

Gokyu-Orange Belt (Min. 24 Hours of Class Instruction)

History & General Knowledge

1. When and where was Judo first included in the Olympics? [1964 Tokyo]
2. How many degrees of Black Belt are there? [10 degrees]
3. Name three people who obtained the 10th degree? [Mifune, Iizuka, Samura, Nagaoka, Yamashita, Isogai, Kotani, Tabata, Okano, Shoriki, Kurihara, Nakano, Fukuda, Geesink, Porter, Harris,]
4. Name the two Principles of Judo. [1. Maximum Efficiency with Minimum Effort, 2. Mutual Benefit and Welfare]
5. What is the ultimate goal of Judo? [The harmonious development and eventual perfection of human character]
6. Name the 3 parts of a judo throw. [Off balance-Kuzushi, Entry-Tsukuri, Execution-Kake]

Terminology

7. One Arm Shoulder Throw [Ippon Seoi Nage] _____
8. Two Arm Shoulder Throw [Morote Seoi Nage] _____
9. Major Inside Reaping Throw [O Uchi Gari] _____
10. Minor Outside Reaping Throw [Ko Soto Gari] _____
11. Minor Inside Reaping Throw [Ko Uchi Gari] _____
12. Hip Wheel Throw [Koshi Guruma] _____
13. Lifting Pulling Hip Throw [Tsuru Komi Goshi] _____
14. Sliding One Foot Behind the Other [Tsugi Ashi] _____
15. Normal Walking [Ayumi Ashi] _____
16. Side Corner Hold [Yoko Shiho Gatame] _____
17. Upper Corner Hold [Kami Shiho Gatame] _____
18. Sitting Cross legged [Anza] _____
19. Sitting on knees [Seiza] _____
20. Basic Defensive Posture [Jigo Hon Tai] _____
21. Basic Natural Posture [Shizen Hon Tai] _____
22. Practice Hall [Dojo] _____
23. Forms of Gripping [Kumi Kata] _____

Demonstration

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| Ippon Seoi Nage _____ | Yoko Shiho Gatame _____ |
| Morote Seoi Nage _____ | Kami Shiho Gatame _____ |
| O Uchi Gari _____ | Anza _____ |
| Ko Soto Gari _____ | Seiza _____ |
| Ko Uchi Gari _____ | Shizen Hon Tai _____ |
| Koshi Guruma _____ | Jigo Hon Tai _____ |

Tsuri Komi Goshi

Ayumi Ashi_____

Tsugi Ashi_____

Leg Entangle Escape_____

Single Bridge and Roll Escape_____

Memory Verse: Phil. 3:14 I press toward the mark for the prize of the high calling of God in Christ Jesus.