

Rokyu- Yellow Belt (Min. 16 Hours of Class Instruction)

History & General Knowledge

1. Who was the founder of Judo? [Jigoro Kano] _____
2. What is the name of the school he started? [Kodokan] _____
3. Where & when did he start the Kodokan? [Tokyo, 1882] _____
4. Name the National Governing Body for Judo in the U.S.A. [United States Judo, Inc. or USA Judo] _____
5. How & when was this body started? [Act of Congress, 1978] _____
6. Judo was developed from what Martial Art? [Ju Jitsu] _____

Terminology

7. Teacher [Sensei] _____
8. Judo Uniform [Gi] _____
9. Gentle Way [Judo] _____
10. Belt [Obi] _____
11. Judo Player [Judoka] _____
12. 8 Points of Off Balance [Happo No Kuzushi] _____
13. Attention [Kiyotsuke] _____
14. Repetition [Uchi Komi] _____
15. Bow [Rei] _____
16. Free Play [Randori] _____
17. Start [Hajime] _____
18. Stop [Matte] _____
19. Almost Ippon [Waza Ari] _____
20. Freeze [Sono Mama] _____
21. Full Point [Ippon] _____
22. Pin Control [Osae Komi] _____
23. Pin Broken [Toketa] _____
24. Falling ways [Ukemi] _____
25. Advancing Foot Sweep Throw [De Ashi Harai] _____
26. Knee Wheel Throw [Hiza Guruma] _____
27. Propping Lifting Pulling Foot Throw [Sasae Tsuru Komi Ashi] _____
28. Big Outside Reaping Throw [O Soto Gari] _____
29. Big Hip Throw [O Goshi] _____
30. Scarf Hold [Kesa Gatame] _____
31. Modified Scarf Hold [Kuzure Kesa Gatame] _____

Demonstration

- 8 Points of Off Balance _____ Proper Wearing of Gi and Obi _____
Falling ways _____ Kesa Gatame _____

De Ashi Harai____

Hiza Guruma____

Sasae Tsuru Komi Ashi____

O Soto Gari____

Kuzure Kesa Gatame_____

Uphill turn Escape_____

Leg Entangle Escape_____

O Goshi_____

Memory Verse: Phil. 4:13 I can do all things through Christ which strengtheneth me.