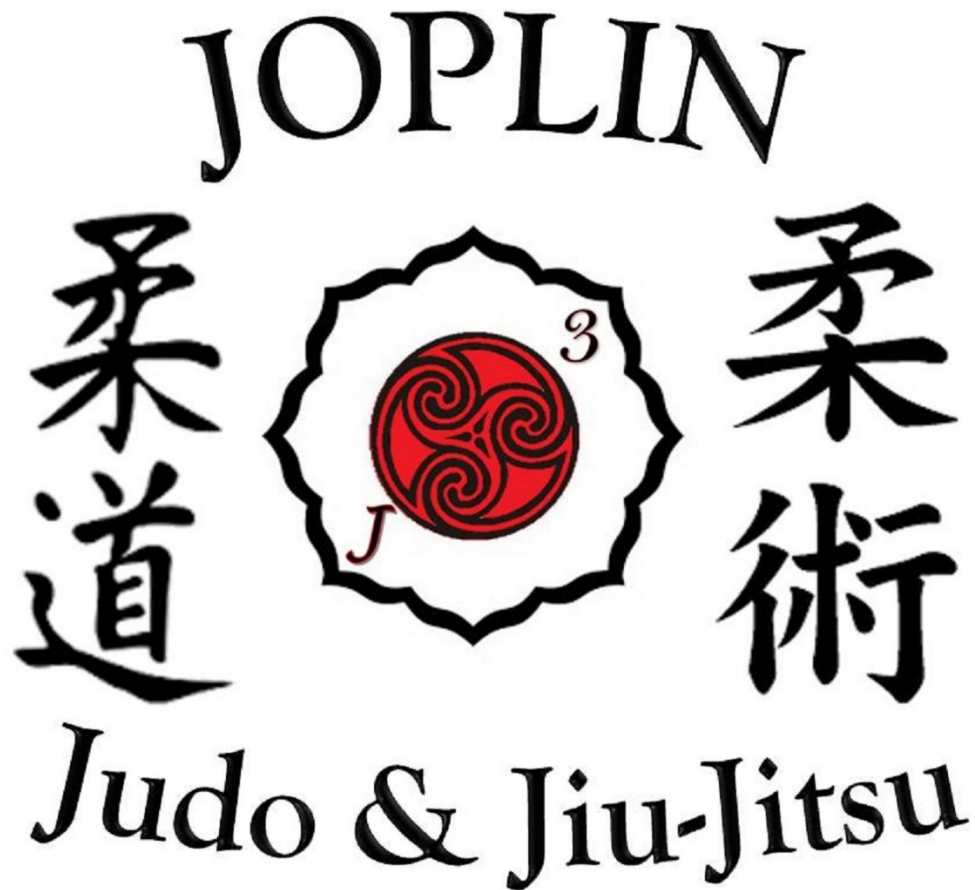


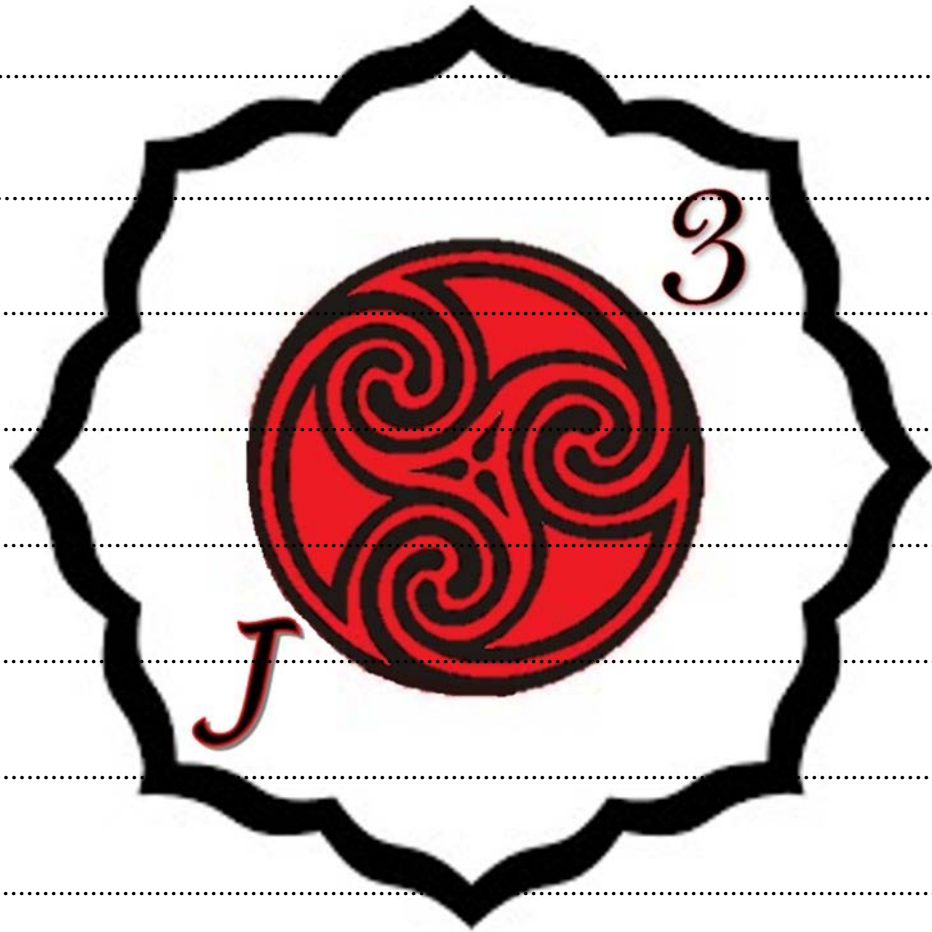
Joplin Judo
Junior Rank Requirements



(version 1 – Dec 29, 2015)

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Sankyu (3 rd Degree Brown Belt) & higher.....	see senior rank requirements



Club Rules

Mutual benefit and welfare, a key principle of Judo, means showing respect and practicing safely in the dojo.

Bowing: *Respect Is Very Important.*

Know when a bow should be executed and perform it correctly.

1. Bow when entering or leaving the Dojo.
2. Bow when stepping on or off the mat.
3. Instructors and students bow to each other, in mutual respect, at the opening and closing of class.
4. Bow before and after working with a partner in class.
5. Bow to your opponent before and after a match in contest.
6. Bow when accepting an award, Take the award with both hands as you bow.
7. Bow to a SENSEI as he or she enters the Dojo.
8. Bow whenever you wish to give a demonstration of respect.
9. Bows should be performed with Respect and Humility. They should be slow and measured and never hurried.

Safety and Hygiene: *Safety Is a Full Time Obligation.*

1. Never leave the Dojo without receiving permission from the instructor.
2. No food, drink or chewing of gum is allowed on the mat.
3. No non-Judo activity is to take place during class time.
4. Report all injuries to the instructor immediately. When arriving at class with an injury, the instructor must be notified prior to the start of class.
5. Shoes are NEVER to be worn on the mat. However, you should have something on your feet (i.e. shoes, sandals) anytime you are off the mat.
6. Water bottles are permitted in designated area at mat-side. Water bottles are to have water or electrolyte beverages only.
7. Never come to class under the influence of illicit drugs or alcohol.
8. Members are to keep their Gi's clean and in good repair. No holes or tears.
9. Finger and toenails are to be kept clean and trimmed to a reasonable length.
10. No jewelry or metal ornaments shall be worn during class unless specifically approved by the instructor.
11. Members without uniforms should not have anything in their pockets. Please wear loose fitting clothing and long sleeve sweatshirt.
12. No practicing of Judo skills and techniques is allowed without permission of the instructor.
13. Spills are to be cleaned immediately. Trash should be placed in the proper container.
14. Blood must be cleaned up immediately using proper procedures and materials.
15. Never lay around on the mat! This is for your safety and the safety of others. If you are sitting on the side of the mat for instruction always face the action and have your legs tucked in. If you lay on the mat you will be asked to get up and if you don't you will be moved off the mat and asked not to participate.

Etiquette and Protocol: *Always Show Respect.*

1. Always address Black Belts as SENSEI.
2. Show respect to instructors and higher belts at all times.
3. New students and guests should always have a partner to work with.
4. Students are to sit in proper fashion when resting or listening to an instructor. Sit in ANZA or SEIZA.
5. Seek to help each other. Be responsible for your safety and that of others.
6. Higher-ranking students are to help lower ranking students follow all matters of protocol and etiquette.
7. Never talk while the instruction is taking place.
8. Restrict talking during workouts, especially Randori. If you get thrown you risk biting your tongue off.
9. Never talk while in line-up. Stand still.
10. Arrive at class on time and mentally prepared for class. Strive to never miss practice.
11. Never leave the mat or Dojo without the permission of the instructor.
12. Always be courteous. Hot tempers or offensive language are not permitted and will not be tolerated.
13. Always try! Never use the word "can't."
14. If you are late to class, wait for a SENSEI to give you permission to join the class.
15. Always treat your fellow Judo players with respect and dignity and avoid all horseplay, which disturbs or bothers fellow Judo players.

Behavior outside The Dojo: *Respect and Honor are Very Important!!!*

Behave in a matter that will bring Respect and Honor to the club.

1. Judo is to be only practiced in the DOJO under the guidance of a qualified Judo Instructor. Your Judo skills should never be used outside of the DOJO except in legitimate self-defense situations. Do not attempt to impress your friends with your Judo skills. Do not demonstrate Judo in public unless it is part of a club activity or unless you have received prior permission from your Judo Instructor.
2. Judo techniques should not be taught to anyone unless they are under the guidance of a qualified Judo Instructor.

Behavior When Visiting another Club: *You Represent the Joplin Judo & JiuJitsu.*

Behave in a matter that will bring Respect and Honor to the Club

1. Remove your shoes before entering a Dojo.
2. Introduce yourself and ask permission from the instructor to participate in class before changing into your Gi.
3. Be attentive. Never argue or disagree with the way techniques are taught or presented.
4. Do not show off.
5. Make sure you follow the Joplin Club Rules and Regulations on bowing. Some clubs do not require bowing. No one will take offense if you bow and they do not.
6. Follow the rules and regulations of the Dojo you are visiting.
7. Always thank the club members you worked with for sharing and working with you.
8. Thank the instructor(s) for allowing you to participate.

Points System

Points and Time in Grade

- Please note that you are responsible for maintaining your own competition record.
- Record books are available at the dojo.
- Time in grade and points requirements are MINIMUMS.
- All promotions must be approved by a club sensei.
- Points and time in grade accumulated reset to zero after each promotion.
- You may be tested on all items on your list. Be prepared to demonstrate all techniques.
- You must score at least 75% on the written exam to be eligible for promotion.
- Practical tests will be scored out of 4 (0 = failing, 1 = poor, 2 = fair, 3 = good, 4 = excellent).
You need to average at least 3 to be eligible for promotion.

How to earn points:

Competing

- 1) Defeat player more than two ranks lower than yours: 0 points
- 2) Defeat player one or two ranks below yours: ½ point
- 3) Defeat player with same rank: 1 point
- 4) Defeat player 1 rank higher: 1 ½ points (Kyu or Dan)
- 5) Defeat player 2 ranks higher: 2 points
- 6) Defeat player 3 or more ranks higher: 3 points

Helping at a tournament

- 1) Keep score or bracket at tournament: 1 point
- 2) Referee at tournament: 1 ½ points
- 3) Tournament director: 3 points

Placing in Kata Competitions

- 1) Enter a local kata tournament: 1 point
- 2) Enter a national kata tournament: 2 points
- 3) Enter an international kata tournament: 3 points
- 4) Kata 1st place: 3 points
- 5) Kata 2nd place: 2 points
- 6) Kata 3rd place: 1 point

Helping at a tournament

- 4) Keep score or bracket at tournament: 1 point
- 5) Referee at tournament: 1 ½ points

Non-competitive players will have longer time in grade and lower point requirements than competitive players. This will be determined on a case by case basis.

Junior Point Requirements:

White Belt 1 st Stripe:	00 points
Yellow Belt:	00 points
Yellow Belt 1 st Stripe:	05 points
Yellow Belt 2 nd Stripe:	07 points
Orange Belt:	10 points
Orange Belt 1 st Stripe:	10 points
Orange Belt 2 nd Stripe:	13 points
Green Belt:	15 points
Blue Belt:	20 points
Purple Belt:	20 points

Time in grade Requirements:

Promotion tests will be held 3 times per year (min): January, May, and September.

Batsugan (merit promotions) between tests are possible for outstanding performances.

Time in grade is generally a minimum standard. You may or may not be eligible to test at these intervals. Time in grade is from date of last promotion.

Junior Time in Grade:

Yellow Belt:	2 months or 12 classes
Yellow Belt 1 st Stripe:	2 months (4 months total)
Yellow Belt 2 nd Stripe:	4 months (8 months total)
Orange Belt:	4 months (12 months total)
Orange Belt 1 st Stripe:	4 months (16 months total)
Orange Belt 2 nd Stripe:	4 months (20 months total)
Green Belt:	4 months (24 months total)
Blue Belt:	6 months (30 months total)
Purple Belt:	12 months (42 months total)

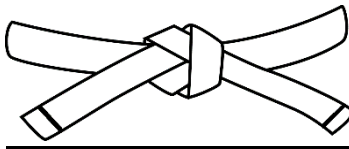
Junior Minimum Age Requirements:

There is no minimum age requirements for junior promotions. Junior promotions are from age 5 – 16 years of age. At age 16 you might be transferred to an equivalent senior rank. The highest possible senior conversion rank is Sankyū, but you will be required to demonstrate mastery at the rank you are converting to.

Other Requirements:

Attitude, Attendance, Participation, Leadership, Upstanding Moral Character

White Belt 1st Stripe



General Skills

- Demonstrate how to tie your obi.
- Demonstrate sitting in Seiza and Anza
- Demonstrate standard grip (kumi kata)
- Demonstrate the 8 directions of off balance (kuzushi)

Nage Waza (Throwing Techniques)

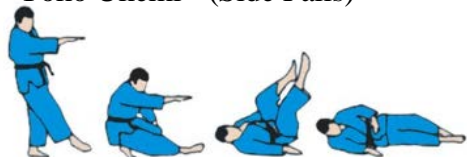
- Ippon Seoi Nage - (One-armed Shoulder Throw)

Katame Waza (Ground Techniques)

- Kesa Gatame - (Scarf Hold)

Ukemi Waza (Falling Techniques)

Yoko Ukemi - (Side Falls)



Koho Ukemi - (Back Falls)



Vocabulary

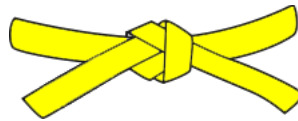
Attention	Kyotsuke
Bow	Rei
Begin	Hajime
Stop	Matte
Judo School	Dojo
Judo Instructor	Sensei
Obi	Belt

General Information

1. Who was the founder of Judo:

Jigoro Kano

Yellow Belt



Nage Waza (Throwing Techniques)

- O Soto Gari - (Major Outside Reap)
- O Goshi - (Major Hip Throw)
- Ippon Seoi Nage - (One-armed Shoulder Throw)

Katame Waza (Ground Techniques)

- Kesa Gatame - (Scarf Hold)
- Bridge and Roll Escape from Kesa Gatame.
- Yoko Shiho Gatame - (Side Four Corners Hold-down)
- Leg Entanglement Escape from Yoko Shiho Gatame.

Ukemi Waza (Falling Techniques)

- Yoko Ukemi - (Side Falls)
- Koho Ukemi - (Back Falls)

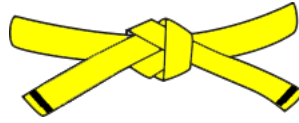
Vocabulary

Attention	Kyotsuke	Three	San
Bow	Rei	Four	Shi
Begin	Hajime	Five	Go
Stop	Matte	Six	Roku
Judo School	Dojo	Seven	Shichi
Judo Instructor	Sensei	Eight	Hachi
One	Ichi	Nine	Ku
Two	Ni	Ten	Ju

General Information

2. Who was the founder of Judo: Jigoro Kano
3. What was the name of the Judo school he founded: The Kodokan
4. What was the date of the founding of Judo: 1882

Yellow Belt 1st Stripe



Nage Waza (Throwing Techniques)

All previous techniques performed on left & right sides.
 Morote Seoi Nage - (Two-armed Shoulder Throw)
 O Uchi Gari - (Major Inside Reap)

Katame Waza (Ground Techniques)

All previous techniques performed on left & right sides.

Ukemi Waza (Falling Techniques)

All previous techniques performed on left & right sides.
 Zempo Kaiten Ukemi - (Forward Rolling Breakfalls) – stay on the mat.

Vocabulary

All previous vocabulary.

Sitting Formal Style

Sitting Cross Legged

Seiza

Anza

Judo Player

Judo Uniform

Judo Mat

Judoka

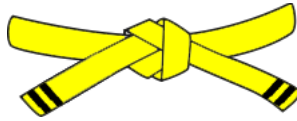
Judogi

Tatame

General Information

All previous general information questions.

Yellow Belt 2nd Stripe



Nage Waza (Throwing Techniques)

All previous techniques performed on left & right sides.
Ko Uchi Gari - (Minor Inside Reap)

Katame Waza (Ground Techniques)

All previous techniques performed on left & right sides.
Kata Gatame – (Shoulder Hold-down)

Ukemi Waza (Falling Techniques)

All previous techniques performed on left & right sides.

Vocabulary

All previous vocabulary.

Person Performing the Technique

Tori

Person Receiving the Technique

Uke

Falling Methods

Forward Rolling Breakfalls

Side Falls

Ukemi

Zempo Kaiten Ukemi

Yoko Ukemi

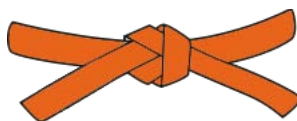
General Information

All previous general information questions.

1. What were unarmed martial arts called in Japan before Judo?

Jujitsu

Orange Belt



Nage Waza (Throwing Techniques)

All previous techniques performed on left & right sides.

Koshi Guruma - (Headlock Hip Throw)

Tani Otoshi - (Counter Throw)

Katame Waza (Ground Techniques)

All previous techniques performed on left & right sides.

Kami Shiho Gatame - (Upper Four Corners Hold-down)

Ukemi Waza (Falling Techniques)

All previous techniques performed on left & right sides.

Zempo Kaiten Ukemi - (Forward Rolling Breakfalls) – come up to your feet.

Vocabulary

All previous vocabulary.

Free Practice or Sparring

Tournament

Form Practice

That is All

Randori

Shiai

Kata

Sore Made

Hold-down

Hold-down Broken

Full Point

Half Point

Quarter Point

Osea Komi

Toketa

Ippon

Waza Ari

Yuko

General Information

All previous general information questions.

1. What are the 3 parts of a Judo throw? (Japanese & English)

Off Balance

Entrance

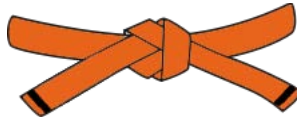
Execution

Kuzushi

Tsukuri

Take

Orange Belt 1st Stripe



Nage Waza (Throwing Techniques)

All previous techniques performed on the left and right sides.

De Ashi Harai - (Advancing Foot Sweep)

Okuri Ashi Harai - (Sliding Sideways Sweep)

Katame Waza (Ground Techniques)

All previous techniques performed on left & right sides.

Uphill Escape from Kesa Gatame

Ukemi Waza (Falling Techniques)

All previous techniques performed on left & right sides.

Vocabulary

All previous vocabulary.

Normal Walking

Sliding Foot Walking

Minor Penalty

Ayumi Ashi

Tsugi Ashi

Shido

Disqualification

Decision

Don't Move

Continue

Hansokumake

Hantai

Sono Mama

Yoshi

General Information

1. Name the two divisions of techniques in Judo:

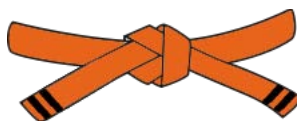
Throwing Techniques

Nage Waza

Ground Techniques

Katame Waza

Orange Belt 2nd Stripe



Nage Waza (Throwing Techniques)

All previous techniques performed on the left and right sides.

Uke Goshi - (Floating Hip Throw)

Harai Goshi - (Sweeping Hip Throw)

Katame Waza (Ground Techniques)

All previous techniques performed on left & right sides.

Tate Shiho Gatame – (Upper Four Corners Hold-down)

Ukemi Waza (Falling Techniques)

All previous techniques performed on left & right sides.

Vocabulary

All previous vocabulary.

Throwing Techniques

Hand

Hand Techniques

Nage Waza

Te

Te Waza

Foot

Foot Techniques

Fundamental Natural Posture

Fundamental Defensive Posture

Ashi

Ashi Waza

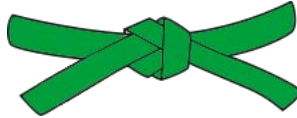
Shizen Hontai

Jigo Hontai

General Information

- | | | |
|------------------------------------------------------------|----------------------|-------------|
| 1. Name the four divisions of standing techniques in Judo: | Hip Techniques | Koshi Waza |
| | Hand Techniques | Te Waza |
| | Sacrifice Techniques | Sutemi Waza |
| | Foot Techniques | Ashi Waza |

Green Belt



Nage Waza (Throwing Techniques)

All previous techniques performed on the left and right sides.

Tai Otoshi – (Body Drop)

Hiza Guruma – (Knee Wheel)

Sasae Tsurikomi Ashi – (Lower Prop Stop Foot Sweep)

Kata Guruma – (Shoulder Wheel)

Combination: Ippon Seoi Nage to O Soto Gari

Katame Waza (Ground Techniques)

All previous techniques performed on left & right sides.

Sankaku Gatame – (Figure Four Turnover and Hold-down)

Ukemi Waza (Falling Techniques)

All previous techniques performed on left & right sides.

Vocabulary

All previous vocabulary.

Big or Major

Small or Minor

Hip

Hip Techniques

Sweep

O

Ko

Goshi or Koshi

Koshi Waza

Gari

Outside

Inside

Internal Force or Energy

Shout to Gather Inner Strength

Favorite Technique

Soto

Uchi

Ki

Kiai

Tokui Waza

General Information

All previous general information questions.

1. Name the three divisions of ground techniques in

Judo:

Pinning Techniques

Choking Techniques

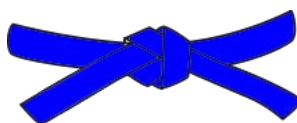
Arm Locking Techniques

Osae Waza

Shime Waza

Kansetsu Waza

Blue Belt



Nage Waza (Throwing Techniques)

All previous techniques performed on the left and right sides.

Ko Soto Gari – (Small Outside Reap)

Hane Goshi - (Spring Hip Throw)

Tomoe Nage - (Circle Throw)

Combination: Ippon Seoi Nage to Ko Uchi Gari

Katame Waza (Ground Techniques)

All previous techniques performed on left & right sides.

Shime Waza (Choking Techniques) (11 and older)

Kata juji jime (half cross choke)

Ukemi Waza (Falling Techniques)

All previous techniques performed on left & right sides.

Vocabulary

All previous vocabulary.

		Class of Belt Ranks Below Black Belt	Kyu Grades
Repetitive Attacks w/o Throwing	Uchi Komi	Degree in the Black Belt Ranks	Dan
Repetitive Throwing Practice w/o Resistance	Nage Komi	Holder of any Black Belt Rank	Yudansha
Side	Yoko	Holder of a Rank Below Black Belt	Mudansha

General Information

All previous general information questions.

1. What year was Judo introduced into the Olympics for men? 1964
2. What year was Judo introduced into the Olympics for women? 1992
3. What are the 2 basic principles of Judo as Defined by Dr. Kano? Mutual Benefit & Welfare Jita Kyoei
- Maximum Efficiency Seiryoku Zenyo

 4. Who were the four members of the 1st Olympic team? Paul Muruyama Jim Bregman
George Harris Ben Nighthorse Campbell

Purple Belt



Nage Waza (Throwing Techniques)

All previous techniques performed on the left and right sides.

Be able to demonstrate 2 additional combinations.

Uchi Mata - (Inner Thigh Sweep)

Sode Tsuru Komi Goshi - (Sleeve-tip Hip Throw)

Soto Maki Komi - (Winding Throw)

Katame Waza (Ground Techniques)

All previous techniques performed on left & right sides.

Shime Waza (Choking Techniques) (11 and Older)

All Previous Techniques

Nami Juji Jime – (Normal Cross Choke, thumbs inside)

Gyaku Juji Jime – (Reverse Cross Choke, fingers inside)

Kansetsu Waza (Arm Locking Techniques) (16 and Older)

Ude Garami (Bent Arm Lock)

Ude Gatame (Upper Cross Armlock)

Ukemi Waza (Falling Techniques)

All previous techniques performed on left & right sides.

Vocabulary

All previous vocabulary.

Kneeling Bow

Standing Bow

Zarei

Ritsurei

Knee

Wheel

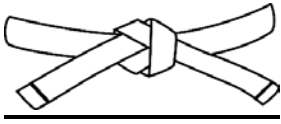
Hiza

Guruma

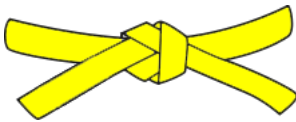
General Information

All previous general information questions.

Throwing Techniques For Each Test
Each Test you will be required to test on all previous techniques



Seoi-nage



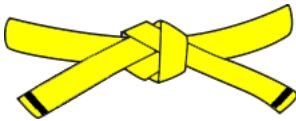
O-soto-gari



O-goshi



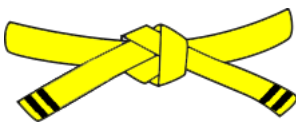
Seoi-nage



Seoi-nage

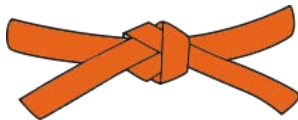


O-uchi-gari



Ko-uchi-gari

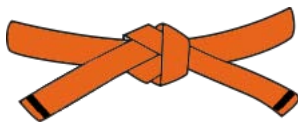
Throwing Techniques For Each Test
Each Test you will be required to test on all previous techniques



Koshi-guruma



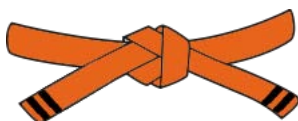
Tani-otoshi



De-ashi-barai



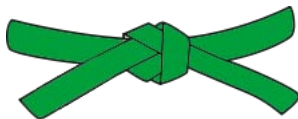
Okuri-ashi-barai



Uki-goshi



Harai-goshi



Tai-otoshi



Hiza-guruma

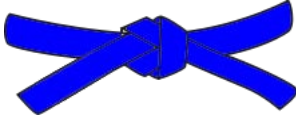


Sasae-tsuri-komi-ashi



Kata-guruma

Throwing Techniques For Each Test
Each Test you will be required to test on all previous techniques



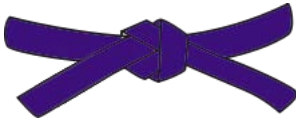
Ko-soto-gari



Hane-goshi



Tomoe-nage



Uchi-mata



Tsuru-komi-goshi



Soto-makikomi

OSAEKOMI WAZA



KESA GATAME



MAKURA KESA GATAME



KUZURE KESA GATAME



USHIRO KESA GATAME



TATE SHIHO GATAME



KUZURE TATE SHIHO GATAME



YOKO SHIHO GATAME



KUZURE YOKO SHIHO GATAME



KAMI SHIHO GATAME



KUZURE KAMI SHIHO GATAME



KATÁ GATAME



SANKAKU GATAME



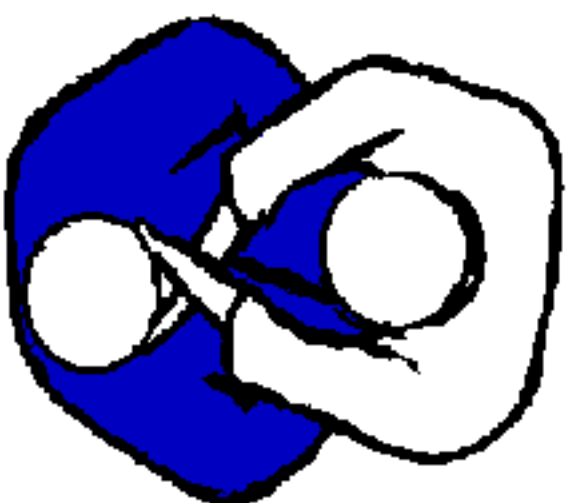
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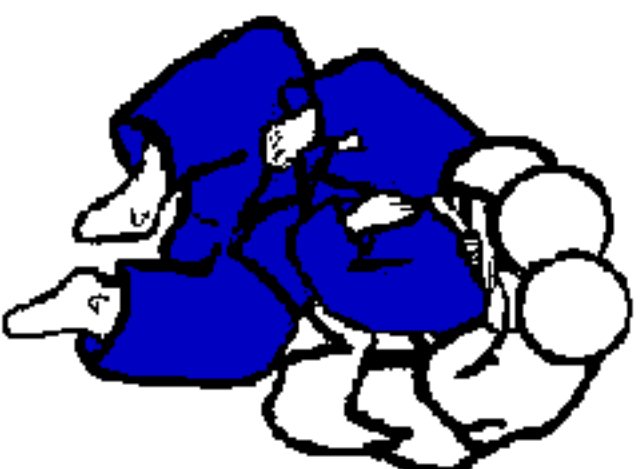
GYAKU



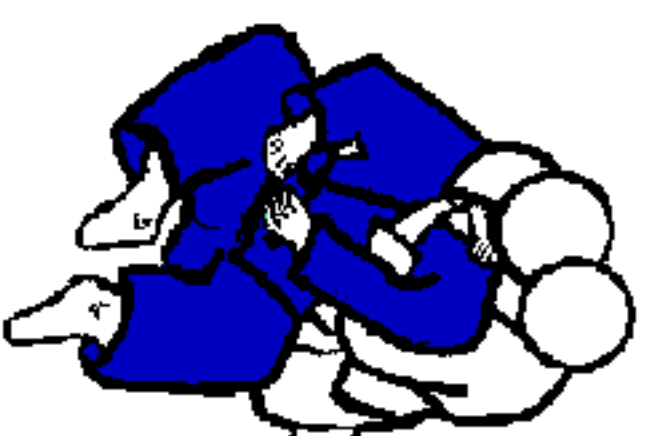
KATA



JUJI-JIME



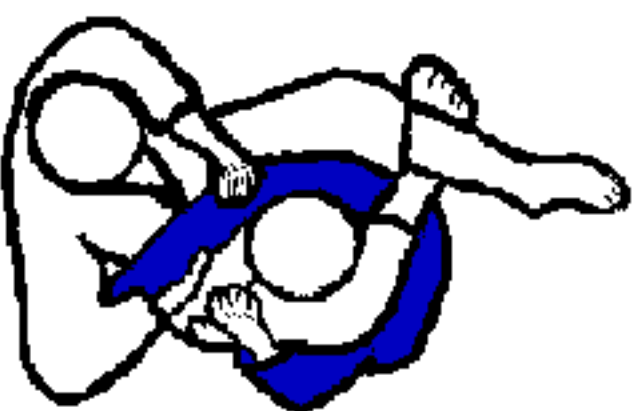
HADAKA-JIME



OKURI-ERI-JIME



KATA-HA-JIME



SANKAKU-JIME



JIGOKU-JIME