



ξ Northglenn Judo Club ξ

PROMOTION GUIDE FOR IKKYU (PURPLE BELT) - High, 1 stripe

Student Name: _____ Date: _____ Examiner: _____
Circle: Pass Fail

GENERAL REQUIREMENTS:

1. Must show good behavior and attitude.
2. Must have consistently attended practice.
3. Time in grade as Ikkyu (Purple belt):
 - Non-competitor.....2 year
 - Competitor, 5 points.....1 year
 - Competitor, 10 points.....9 months
 - Competitor, 15 points.....6 months
 - Batsugun or 20 points.....3 months
4. Participation in club functions, such as fund raisers and tournament work.
5. Increased proficiency in all lower rank requirements

VOCABULARY:

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|---|---|
| 1. Kuzushi.....off balancing | 7. Te waza.....hand techniques |
| 2. Tsukuri.....set up for throw | 8. Koshi waza.....hip techniques |
| 3. Kake.....throw | 9. Ashi waza.....foot and leg throws |
| 4. Nage waza.....throwing techniques | 10. Go-kyo no waza.....5 lessons of throwing techniques |
| 5. Tachi waza.....standing techniques | 11. Katame waza.....mat work techniques |
| 6. Sutemi waza.....sacrifice techniques | 12. Kansetsu waza.....joint locking techniques |

ABILITY TO DEMONSTRATE:

1. Throwing Techniques

Sasae-tsurikomi-ashi.....propping drawing ankle throw
Kata-guruma.....shoulder wheel

2. Choking Techniques(13 and older)

Hadaka-jime.....naked choke
Kata-ha-jime.....single wing lock

3. Arm-Bar Techniques(17 and older)

Hiza-gatame.....arm-knee lock
Juji-gatame.....cross arm lock
Ashi-garami.....entangled leg lock

4. General Techniques

Demonstrate two throws to the left and right side
Demonstrate two combination techniques
Demonstrate two counter techniques