

Shodan 1st Degree Black (Min. of 150 Hours of Class Instruction)

A. Type 2 Judo Essays. #1 What has Judo done for me? #2 What have I done for Judo? Each Essay must have a minimum of 3 sections: Introduction, Body and Conclusion. Within these 3 sections each paragraph must have a minimum of 5 sentences. Print these out and turn them in. Please answer these questions honestly, truthfully and with much thought.

B. Type 2 Spiritual Essays. #1 What has Christ done for me? #2 What have I done for Christ? Each Essay must have a minimum of 3 sections: Introduction, Body and Conclusion. Within these 3 sections each paragraph must have a minimum of 5 sentences. Print these out and turn them in. Please answer these questions honestly, truthfully and with much thought.

Terminology

1. Dead Tree Drop Throw [Kuchiki Taoshi] _____
2. Heel Trip Reversal [Kibisu Gaeshi] _____
3. Major Outer Reaping Counter Throw [O Soto Gaeshi] _____
4. Major Inner Reaping Counter Throw [O Uchi Gaeshi] _____
5. Minor Inner Reaping Counter Throw [Ko Uchi Gaeshi] _____
6. Sweeping Hip Counter Throw [Harai Goshi Gaeshi] _____
7. Springing Hip Counter Throw [Hane Goshi Gaeshi] _____
8. Inner Thigh Reaping Throw Counter [Uchi Mata Gaeshi] _____
9. Scissor Throw [Kani Basami] _____
10. Single Leg Entanglement Throw [Kawazu Gake] _____
11. Mountain Storm Throw [Yama Arashi] _____
12. Pulling Down Sacrifice Throw [Hikkomi Gaeshi] _____
13. Rice Bale Throw [Tawara Gaeshi] _____
14. Inner Winding Throw [Uchi Makikomi] _____
15. Rear Trunk Separation Throw [Daki Wakare] _____
16. Two Hand Choke [Ryote Jime] _____
17. Thrust Choke [Tsukkomi Jime] _____
18. Triangle Choke [Sankaku Jime] _____

Demonstration

Nage No Kata: Tori _____ Uke _____

Katame No Kata: Tori _____ Uke _____

Kuchiki Taoshi _____

Kibisu Gaeshi _____

O Soto Gaeshi _____

O Uchi Gaeshi _____

Ko Uchi Gaeshi _____
Hane Goshi Gaeshi _____
Kani Basami _____
Yama Arashi _____
Tawara Gaeshi _____
Daki Wakare _____
Tsukkomi Jime _____

Harai Goshi Gaeshi _____
Uchi Mata Gaeshi _____
Kawazu Gake _____
Hikkomi Gaeshi _____
Uchi Makikomi _____
Ryote Jime _____
Sankaku Jime _____

Memory Verse: Rom. 8:28 And we know that all things work together for good to them that love God, to them who are the called according to His purpose.