

# Joplin Judo

## Senior Rank Requirements



(version 1 – Dec 29, 2015)



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## **Joplin 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 manner 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 manner that will bring Respect and Honor to the Joplin 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 Judo 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:

#### Winning your Matches

- 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 1<sup>st</sup> place: 3 points
- 5) Kata 2<sup>nd</sup> place: 2 points
- 6) Kata 3<sup>rd</sup> place: 1 point

\*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.\*

**Senior Point Requirements:**

Rokyu (Yellow belt): 10 points

Gokyu (Orange belt): 15 points

Yonkyu (Green belt): 20 points

Sankyu (3<sup>rd</sup> Degree Brown belt): 30 points

Nikyu (2<sup>nd</sup> Degree Brown belt): 30 points

Ikkyu (1<sup>st</sup> Degree Brown belt): 30 points

Shodan and above (See USA Judo points requirements)

**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.

**Senior Time in Grade:**

Rokyu: 3 months

Gokyu: 3 months (6 months total in Judo)

Yonkyu: 6 months (12 months total in Judo)

Sankyu: 12 months (24 months total in Judo)

Nikyu: 12 months (36 months total in Judo)

Ikkyu: 18 months (54 months total in Judo)

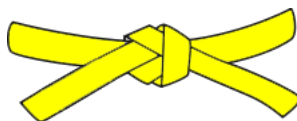
Shodan and above: (See USA Judo time in grade requirements)

**Other Requirements:**

Attitude, Attendance, Participation, Leadership, Upstanding Moral Character



## Rokyu (Senior Yellow Belt)



### **Nage Waza (Throwing Techniques)**

- O Soto Gari - (Major Outside Reap)
- O Goshi - (Major Hip Throw)
- Ippon Seoi Nage - (One-armed Shoulder Throw)
- Morote Seoi Nage - (Two-armed Shoulder Throw)
- O Uchi Gari - (Major Inside Reap)
- Ko Uchi Gari - (Minor Inside Reap)

### **Katame Waza (Holding Techniques)**

- Kesa Gatame - (Scarf Hold)
- Kata Gatame - (Shoulder Hold)
- Bridge and Roll Escape from Kesa Gatame

### **Ukemi Waza (Falling Techniques)**

- Zempo Kaiten Ukemi - (Forward Rolling Breakfalls)
- Yoko Ukemi - (Side Falls)
- Koho Ukemi - (Back Falls)
- Mae Ukemi - (Front Falls)

### **Vocabulary**

Attention	Kyotsuke	Falling Methods	Ukemi
Bow	Rei	Back Falls	Koho Ukemi
Begin	Hajime	Forward Rolling Falls	Zempo Kaiten Ukemi
Stop	Matte	Free Practice or Sparring	Randori
Judo School	Dojo	Form Practice	Kata
Judo Instructor	Sensei	Tournament	Shiai
Sitting on Knees	Seiza	Judo Mats	Tatame
Sitting Cross Legged	Anza	Hold-down	Osae Komi
Slide Foot Walking	Tsugi Ashi	Hold-down Broken	Toketa
Normal Walking	Ayumi Ashi	One Point	Ippon
Judo Uniform	Judogi	Half Point	Waza-ari
Judo Player	Judoka	Quarter Point	Yuko
Person Performing Technique	Tori	That is All	Sore Made
Person Receiving Technique	Uke	Sixth Class (Kyu) Judo Rank	Rokyu

Left	Migi	Right	Hidari
Yes	Hai	No	Iie

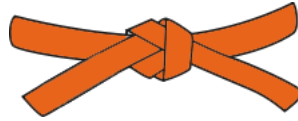
## General Information

- Who was the founder of Judo: Jigoro Kano
- What was the name of the Judo school he founded: The Kodokan
- What was the date of the founding of Judo: 1882
- What was unarmed combat called in Japan before Judo: Jujutsu
- How many years had martial arts been practiced in Japan before Judo: About 600 to 1000
- Name the three parts of a Judo throw in Japanese and English:
 

Kuzushi	Off-balance
Tsukuri	Entrance
Kake	Execution
- What are the ordinal numbers from one to ten in Japanese?
 

One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Hachi
Nine	Ku
Ten	Ju

## Gokyu (Senior Orange Belt)



### **Nage Waza (Throwing Techniques)**

All Rokyu techniques performed on the left and right sides.

Koshi Guruma - (Headlock Hip Throw)

Uki Goshi - (Floating Hip Throw)

De Ashi Harai - (Advancing Foot Sweep)

Okuri Ashi Harai - (Sliding Sideways Sweep)

Tani Otoshi - (Counter Throw)

### **Katame Waza (Holding Techniques)**

All Rokyu Katame Waza performed on the left and right sides.

Yoko Shiho Gatame - (Side Four Corners Hold-down)

Leg Entanglement Escape from Yoko Shiho Gatame

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

### **Ukemi Waza (Falling Techniques)**

Zempo Kaiten Ukemi - (Forward Rolling Breakfalls)

Yoko Ukemi - (Side Falls)

Koho Ukemi - (Back Falls)

Mae Ukemi - (Front Falls)

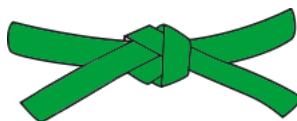
### **Vocabulary**

Minor Penalty	Shido	Hand	Te
Disqualification	Hansokumake	Hand Techniques	Te Waza
Decision	Hantai	Foot	Ashi
Don't Move	Sono Mama	Foot Techniques	Ashi Waza
Continue	Yoshi	Big or Major	O
Fundamental Natural Position	Shizen Hontai	Small or Minor	Ko
Fundamental Defensive Position	Jigo Hontai	Hip	Goshi or Koshi
Off Balance	Kuzushi	Hip Techniques	Koshi Waza
Entry into a Throw	Tsukuri	Outside	Soto
Execution of a Throw	Kake	Inside	Uchi
Throwing Techniques	Nage Waza	Internal Force or Energy	Ki
Fifth Class (Kyu) Judo Rank	Gokyu	Shout to Gather Inner Strength	Kiai

## General Information

- |   |   |
|---|---|
| 1. Name the two divisions of techniques in Judo:                            | Nage Waza - (Throwing Techniques)<br>Katame Waza - (Ground Techniques)  |
| 2. Name the four divisions of standing techniques in Judo:                  | Koshi Waza - (Hip Techniques)<br><br>Te Waza - (Hand Techniques)<br>Sutemi Waza - (Sacrifice Techniques)<br>Ashi Waza - (Foot Techniques) |
| 3. Name the three divisions of ground techniques in Judo:                   | Osae Waza - (Pinning Techniques)<br>Shime Waza - (Choking Techniques)<br>Kansetsu Waza - (Arm-locking Techniques)                         |
| 4. What was the 1 <sup>st</sup> recorded unarmed combat competition called: | Chikara Kurabe  |
| 5. What two styles of Jujutsu did Dr. Kano study and refine to create Judo: | Tenshin Shinyo Ryu<br>Kito Ryu  |

## Yonkyu (Senior Green Belt)



### **Nage Waza (Throwing Techniques)**

All Rokyu and Gokyu techniques performed on the left and right sides.

Hiza Guruma - (Knee Wheel)

Harai Goshi - (Sweeping Hip Throw)

Tai Otoshi - (Body Drop)

Sasae Tsurikomi Ashi - (Lower Prop Stop Foot Sweep)

Ko Soto Gari - (Small Outside Sweep)

### **Katame Waza (Holding Techniques)**

All Rokyu and Gokyu techniques performed on the left and right sides.

Tate Shiho Gatame - (Lower Four Corners Hold-down)

Bridge and Roll Escape from Tate Shiho Gatame

Uphill Escape from Kesa Gatame

### **Shime Waza (Choking Techniques)**

Sankaku Jime - (Triangular Choke)

Sode Guruma Jime - (Sleeve Wheel Choke)

### **Ukemi Waza (Falling Techniques)**

Zempo Kaiten Ukemi - (Forward Rolling Breakfalls)

Yoko Ukemi - (Side Falls)

Koho Ukemi - (Back Falls)

Mae Ukemi - (Front Falls)

### **Vocabulary**

Decision Win	Yusei Gachi	Wheel	Guruma
Draw Match	Hiki Waki	Side	Yoko or Shiho
Kneeling Bow	Zarei	Holding Techniques	Osaekomi Waza
Standing Bow	Ritsurei	Techniques From a Supine Position	Newaza
Choke	Shime/Jime	Joint Locking Techniques	Kansetsu Waza
Choking Techniques	Shime Waza	Class of Belt Ranks in Judo Below Black Belt	Kyu
Lock or Hold	Gatame	Degree in the Black Belt Ranks	Dan
Way of Life	Do	Holder of any Black Belt Rank	Yudansha
Gentle Way	Judo	Holder of any Rank Below Black Belt	Mudansha
Gentle Arts	Jujitsu	Black Belt Association	Yudanshakai

Favorite Technique	Tokui Waza	Repetitive Attack Practice without Throwing	Uchi Komi
Way of the Warrior	Bushido	Repetitive Throwing Practice without Resistance	Nage Komi
Martial Arts	Budo	Formal Eight Directions of Off-balancing	Happo No Kuzushi
Knee	Hiza	Fourth Class (Kyu) Judo Rank	Yonkyu

## General Information

1. Name the two divisions of sacrifice techniques in Japanese and English:

Ma Sutemi Waza - (Rear Sacrifice Techniques)  
Yoko Sutemi Waza - (Side Sacrifice Techniques)
2. Name three of the eight men who attained 10<sup>th</sup> degree black belts while alive:

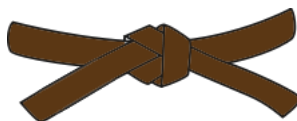
Jigoro Kano - 1882  
Yoshiaki Yamashita - 1935  
Hidekazu Nagaoka - 1937  
Hajime Isogai - 1937  
Kyuzo Mifune - 1945  
Kunisaburo Iizuka - 1948  
Shotara Tabata - 1948  
Sumiyuki Kotani - 1984
3. What are the 2 principles of Judo as defined by Dr. Kano:

Jita Kyoei - (Mutual Benefit and Welfare)  
Seiryoku Zenyo - (Maximum Efficiency)
4. What is the ultimate goal of Judo as defined by Dr. Kano:

The harmonious development and eventual perfection of the human character.
5. Who were the four members of the 1<sup>st</sup> Olympic team:

Paul Muruyama  
Jim Bregman  
George Harris  
Ben Nighthorse Campbell
6. What year was Judo introduced into the Olympics for men: 1964
7. What year was Judo introduced into the Olympics for women: 1992

## Sankyu (Senior 3<sup>rd</sup> Degree Brown Belt)



### **Nage Waza (Throwing Techniques)**

All Rokyu, Gokyu and Yonkyu techniques performed on the left and right sides.

Tomoe Nage - (Circle Throw)

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

Morote Gari - (Double Leg Grab)

Hane Goshi - (Spring Hip Throw)

Uchi Mata - (Inner Thigh Sweep)

### **Katame Waza (Holding Techniques)**

All Rokyu, Gokyu and Yonkyu techniques performed on the left and right sides.

Sankaku Gatame - (Figure Four Leg Hold Down)

Ushiro Kesa Gatame - (Reverse Kesa Gatame)

Situp Escape from Kesa Gatame

### **Shime Waza (Choking Techniques)**

All Previous Techniques

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

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

### **Kansetsu Waza (Arm Locking Techniques)**

Ude Garami Upwards - (Upwards Bent Armlock)

Ude Garami Downwards - (Downwards Bent Armlock)

Hara Gatame - (Stomach Armlock)

### **Ukemi Waza (Falling Techniques)**

Zempo Kaiten Ukemi - (Forward Rolling Breakfalls)

Yoko Ukemi - (Side Falls)

Koho Ukemi - (Back Falls)

Mae Ukemi - (Front Falls)

### **Nage no Kata**

First two sets of Nage No Kata - (Te Waza and Koshi Waza)

## Vocabulary

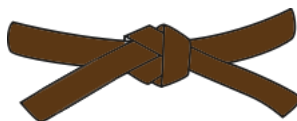
Third Class (Kyu) Judo Rank	Sankyu	Exercises in General	Taiso
Second Class (Kyu) Judo Rank	Nikyu	Warm-up Exercises in Judo	Junbi Undo
First Class (Kyu) Judo Rank	Ikkyu	Cool-down Exercises in Judo	Shumatsu Undo
Meditate	Mokuso	Variation of a Technique	Kuzure
Judo Uniform Belt	Obi	Counter Technique	Kaeshi Waza
Judo Uniform Jacket	Uwagi	Four Corners (as in pins)	Shiho
Judo Uniform Pants	Zubon	Forms of Gripping an Opponent	Kumi Kata
Judo Uniform Sleeve	Sode	The Basic Syllabus of Judo	Gokyu No Waza
Judo Uniform Lapel	Eri	Newly Certified Throwing Techniques	Shinmesho No Waza
Normal	Naimi	Instantaneous Promotion	Batsugun
Reverse	Gyaku	Throwing From a Standing Postition	Tachi Waza
Cross	Juji	Sacrifice Techniques	Sutemi Waza
Arm	Ude	Back Falling Sacrifice Throws	Ma Sutemi Waza
Armpit	Wake	Side Falling Sacrifice Throws	Yoko Sutemi Waza
I Surrender	Maitta	Striking Techniques to Vital Areas	Atemi Waza

## General Information

- Who was the 1<sup>st</sup> American woman to win a gold medal at the world championship and in what year: Annmarie Burns (1984)
- Who was the 1<sup>st</sup> American man to win a gold medal at the world championship and in what year: Jimmy Pedro (1987)
- Who was the 1<sup>st</sup> American to win a gold medal at the Olympics and in what year: Kayla Harrison (2012)
- What are the five divisions of Nage No Kata in Japanese and English:
  - Te Waza - (Hand Techniques)
  - Koshi Waza - (Hip Techniques)
  - Ashi Waza - (Foot Techniques)
  - Ma Sutemi Waza - (Rear Sacrifice Techniques)
  - Yoko Sutemi Waza - (Side Sacrifice Techniques)
- Name the six kyu ranks and belts from highest to lowest:
  - Ikkyu - 1<sup>st</sup> Degree Brown
  - Nikyu - 2<sup>nd</sup> Degree Brown
  - Sankyu - 3<sup>rd</sup> Degree Brown
  - Yonkyu - Green
  - Gokyu - Orange
  - Rokyu - Yellow



## Nikyu (Senior 2<sup>nd</sup> Degree Brown Belt)



### **Nage Waza (Throwing Techniques)**

All Rokyū, Gokyu, Yonkyū and Sankyū techniques performed on the left and right sides.  
 Soto Maki Komi - (Winding Throw)  
 Kata Guruma - (Shoulder Wheel)  
 Te Guruma - (Hand Wheel)  
 Sumi Gaeshi - (Side Sacrifice Throw)

### **Katame Waza (Holding Techniques)**

All Rokyū, Gokyu, Yonkyū and Sankyū techniques performed on the left and right sides.  
 Kuzure Kami Shiho Gatame – (Variant Upper Four Corners Hold-down)  
 Kuzure Kesa Gatame – (Variant Scarf Hold)  
 Pendulum Escape from Kami Shiho Gatame

### **Shime Waza (Choking Techniques)**

All Rokyū, Gokyu, Yonkyū and Sankyū techniques performed on the left and right sides.  
 Kata Juji Jime - (Half Cross Choke, fingers in on one hand, thumb in on the other)  
 Okuri Eri Jime - (Sliding Lapel Choke)

### **Kansetsu Waza (Arm Locking Techniques)**

All Previous Techniques  
 Sankaku Garami - (Triangular Armlock)  
 Ude Gatame - (Upper Cross Armlock)  
 Juji Gatame - (Cross Armlock)

### **Ukemi Waza (Falling Techniques)**

Zempo Kaiten Ukemi - (Forward Rolling Breakfalls)  
 Yoko Ukemi - (Side Falls)  
 Koho Ukemi - (Back Falls)  
 Mae Ukemi - (Front Falls)

### **Nage no Kata**

First three sets of Nage No Kata - (Te Waza, Koshi Waza and Ashi Waza)

### **Vocabulary**

1 <sup>st</sup> Degree Black Belt	Shodan	12 <sup>th</sup> Degree Black Belt (Only Held by Dr. Kano)	Junidan
2 <sup>nd</sup> Degree Black Belt	Nidan	Past Master of Judo (Only Applied to Dr.	Shihan

		Kano)	
3 <sup>rd</sup> Degree Black Belt	Sandan	Formal Forms of Throwing	Nage No Kata
4 <sup>th</sup> Degree Black Belt	Yondan	Formal Forms of Grappling	Katame No Kata
5 <sup>th</sup> Degree Black Belt	Godan	Formal Forms of Gentleness	Ju No Kata
6 <sup>th</sup> Degree Black Belt	Rokudan	Formal Forms of Self-Defense	Goshinjitsu No Kata
7 <sup>th</sup> Degree Black Belt	Shichidan	Formal Forms of Self-Defense for Women	Joshi Goshin Kata
8 <sup>th</sup> Degree Black Belt	Hachidan	Formal Forms of Decision	Kimi No Kata
9 <sup>th</sup> Degree Black Belt	Kudan	Ancient Forms	Koshiki No Kata
10 <sup>th</sup> Degree Black Belt	Judan	Forms of Five	Itsutsu No Kata

## General Information

- What other colored belts are some black belts entitled to wear:
 

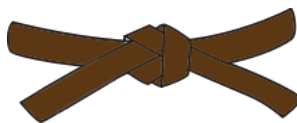
1 <sup>st</sup> through 3 <sup>rd</sup>	(Black Belt)
4 <sup>th</sup> and 5 <sup>th</sup>	(Black and Red Belt)
6 <sup>th</sup> through 8 <sup>th</sup>	(Red and White Belt)
9 <sup>th</sup> and 10 <sup>th</sup>	(Red Belt)
- What are the five divisions of Nage No Kata and the techniques that comprise them:
 

Te Waza	Uke Otoshi Seoi Nage Kata Guruma
Koshi Waza	Uke Goshi Harai Goshi Tsurikomi Goshi
Ashi Waza	Okuri Ashi Harai Sasae Tsurikomi Ashi Uchi Mata
Ma Sutemi Waza	Tomoe Nage Ura Nage Sumi Gaeshi
Yoko Sutemi Waza	Yoko Gake Yoko Guruma Uki Waza
- What are the three divisions of the Katame No Kata:
 

Katame Waza - (Pinning Techniques)
Shime Waza - (Choking Techniques)
Kansetsu Waza - (Arm Locking Techniques)
- What kata is the Maximum Efficiency Physical Fitness Kata:
 

Seiryoko Aenyo Kokuimin Taiiku
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## Ikkyu (Senior 1<sup>st</sup> Degree Brown Belt)



### **Nage Waza (Throwing Techniques)**

All Rokyū, Gokyū, Yonkyū, Sankyū and Nikyū techniques performed on the left and right sides.

Uki Otoshi - (Floating Drop)

Yoko Guruma - (Side Wheel)

Morote Gari - (Double Leg Grab)

Combination Throws

### **Katame Waza (Holding Techniques)**

All Rokyū, Gokyū, Yonkyū, Sankyū and Nikyū techniques performed on the left and right sides.

Makura Kesa Gatame - (Pillow Scarf Hold)

Uki Gatame - (Floating Hold-down)

Backdoor Escape from Tate Shiho Gatame

### **Shime Waza**

All Rokyū, Gokyū, Yonkyū, Sankyū and Nikyū techniques performed on the left and right sides.

Hadaka Jime - (Naked Choke)

Kata Ha Jime - (Single Wing Choke)

### **Kansetsu Waza**

All Rokyū, Gokyū, Yonkyū, Sankyū and Nikyū techniques performed on the left and right sides.

Hiza Gatame - (Knee Armlock)

Waki Gatame - (Side Arm Crush)

Te Gatame - (Hand Arm Lock)

### **Ukemi Waza (Falling Techniques)**

Zempo Kaiten Ukemi - (Forward Rolling Breakfalls)

Yoko Ukemi - (Side Falls)

Koho Ukemi - (Back Falls)

Mae Ukemi - (Front Falls)

### **Nage no Kata**

First 4 sets of Nage No Kata

## Vocabulary

Win of Any Type	Gachi/Kachi	Single Handed	Katate
Loss of Any Type	Make	Double Handed	Ryote
Win by Forfeit or Default of the Opponent Before a Match	Fusen Gachi	Both Hands	Morote
Win by Withdrawl of the Opponent During a Match	Kiken Gachi	Evasive Action	Sukashi
Same Side Gripping (Right vs Right, Left vs Left)	Ai Yotsu	Body	Tai
Opposite Side Gripping (Right vs Left)	Kenka Yotsu	Entangle	Garami
Slight Superiority	Kinsa	Referee	Shimpan
“Winner Stays Up” Team Contest	Kohaku Shiai	Floating	Uki
Man for Man or Elimination Tournament	Tentori Shiai	Lift	Tsuri
Methods of Resuscitation	Kappo	Pull	Komi
Contest Area	Shiaiyo	Time	Jikan
Pulling or Locking Hand	Hikite	Decisiveness	Kime
Power or Drawing Hand	Tsurite	To Drop	Otoshi
Entry Methods into Groundwork	Hairi Kata	Thigh	Mata
Judogi Measuring Device	Sokuteiki	Pivoting	Tai Sabaki

## General Information

- Name seven Americans who have won medals at the Olympic Games in Judo, what place they won and what year they won it:
 

Jim Bregman	(Bronze: 1964)
Allen Coage	(Bronze: 1976)
Jason Morris	(Silver: 1992)
Jimmy Pedro	(Bronze: 1996 and 2004)
Ronda Rousey	(Bronze: 2008)
Marti Malloy	(Bronze: 2012)
Kayla Harrison	(Gold: 2012)
- What are the ordinal numbers between eleven and twenty in Japanese:
 

Ju Ichi	Eleven
Ju Ni	Twelve
Ju San	Thirteen
Ju Shi	Fourteen
Ju Go	Fifteen
Ju Roku	Sixteen
Ju Shichi	Seventeen
Ju Hachi	Eighteen
Ju Kyu	Nineteen

	Niju	Twenty
3. What are the three divisions of Katame No Kata and the techniques that comprise them:	Katame Waza	Kesa Gatame Kata Gatame Kami Shiho Gatame Yoko Shiho Gatame Kuzure Kami Shiho Gatame
	Shime Waza	Kata Juji Jime Hadaka Jime Okuri Eri Jime Kata Ha Jime Gyaku Juji Jime
	Kansetsu Waza	Ude Garami Juji Gatame Ude Gatame Hiza Gatame Ashi Garami
4. Be able to demonstrate the referee hand signals and calls for:		Hajime! Matte! Sore Made! Osae Komi! Toketa! Yuko Waza-ari Ippon Shido for Stalling Shido for False Attack Shido for Stepping Out of Bounds

# Gokyo-o-no-waza



De-sishi-barai



Hiza-guruma



Sasae-tsuri-komi-ashi



O-goshi



O-soto-gari



Uki-goshi



O-uchi-gari



Seoi-nage



Ko-soto-gari



Ko-uchi-gari



Koshi-guruma



Tsurikomi-goshi



Okuri-ashi-barai



Tai-otoshi



Harai-goshi



Uchi-mata



Ko-soto-gake



Tsurigoshi



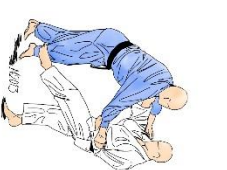
Yoko-otoshi



Ashi-guruma



Hane-goshi



Harai-tsuri-komi-ashi



Tomoe-nage



Kata-guruma



Sumi-gaeshi



Tani-otoshi



Hane-maki-komi



Sukui-nage



Utsuri-goshi



O-guruma



Soto-makikomi



Uki-otoshi



O-soto-guruma



Uki-waza



Yoko-wakare



Yoko-guruma



Ushiro-goshi



Ura-nage



Sumi-otoshi



Yoko-gake



# 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



KATA GATAME



SANKAKU GATAME

# Kansetsu Waza



Ude Garami



Ude Gatame



Te Gatame



Juji Gatame



Maki Gatame



Hara Gatame





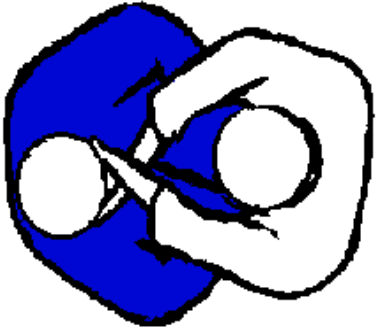
NAMI



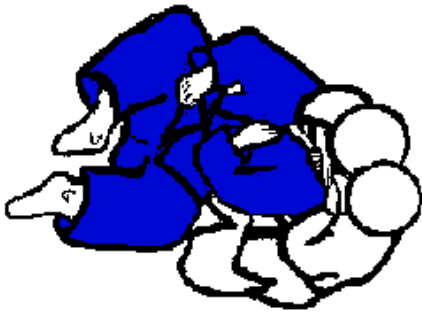
GYAKU



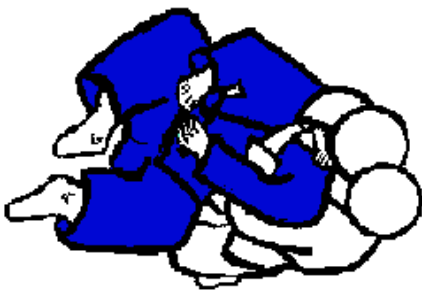
KATA



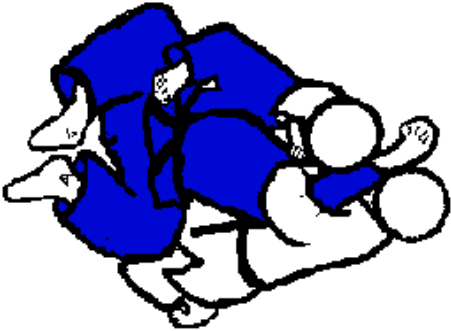
JUJI-JIME



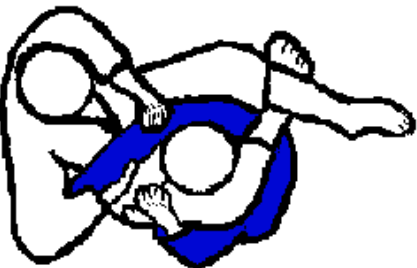
HADAKA-JIME



OKURI-ERI-JIME



KATA-HA-JIME



SANKAKU-JIME



JIGOKU-JIME