Yonkyu: Blue Belt; 4th 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:

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<th>Go-Kyo-No-Waza (partial)</th>
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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