



## Junior First (1<sup>st</sup>) 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*

### 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!*



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### 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 a throw as an opponent moves directly into you

#### Renraku Waza

##### Combination Techniques

- \_\_\_\_\_ Forward throw to pin – *O Goshi* to *Kesa Gatame*

#### Kaeshi No Waza

##### Counter Throw Techniques

- \_\_\_\_\_ *Uke* attacks with *O Goshi*: *Tori* counters with *O Soto Gake*

#### 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