



Junior First (1st) Degree – Yellow

Requirements (Minimum)

Age – 4

Time in Previous Degree – 2 months

Class Attendance – 16 classes

Promotions Points – 4 points (see point calculation sheet)

Previous Degree Requirements

All of this Degree Requirements signed off by a Sensei

Name _____

Date Started _____

Date Completed _____

General Information

1. What is the name of your Judo organization?

United States Judo Association

2. Who was the founder of Judo?

Jigoro Kano

3. What is the name of the school he founded?

Kodokan

4. What is the date of the founding of Judo?

1882

5. How long have unarmed combat martial arts been practiced in Japan?

600- 1000 years

6. What was unarmed combat called in Japan before Judo?

Jujitsu

7. Suggestions you would like to see happen differently in Tomodachi Judo Club?

8. What do you like most about Tomodachi Judo Club?

Judo Vocabulary

1. Hip or Waist = *Koshi or Goshi*

2. Major Hip (Throw) = *O Goshi*

3. Little or Minor = *Ko*

4. Hand = *Te*

5. Foot or Leg = *Ashi*

6. Wheel = *Guruma*

7. Knee = *Hiza*

8. Knee Wheel (Throw) = *Hiza Guruma*

9. Off balance = *Kuzushi*

10. Free practice = *Randori*

11. Repetition attack practice without throwing, done with a partner =

Uchi Komi

12. Pillow = *Makura*

13. Pillow Scarf Hold = *Makura Kesa Gatame*

14. Hold-down! (referee's call) = *Osae-komi!*

15. Hold-down Broken (referee's call) = *Toketa!*

16. Don't Move! (referee's call) =

Sono Mama!

17. Continue! (referee's call) = *Yoshi!*



Junior First (1st) Degree – Yellow

Technical Demonstration

Miscellaneous Skills

- _____ *Ukemi* - Falling methods or ways (Break falls)
- _____ *Zarei* - Kneeling bow
- _____ *Ritsurei* - Standing bow
- _____ *Seiza* - Sitting on knees and feet
- _____ *Anza* - Sitting crossed-legged
- _____ *Shizen Hontai* - Basic natural posture
- _____ *Jigo Hontai* - Basic defensive posture
- _____ *Kyoshi* - High kneeling

Kumi Kata

Gripping Forms

- _____ Standard sleeve and lapel grip (right hand on collar, left hand under arm higher than elbow)
- _____ Inner sleeve grip against a high lapel grip (*Uke* has high lapel, *Tori* grab inner sleeve of *Uke* close to the armpit)

Nage Waza

Throwing Techniques

- _____ *Hiza Guruma* – Knee Wheel
- _____ *O Goshi* – Big Hip
- _____ Demonstrate *Hiza Guruma* as an opponent moves directly into you

Renraku Waza

Combination Techniques

- _____ *O Goshi* to *Kesa Gatame*

Kaeshi No Waza

Counter Throw Techniques

- _____ *Uke* attacks with *O Goshi*: *Tori* counters with *O Soto Gaeshi*

Katame Waza

Holding Techniques

- _____ *Makura Kesa Gatame* – Pillow Scarf Hold

Fusegi Kata

Escape Methods from Hold-downs

- _____ Bridge and roll from *Kesa Gatame*

Hairi Kata

Entry Methods into Mat Work

Hands & Knees Top

- _____ Half-Nelson turn over from the side