



# ξ Northglenn Judo Club ξ

## PROMOTION GUIDE FOR YONKYU Sr. (GREEN BELT)

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_ Examiner: \_\_\_\_\_  
Circle: Pass Fail

### GENERAL REQUIREMENTS:

1. Must show good behavior and attitude.
2. Must have consistently attended practice for a minimum of 3 months from your last promotion.
3. Must have held the rank of Gokyu for a minimum of 3 months.
4. Must be able to tie belt correctly and have neat appearance.
5. Must have the recommendation of your instructor and the head Sensei.

### GENERAL KNOWLEDGE:

- |   |                                   |
|---|-----------------------------------|
| 1. Who was the founder of Judo?                 | Dr. Jigoro Kano                   |
| 2. What was the name of the School he founded?  | The Kodokan                       |
| 3. What is the fundamental principal of Judo?   | Maximum efficiency                |
| 4. When was Judo added to the Olympics?         | 1964                              |
| 5. Who founded the Northglenn Judo Club?        | Dr. Dennis McGuire & Page Baptist |
| 6. Who is the Northglenn Judo Club Head Sensei? | Warren Agena, 5th Dan             |

### VOCABULARY:

- |                           |                              |
|---------------------------|------------------------------|
| 1. Hajime.....Begin       | 5. Toketa.....Broken         |
| 2. Mate.....Stop          | 6. Randori.....Open practice |
| 3. Rei.....Bow            | 7. Shiai.....Tournament      |
| 4. Osaekomi.....Hold down | 8. Sonomama.....Freeze       |
|                           | 9. Yoshi.....Ok; good to go. |

### ABILITY TO DEMONSTRATE:

#### 1. Throwing Techniques

- Kouchi-gari.....minor inner reaping throw
- Uki-goshi.....floating hip throw
- Hiza-guruma.....knee wheel throw
- O-uchi-gari.....major inner reaping throw

#### 2. Holding Techniques\*

- Kami-shiho-gatame.....upper four-corner hold
- Yoko-shiho-gatame.....side four-corner hold

\*(Must also know escape(s) from the above holding techniques.)

#### 3. Any Gokyu level technique with improved skill.

### TOURNAMENT EXPERIENCE:

Continued contest experience with expanded interpretation of the sport phase. No contest wins required for promotion to this rank.