

Rokyu/Yellow 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 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:

- a) Ukemi (falls)
 - i) Koho Ukemi (back fall)
 - ii) Yoko Ukemi (side fall)
 - iii) Zenpo Kaiten Ukemi (forward roll)
- b) Nage-Waza (throwing techniques)
 - i) Osoto Gari (large outer reap)
 - ii) Kosoto Gari (small outside reap)
 - iii) Uchi Gari (large inner reap)
 - iv) Kouchi Gari (small inner reap)
 - v) Ippon Seoi Nage (one shoulder throw)
 - vi) O Goshi (large hip throw)
 - vii) Uki Goshi (floating half-hip throw)
- c) Katame-Waza (grappling techniques)
 - i) Kesa-katame(3 variations) (scarf hold)
 - ii) Yoko-shihio-katame (side four hold)