

ORANGE/GREEN BELT YONKYU JUNIOR TESTING REQUIREMENTS STUDY GUIDE

STUDENTS ARE REQUIRED TO SHOW IMPROVEMENT ON ALL PREVIOUS KNOWLEDGE.

JUDO HISTORY & PHILOSOPHY

- ▶ About 20 million people are doing judo around the world.
- ▶ France has the most judoka with almost 800,000 people active.
- ▶ Basics of judo in Olympics.
- ▶ Name at least one Judo Olympian, World Champion, or Pan American Champion you have heard of.

ESSENTIAL QUESTION

Why are there so many ways to move in judo?

Different bodies are different shapes and sizes, so they need to move differently accordingly. The way you move your feet affects the number of times and direction you are off balance.

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ▶ Academic achievement
- ▶ Assist with less experienced judoka
- ▶ Community involvement
- ▶ Continued dojo level refereeing and/or technical officiating
- ▶ Display expanded virtues of judo
- ▶ Expand physical fitness and adeptness
- ▶ Family engagement
- ▶ Increased participation
- ▶ Maturing character traits

VOCABULARY

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

Seiryoku Zenyo Maximum efficiency with minimal effort

Ayumiashi Natural walking style

Tsugiashi One foot always leads and the other foot always follows

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DEMONSTRATION REQUIREMENTS

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

GENERAL

- ▶ Expanded knowledge of previous ranks
- ▶ Further development of concepts
- ▶ Describe the differing roles of referee, coach, and spectator.

UKEMI

- ▶ Proficient on both sides

NAGE-WAZA

- ▶ **Ko-soto-gari** small outer reap
- ▶ **O-soto-gaeshi** large outer reaping throw counter
- ▶ **Ouchi-gaeshi** Large inner reaping throw counter
- ▶ **Hane-goshi** hip spring
- ▶ **Ko-uchi-makikomi** small inner reap wraparound
- ▶ 2 Combinations
- ▶ 2 Counters

KATAME-WAZA

- ▶ **Kata-gatame** shoulder hold
- ▶ Variations, entries, escapes, and turnovers
- ▶ Continue to expand depth of previously known repertoire