

Judo Link Club Rank Promotion Guide

7th Kyu - Yellow Belt Requirement

Updated: March 2022 (Revision 5)

Judo History, Philosophy, and Terminology:

Who is the founder of Kodokan Judo?

Dr. Jigoro Kano

What is the background of judo's creation?

Founded by Dr. Jigoro Kano (嘉納 治五郎) at the Kodokan (讲道馆), judo (柔道) is martial art and an Olympic sport. Ju (柔) Do (道) means the principle or way of the gentleness or yielding, it was created by distilling the best of various old Samurai jujutsu (some call it jiu-jitsu) techniques which can be effectively used and applied in combat as well as in training against a fully resisting opponent.

What are the main judo principles?

Maximum efficiency, minimum effort.

Mutual welfare and benefit.

What is jujutsu or jiu-jitsu?

Jujutsu (柔術) was not just one martial art style but a blanket name for the thousands of school (ryu 流) practicing all types of combat arts from weapon to striking to grappling.

What is randori?

In judo, the concept of randori (乱取), free practice sets it apart from most other martial arts. In randori, one could safely practice throws, holds, and permitted submission techniques as in a real match; but the striking and dangerous techniques are practiced in kata only.

Terminology:

Rei – bow

Hajime – begin

Matte – stop / end

Uchi-komi – static entry (exercise)

Nage-komi – throw

Ukemi – falling technique

Tachi-waza – standing technique

Ne-waza – ground grappling technique

Sensei – a respectful term for a teacher who is more experienced in the field

Gi – the uniform




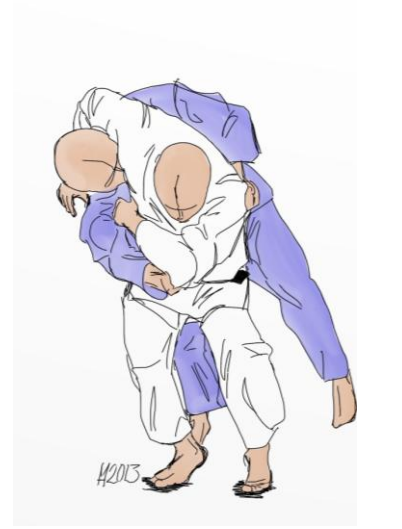


Obi – the belt

Tatami – the mat

Physical Exercises:

- Bridge over shoulder
- Backward roll over shoulder
- Backward shrimp
- Break-fall (forward, side, backward)
- Forward roll (regular)
- Cartwheel
- Ability to hold a handstand leaning against something for 10 seconds

Standing Techniques / Tachi-waza: must perform uchi-komi and nage-komi

 <p>Ippon Seio-nage / Back-carry shoulder throw</p>	 <p>O-osoto-gari / Major outer reap</p>
 <p>O-uchi-gari / Major inner reap</p>	 <p>Koshi-guruma / Hip wheel throw</p>
 <p>Sasae-tsuri-komi-ashi / Ankle propping throw</p>	 <p>Morote-gari (Two hands reap)</p>

Ground Techniques / Ne-Waza:



Hon-kesa-gatame / Scarf hold



Tate-shiho-gatame / Straight four-corner hold



Yoko-shiho-gatame / Side locking four-corner hold (sometimes in this particular illustration it can also be called Mune-gatame or chest hold)



Ude-hishigi-juji-gatame / Cross armlock, also commonly known as just *juji-gatame* (seen from bottom position)



Juji-jime / Cross strangle (name-, gyaku-, kata-variations)



Hadaka-jime / Naked strangle (rear)

Standing / Tachi-waza Combinations:

O-uchi-gari to ippon seio-nage

O-soto-gari to sasae-tsuri-komi-ashi

Sasae-tsuri-komi-ashi to O-soto-gari

Defense in standing:

Hikikomi-gaeshi counter to morote-gari (double leg grab)

Transition on the ground:

Turn-over: (when opponent is in the "turtle" position)

Two-hand elbow cupping turn-over

Two hands on belt grip, frontal to side push turn-over

Defense:

Uphill turn (bridge) escape to tate-shiho-gatame (when your opponent is sitting on top of you)

Bridge, push into, lift and roll your opponent from under his yoko-shiho-gatame

Fundamental defense against strangle using your arms and hands

Bottom position:

Knee-push reversal

Leg-scissoring reversal

Stretch and roll reversal

Leg pass:

Four-corner control legs pass