

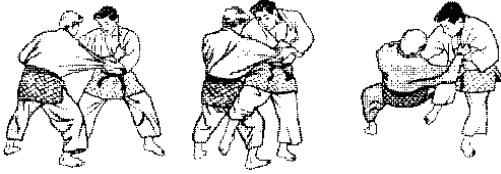
# Kita Kaze Judo Club

## Yellow Belt Requirements (Kids)

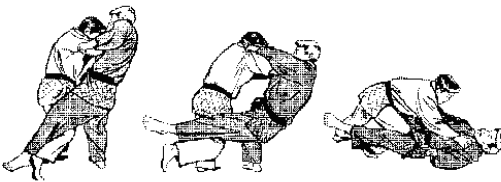
### Nage-waza (Throwing techniques)

#### Ashi-waza (Foot techniques)

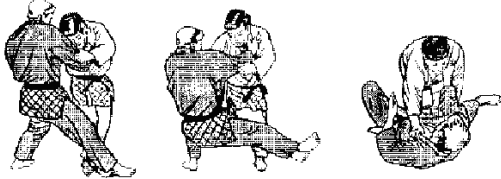
##### **O-soto-otoshi** (Major outer drop)



##### **O-uchi-gari** (Major inner reap)



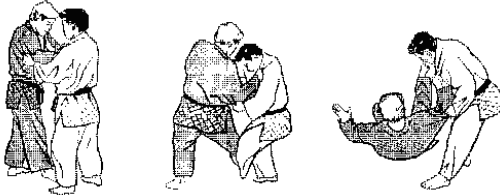
##### **Ko-uchi-gake** (Minor inner hook)



##### **Ko-soto-gake** (Minor outer hook)



##### **De-ashi-barai** (Advancing foot sweep)

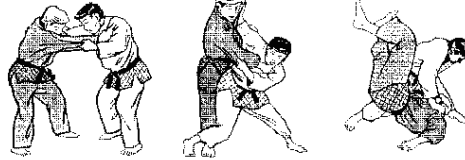


##### **Mae-ukemi** (Front breakfall)



#### 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)

#### **Kesa-gatame** (Scarf hold)



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



### Other Ground Techniques

- One escape from each hold-down
- Perform ground randori

### Other Requirements

- Have good attitude, attendance, participation, etc.
- Have reasonable fitness
- Know judo terminology
- Be at least 6 years old

### 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 seat

u = as in food

e = as in way

o = as in low