

Yonkyu/Green 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: 6 months from Gokyu 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) Knowledge of the fundamental principles of Judo (maximum efficiency)
- j) Improved degree of skill with lower rank requirements
- k) 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) Kosoto Gake (small outside reap)
 - ii) Tsuru Goshi (lifting hip)
 - iii) Yoko Otoshi (side drop)
 - iv) Ashi Guruma (leg wheel)
 - v) Hane Goshi (spring hip throw)
 - vi) Harai Turiskomi Ashi (lift-pull foot sweep)
 - vii) Tomoe Nage (circle throw)
- c) Katame-Waza (grappling techniques)
 - i) Kami Shiho Gatame (upper four quarter hold down)
 - ii) Ude Garami (arm entanglement or "figure-four" key lock)
 - iii) Ude Gatame (straight arm lock)