

Gokyu/Orange Belt Requirements

Requirement for belt testing include membership into governing Judo organization which is currently USA Judo under the club MOJJJO Wiregrass Judo. Attendance requirements as stated by instructor.

Time in Grade: 3-4 months from Rokyu or based on instructor recommendations and class attendance.

1) General Knowledge must know each term and what it means for both general knowledge and demonstrated techniques.

- a) Basic Judo Etiquette
- b) Basic Judo Hygiene
- c) When was Judo founded?
- d) Who founded Judo?
- e) Purpose of Ukemi (break falls)?
- f) Correct fundamentals of:
 - i) gripping(kumi kata)
 - ii) posture(shisei)
 - iii) natural posture(shizenhontai)
 - iv) defensive posture (jigohontai)
 - v) right defensive posture(migi jigotai)
 - vi) left defensive posture(hidari jigotai)
- g) Basic fundamentals of throwing (kuzushi, tsukuri and kake)
- h) Eight forms of unbalance
- i) Terminology for all the below requirements.

2) Ability to Demonstrate the following techniques: + all previous techniques from past belt testing

- a) Ukemi (falls)
 - i) Koho Ukemi (back fall)
 - ii) Yoko Ukemi (side fall)
 - iii) Zempo Kaiten Ukemi (forward roll)
- b) Nage-Waza (throwing techniques)
 - i) Deashi Harai (advancing foot sweep)
 - ii) Hiza Guruma (knee wheel)
 - iii) Sasae Tsurikomi Ashi (propping lifting pulling throw)
 - iv) Koshi Guruma (hip wheel)
 - v) Tsurikomi Goshi (lifting pulling hip)
 - vi) Okuriashi Harai (sliding foot sweep)
 - vii) Tai Ostoshi (body drop)
 - viii) Harai Goshi (sweeping hip throw)
 - ix) Uchi-mata (inner thigh throw)
- c) Katame-Waza (grappling techniques)
 - i) Kata-katame (shoulder hold)
 - ii) Tate-shihio-katame (vertical four quarter hold)
 - iii) Hadaka-jime (naked strangle)