

STUDENTS ARE REQUIRED TO SHOW IMPROVEMENT ON ALL PREVIOUS KNOWLEDGE.

JUDO HISTORY & PHILOSOPHY

- ▶ **When teaching a throw, what are the key points to explain to your students and what mistakes should you look out for?**
Breaking balance (kuzushi), footwork/fitting in (tsukuri), and completing the throw/direction of throw (kake); Incorrect grip, misplaced feet, center of balance, head turned the wrong way, etc.
- ▶ **Demonstrate the hand signals for ippon, wazari, yuko, osaekomi, toketa, and mate. Perform hand motions.**

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ▶ **Study and comprehend Kano's intent for the development of the whole judoka**
- ▶ **Begin yudanshakai level refereeing and/or technical officiating**
- ▶ **Explore local referee certification**
- ▶ **Enhanced leadership development**

VOCABULARY

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

Hiki-waki draw in a contest

Okuri-eri-jime Sliding Collar Lock

Sankaku-jime Triangular Choke

Gyaku-juji-jime Reverse cross lock

Hadaka-jime Naked lock

ESSENTIAL QUESTIONS

Is the goal of Judo always ippon?
If not, what is the goal?
Is competition necessary in judo?

**VISIT OUR KOKA
KIDS RESOURCE!**



DEMONSTRATION REQUIREMENTS

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

GENERAL

- ▶ Expanded knowledge of previous ranks
- ▶ Teach, mentor, and guide lower ranking judoka
- ▶ Demonstrate and explain proper ukemi
- ▶ Understand team competition protocols, contest rules, scorekeeping, and recording outcomes

KATA

- ▶ Introduction to Nage No Kata
- ▶ Focus on the role of uke and ukemi portion of the kata
- ▶ Perform the role of uke for the first three sets

NAGE-WAZA

- ▶ **Tsubame-gaeshi**
Swallow Counter
- ▶ **Kata-guruma** *Shoulder Wheel*
- ▶ **Uki-otoshi** *Floating Drop*
- ▶ Demonstrate and teach multiple techniques of combinations

KATAME-WAZA

- ▶ Knowledge and ability to teach multiple osae waza entries
- ▶ Applications, and escapes for Sankaku-jime, Hadaka-jime, and Okuri-eri-jime,
- ▶ Getting around the "guard" position
- ▶ Sankaku Series
- ▶ Develop defenses and escapes from kansetsu-waza