



## Junior Second (2<sup>nd</sup>) Degree – Yellow

### Requirements (Minimum)

Age – 5

Time in Previous Degree – 2 months

Class Attendance – 16 classes

Promotions Points – 5 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 are the two principals of Kodokan Judo as defined by Dr. Kano?

*Maximum efficiency - Seiryoku Zenyo*

*Mutual benefit & welfare - Jita Kyoei*

2. How many degrees are there currently in the USJA junior rank system?

*Ten*

3. List the six Tomodachi junior judo belt colors in order by color. (do not list white).

*Yellow, Orange, Green, Blue, Purple, Brown*

4. Name the Japanese equivalent of the three parts of a Judo throw.

*Balance – Kuzushi*

*Entry – Tsukuri*

*Execution – Kake*

5. Name the three parts of unarmed combat in Japanese.

*Throwing techniques - Nage waza*

*Grappling techniques - Katame waza*

*Striking techniques - Atemi waza*

6. Suggestion how to improve Tomodachi Judo Club.

7. What do you dislike the most about Tomodachi Judo Club?

### Judo Vocabulary

1. Shoulder = *Seoi*

2. Throw = *Nage*

3. Reap = *Gari*

4. Both Hands = *Morote*

5. Side = *Yoko*

6. Four Corners (as in hold-downs) = *Shiho*

7. Modified = *Kuzure*

8. Inside = *Uchi*

9. Outside = *Soto*

10. Fundamental or Basic = *Hon*

11. Natural = *Shizen*

12. Defensive = *Jigo*

13. Basic Natural Posture = *Shizen Hontai*

14. Basic Defensive Posture = *Jigo Hantai*

15. Time is up! (referee's call) = *Sore Made!*

16. One Point! (referee's award) = *Ippon!*

17. Half Point! (referee's award) = *Waza Ari!*

18. Sixth Class (Kyu) Judo rank = *Rokyu*

19. Black Belt Rank = *Dan*

20. Beginning Black Belt (1<sup>st</sup> Degree) = *Shodan*

21. Modified Scarf Hold = *Kuzure Kesa Gatame*

22. Side 4 Corner Hold = *Yoko Shiho Gatame*

23. Major Outside Reap = *O Soto Gari*

24. Shoulder Throw = *Seoi Nage*

25. One Point Shoulder Throw = *Ippon Seoi Nage*

26. Two Hand Shoulder Throw = *Morote Seoi Nage*



## Junior Second (2<sup>nd</sup>) Degree – Yellow

### Technical Demonstration

#### Miscellaneous Skills

- \_\_\_\_\_ Proper tying of belt
- \_\_\_\_\_ *Randori* – Free practice

#### Kumi Kata

##### Gripping Forms

- \_\_\_\_\_ High lapel grip (grab close to the neck)
- \_\_\_\_\_ Swinging arm break against a sleeve grip (*Uke* has sleeve grip, break the grip by swinging your own arm around *Uke*'s)

#### Nage Waza

##### Throwing Techniques

- \_\_\_\_\_ *O Soto Gari* – Major Outer Reap
- \_\_\_\_\_ *Ippon Seoi Nage* – One Point Shoulder Throw
- \_\_\_\_\_ *Morote Seoi Nage* – Two Hand Shoulder Throw
- \_\_\_\_\_ Demonstrate *O Soto Gari* as an opponent moves directly away from you

#### Renraku Waza

##### Combination Techniques

- \_\_\_\_\_ *O Soto Gari* to *Kesa Gatame*

#### Kaeshi No Waza

##### Counter Throw Techniques

- \_\_\_\_\_ *Uke* attacks with *O Soto Gari*; *Tori* counters with *O Soto Gaeshi*

#### Katame Waza

##### Holding Techniques

- \_\_\_\_\_ *Yoko Shiho Gatame* – Side 4 Corner Hold
- \_\_\_\_\_ *Kuzure Kesa Gatame* – Modified Scarf Hold

#### Fusegi

##### Escape Methods from Hold-downs

- \_\_\_\_\_ Leg entanglement from *Kuzure Kesa Gatame*
- \_\_\_\_\_ Leg entanglement from *Yoko Shiho Gatame*

#### Hairi Kata

##### Entry Methods into Mat Work

**Hands & Knees Top** (*Uke* in the hands and knees position and *Tori* on top)

- \_\_\_\_\_ Half-Nelson turn over from the front (cross neck turn over)

**Legs Around Top** (*Uke* in the bottom guard position and *Tori* in the top position)

- \_\_\_\_\_ Swinging leg entry (grab legs, move them to the side, and quickly chest on chest)