

ORANGE BELT YONKYU

JUNIOR TESTING REQUIREMENTS STUDY GUIDE

STUDENTS ARE REQUIRED TO SHOW IMPROVEMENT ON ALL PREVIOUS KNOWLEDGE.

JUDO HISTORY & PHILOSOPHY

- Is judo practiced across the United States? *Yes*
- When was the first American dojo founded? *1903 in Seattle, WA*
- Name an American Judo competitor you have heard of.

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- How do you help and mentor others in your dojo? *Examples may include helping other judoka with proper ukemi and body positioning for nage and katame-waza, helping other judoka learn by being a good uke, etc.*
- How you are improving your academic skills? *Examples may include studying for tests, becoming more independent in time management skills, becoming more independent in your own assignment organization and submission, etc.*
- Guided score keeping and refereeing during class and in the dojo *Individual sensei and dojo response*

VOCABULARY

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

Ashi-waza Foot techniques	Sutemi-waza Sacrifice Throws
Kaeshi-waza Counter Throws	Te-waza Hand Techniques
Koshi-waza Hip Techniques	Tai-sabaki Body Movement

ESSENTIAL QUESTION

Why is proper ukemi important?
Safety, comfort, allowing your partner to learn, etc.

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DEMONSTRATION REQUIREMENTS

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

GENERAL

- Consistent attendance and participation
- Show maturation and self-discipline
- Understand shido penalties
 - ▷ Three shidos = hansoku make
 - ▷ Shidos do not equal points
 - ▷ Name three shidos (stalling, gripping, out-of-bounds, etc.)
- Understand Hansoku Make Penalties
 - ▷ Cumulative (3 shidos)
 - ▷ Direct Hansoku Make
 - ▷ Against the spirit of judo: unsportsmanlike conduct, striking, refusing to bow
 - ▷ Self-endangerment: posting on the head, head diving

UKEMI

- Improved skills paralleling tori's progressive nage-waza

NAGE-WAZA

- Harai-goshi *Hip Sweep*
- Hiza-guruma *Knee Wheel*
- Ko-uchi-gari *Small Inner Reap*
- O-soto-gari *Large Outer Reap*
- Tai-Otoshi *Body Drop*
- One Combination
- One Counter

KATAME-WAZA

- Escapes from all holds
- Expand turnover repertoire from stomach and turtle positions
- Ura-gatame *Back Pin (hold)*
- Ushiro-kesa-gatame *Backward Scarf Hold*