

## CCSF Yonkyu Promotion Requirement

### Yonkyu: Blue Belt; 4<sup>th</sup> Degree

- 1) General knowledge
    - a) Basic Judo etiquette
      - *wear slippers to mat area, bow when entering into dojo an mat area, proper bow*
    - b) Basic Judo hygiene
      - *clean; personal hygiene, judogi*
    - c) Purpose of ukemi
      - *Learn to fall so you will not injured yourself, dissipate the force of falling*
    - d) Correct forms of sitting and kneeling
      - *informal-anza, formal-seiza*
    - e) General Information on Judo
      - i) Who was the founder of Judo?
        - *Dr Jigoro Kano.*
      - ii) What is the name of the school he founded?
        - *The Kodokan.*
      - iii) What is the date of the founding of Judo?
        - *1882.*
      - iv) What was unarmed combat called in Japan before Judo?
        - *Ju Jitsu.*
      - v) What is the name of your Judo organization?
        - *The United States Judo Federation.*
      - vi) Name the three parts of a Judo throw in English and Japanese:
        - *1. Off Balance-Kuzushi. 2. Entry-Tsukuri. 3. Execution-Kake.*
- Name the three parts of unarmed combat in English and Japanese:
- *1. Throwing techniques-Nage Waza. 2. Grappling techniques-Katame- Waza, 3. Striking techniques-Atemi Waza.*

<b>Go-Kyo-No-Waza (partial)</b>	
O-Soto-Gari Ko-Soto-Gari Okuri-Ashi-Barai Tsuru-Komi-Goshi	Demonstrate

<b>Osae Waza Holding Techniques</b>	
Kesa- Gatame Kuzure-Kesa- Gatame Kuzure-Yoko-Shiho- Gatame (Modified)	Demonstrate

<b>Shime Waza</b>	
Juji-Jime Okuri-Eri-Jime	Demonstrate

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### *Vocabulary Knowledge*

- Time is up: Soremade
- Knee: Hiza
- Hip or waist A: Goshi or Koshi
- Continue: Yoshi
- Hand- Te
- Foot - Ashi
- Big or major - O
- Little or minor - Ko
- I surrender - Maitta
- Knee wheel - Hiza Guruma
- Major hip throw - O Goshi
- Lock or Hold - Gatame
- Scarf hold - Kesa Gatame
- Shoulder - Seoi
- shoulder throw - Seoi Nage
- Falling method or ways - Ukemi
- Side- Yoko
- Major outside reap - O Soto Gari
- Wheel - Guruma
- Throw - Nage
- Begin - Hajime
- Reap - Gari
- Side hold - Yoko Shiho Gatame
- Stop - Matte
- Hold down - Osae Komi
- Inside - Uchi
- Sweep - Harai
- Hold-down broken - Toketa
- Don't move! (referee's call) - Sonomama!
- Continue! (referee's call) - Yoshi!
- Knee wheel throw - Hiza Guruma
- Major hip throw - O Goshi
- Side - Yoko
- Corners (as in hold-downs) - Shiho
- Outside - Soto
- Off-balancing - Kuzushi
- Forms of gripping one's opponent - Kumi Kata

**Tournament Management: 1 Assist (Timer/Scorekeeper) Outside Tournament**

**1 Assist CCSF Invitational Judo Tournament or Clinic**