



ξ Northglenn Judo Club ξ

PROMOTION GUIDE FOR NIKYU (BLUE 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 Nikyu (Blue belt):
 - Non-competitor.....1 year
 - Competitor, 5 points.....9 months
 - Competitor, 10 points.....6 months
 - Competitor, 15 points.....0 time
4. Participation in club functions, such as fund raisers and tournament work.
5. Any Gokyu, Yonkyu or Sankyū level technique with improved skill.

VOCABULARY:

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|--------------------------------------|---------------------------------|
| 1. Nage waza.....throwing techniques | 7. Yoshi.....ok; good to go |
| 2. Katame waza.....mat techniques | 8. Ippon.....full point |
| 3. Jikan.....time | 9. Waza-ari.....near full point |
| 4. Osaekomi.....hold down | 10. Yuko.....near waza-ari |
| 5. Toketa.....broken | 11. Shido.....caution; penalty |
| 6. Sonomama.....freeze | |

ABILITY TO DEMONSTRATE:

1. Throwing Techniques

Tomoenage.....stomach throw
Hane-goshi.....springing hip throw
Tsuru-komi-goshi.....lifting-pulling hip throw
Sode-tsuru-komi-goshi.....sleeve lifting-pulling hip throw
Uchimata.....inner thigh throw

2. Choking Techniques(13 and older)

Nami-juji-jime.....normal cross lock
Okuri-eri-jime.....sliding lapel choke

3. Arm-Bar Techniques(17 and older)

Ude-garami.....coil arm lock
Ude-gatame.....arm lock

4. General Techniques

Demonstrate one throw both left and right
Demonstrate one combination technique
Demonstrate one counter technique