

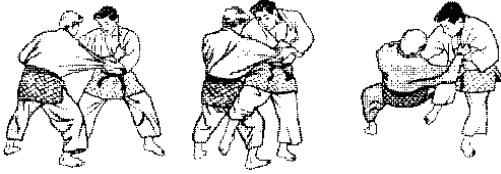
Kita Kaze Judo Club

Yellow Belt Requirements (Adults)

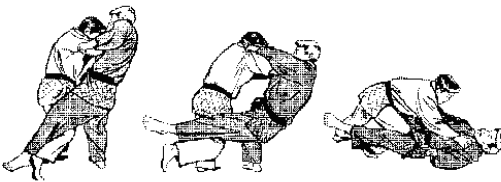
Nage-waza (Throwing techniques)

Ashi-waza (Foot techniques)

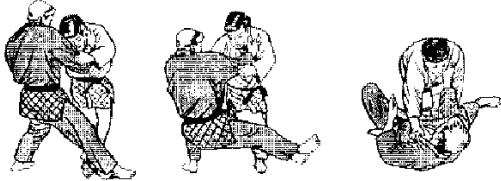
O-soto-otoshi (Major outer drop)



O-uchi-gari (Major inner reap)



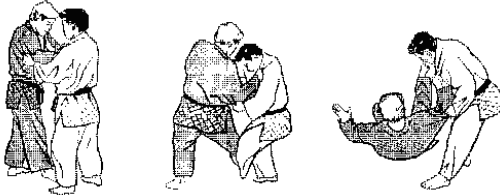
Ko-uchi-gake (Minor inner hook)



Ko-soto-gake (Minor outer hook)



De-ashi-barai (Advancing foot sweep)

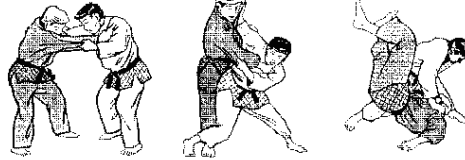


Mae-ukemi (Front breakfall)



Te-waza (Hand techniques)

Tai-otoshi (Body drop)



Kata-waza (Shoulder techniques)

Ippon seoi-nage (One-arm shoulder throw)



Koshi-waza (Hip techniques)

O-goshi (Major hip)



Ukemi-waza (Breakfalling techniques)

Koho-ukemi (Back breakfall)



Yoko-ukemi (Side breakfall)



Zempo-kaiten (Forward rolling breakfall)



Ne-waza (Ground techniques)

Osae-komi-waza (Hold-downs)

Mune-gatame (Chest hold)



Yoko-shiho-gatame (Side four-quarters hold)



Kesa-gatame (Scarf hold)



Kami-shiho-gatame (Top four-quarters hold)



Tate-shiho-gatame (Locking four-quarters hold)



Shime-waza (Choking techniques)

Okuri-eri-jime (Sliding collar choke)



Kata-ha-jime (Single wing choke)



Kansetsu-waza (Arm-locking techniques)

Ude-garami (Entangled arm-lock)



Ude-hishigi-juji-gatame (Cross arm-lock)



Other Ground Techniques

- One escape from each hold-down
- Use guard and turtle for defense
- Knee method to open the closed guard
- One guard pass
- Scissor sweep from guard
- 3-legged table turn-over against turtle
- Entry into back mount against turtle
- Safety stand-up

Other Requirements

- Have good attitude, attendance, participation, etc.
- Have reasonable fitness
- Know judo terminology

Vocabulary

Matte (wait, stop)

Hajime (begin)

Judo (the gentle/flexible/yielding way)

Judoka (people who participate in Judo)

Dojo (practice hall)

Jigoro Kano (the founder of Judo)

Migi (right)

Hidari (left)

Tori (the performer of the technique)

Uke (the receiver of the technique)

Rei (bow)

Pronunciation

a = as in father

i = as in set

u = as in fod

e = as in way

o = as in low