaking point
<b>Hidari</b> Left	<b>Hansoku make</b> Disqualification	
<b>Migi</b> Right	<b>Waza-ari Awasete Ippon</b> Two Waza-ari Equals an Ippon	

## DEMONSTRATION REQUIREMENTS

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

### GENERAL

- ▶ **Basic competition rules**  
*Understanding points and penalties while competing in a judo match*
  - ▷ *Ippon, waza-ari, yuko, waza-ari awasete ippon, sono mama, yoshi*
  - ▷ *Shido, hansoku make*
- ▶ **Increased participation**
- ▶ **Improved behavior on the mat**

### UKEMI

- ▶ **All ukemi shows improvement**
- ▶ **Know and demonstrate key safety points**

### NAGE-WAZA

- ▶ **De-ashi-harai** *Forward foot sweep*
- ▶ **Ippon-seoi-nage** *One arm shoulder throw*
- ▶ **Morote-seoi-Nage** *Two arm shoulder throw*
- ▶ **One Combination of known techniques**

### KATAME-WAZA

- ▶ **Tate-Shiho-Gatame** *Straight Locking Four-Corner Hold*
- ▶ **Escapes and variations from all holds**
- ▶ **Expanded turnover repertoire**