USJudo Federation

STUDENTS ARE REQUIRED TO SHOW IMPROVEMENT ON ALL PREVIOUS KNOWLEDGE.

JUDO HISTORY & PHILOSOPHY

▶ **Consistently demonstrate an increasing understanding, application and acceptance of Seiryoku Zenyo Jita Kyoei in the dojo.**

PERSONAL DEVELOPMENT
(MORAL CHARACTER)

▶ **Set, share and achieve attainable goals for academic achievement, progression in judo, and community/family service**

VOCABULARY

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

Hadaka-jime Naked Lock
Nami-juji-jime Normal Cross Lock
Okui-eri-jime Sliding Collar Lock
Gyaku-juji-jime Reverse Cross Lock
Ude-hishigi-ude-gatame Arm Armlock
Ude-garami Entangled Armlock
Ude-hishigi-juji-gatame Cross Armlock

Seiryoku Zenyo Jita Kyoei *Maximum efficiency with minimal effort for the mutual welfare and benefit of all*
Sasae-tsurikomi-ashi *Supporting Foot Lift-Pull Throw*
Uchi-mata-sukashi *Inner Thigh Reaping Throw Counter Forward*

ESSENTIAL QUESTIONS

How do you use Seiryoku Zenyo and/or Jita Kyoei in Judo as well as outside of Judo?

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DEMONSTRATION REQUIREMENTS

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

GENERAL

▶ **Understand contest rules**

▶ **Understand how to score keep, including accurately recording match outcomes**

▶ **Introduction to Kata basics:**
  ▷ *Bowing protocols and specifics for the kata being introduced*

KATA

▶ **How to be a "good uke" for kata practice**

▶ **Kata basics**

▶ **Roles of Uke and Tori**

▶ **Bowing protocols**

▶ **General organization of Nage No Kata & Katame No Kata**

NAGE-WAZA

▶ **Sasaesu-tsurikomi-ashi**
   Supporting Foot Lift-Pull Throw

▶ **Uchimata-sukashi**
   Inner Thigh Reaping Throw Slip

KATAME-WAZA

▶ **Application, defenses, escapes, and tapping out of the following chokes:**
  ▷ *Hadaka-jime, Nami-juji-jime, Okuri-eri-jime, and Gyaku-juji-jime*

▶ **Application, defenses and tapping out for the following armlocks:**
  ▷ *Ude Hishigi-ude-gatame, ude-garami, and Ude-hishigi-juji-gatame*