

ROKYU JUDO RANK REQUIREMENTS

One Yellow Tip (Dojo Rank)

- | | |
|---------------------|---------------------------|
| 1) Ritsu Rei | (Standing Bow) |
| 2) Za Rei | (Kneeling Bow) |
| 3) Ukemi Waza | (Break Falling Technique) |
| 4) Chugari | (Judo Tumbling) |
| 5) Shisen Tai | (Natural Posture) |
| 6) Jigo Tai | (Defensive Posture) |
| 7) Tai Sabaki | (Body Movement) |
| 8) Tsugi Ashi | (Foot Work) |
| 9) Kuzushi Waza | (Off Balancing Technique) |
| 10) Ippon Seoi Naga | (One Arm Shoulder Throw) |

Two Yellow Tip (Dojo Rank)

- | | |
|----------------|-----------------------------|
| 1) O-Goshi | (Major Hip Throw) |
| 2) Tai Otoshi | (Body Drop Throw) |
| 3) O-uchi Gari | (Major Inner Reaping Throw) |
| 4) O-soto Gari | (Major Outer Reaping Throw) |
| 5) Kesa Gatame | (Scarf Lock) |

Yellow Belt (Dojo Rank)

- | | |
|----------------------|-------------------------|
| 1) Kata Gatame | (Shoulder Lock) |
| 2) Kami Shiho Gatame | (Upper Quarter Lock) |
| 3) Yoko Shiho Gatame | (Side Quarter Lock) |
| 4) Tate Shiho Gatame | (Vertical Quarter Lock) |
| 5) Tsuru Komi Jime | (Push-Pull Strangle) |

**** Approximate time required to attain first tip, 4 weeks.

**** Approximate time required to attain second tip, 4 weeks.

**** Approximate time required to complete yellow belt, 4 additional weeks.

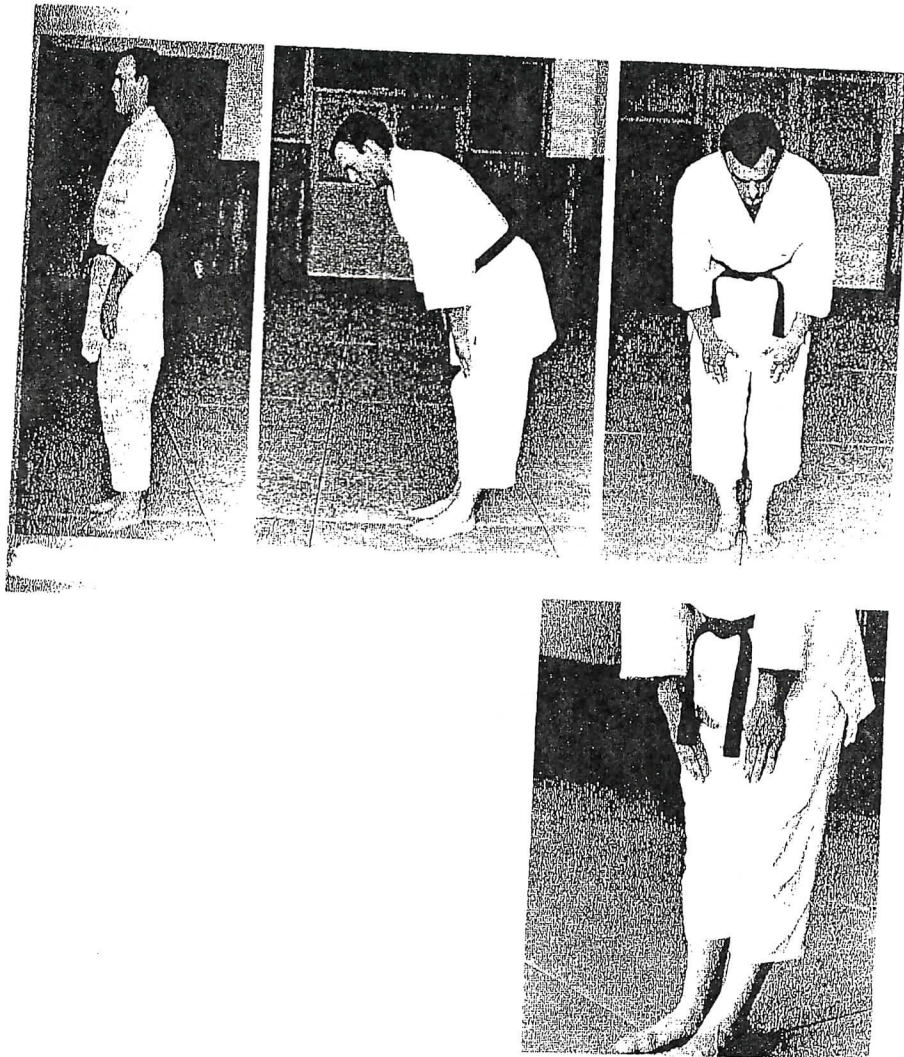
Date of Promotion: _____

Approved By: _____

RITSU REI

(Standing Bow)

For a standing bow, bend forward at the waist about 30 degrees keeping your back straight. When bowing before practice keep your eyes up looking forward. As you bend forward your upper arms stay next to your body and your forearm comes up parallel to the ground. As you bend forward your hands slide to the front of your thighs.



ZA REI

(Kneeling Bow)

For the *za rei*, kneel with your feet flat, but your body upright and hands on your thighs. Bend forward, putting your hands flat on the ground in front of you. You don't have to bend so far down that your head touches the ground. Halfway down is enough, but try not to let your bottom stick up in the air.



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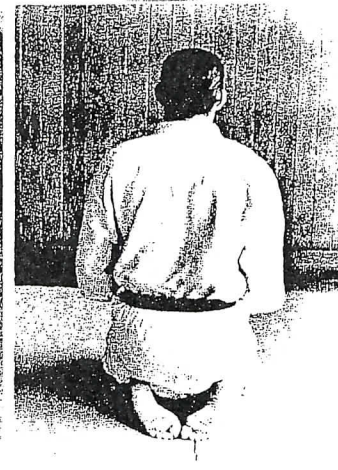
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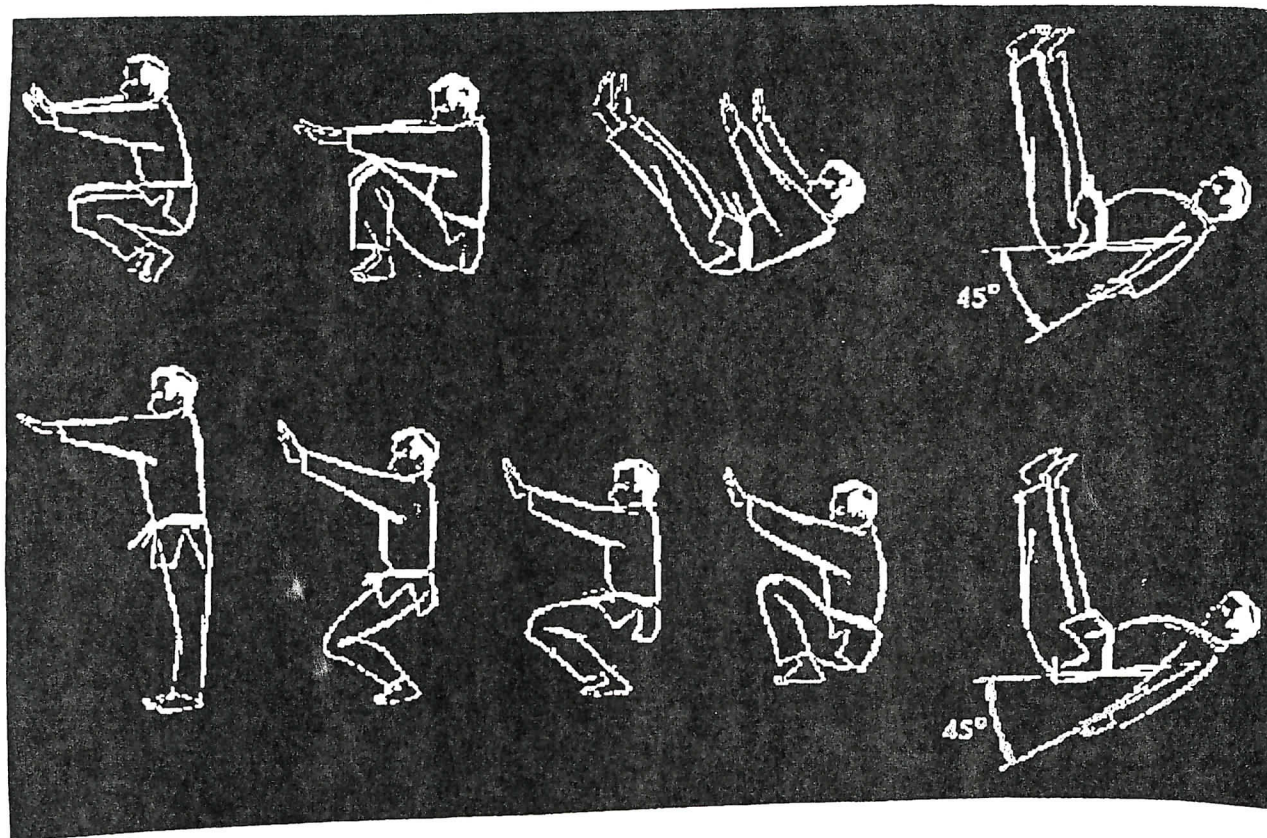
UKEMI WAZA

(Break Falling Technique)

Backward Breakfall – Fall backwards from standing or crouching, and roll up the base of your spine, slapping both arms (finger to elbow) at the side of you.

Side Breakfall (right) – Sweep your left leg away, and fall to the ground extending your right arm (fingers to elbow) to breakfall.

Side Breakfall (left) – Sweep your right leg away, and fall to the ground extending your left arm (fingers to elbow) to breakfall.

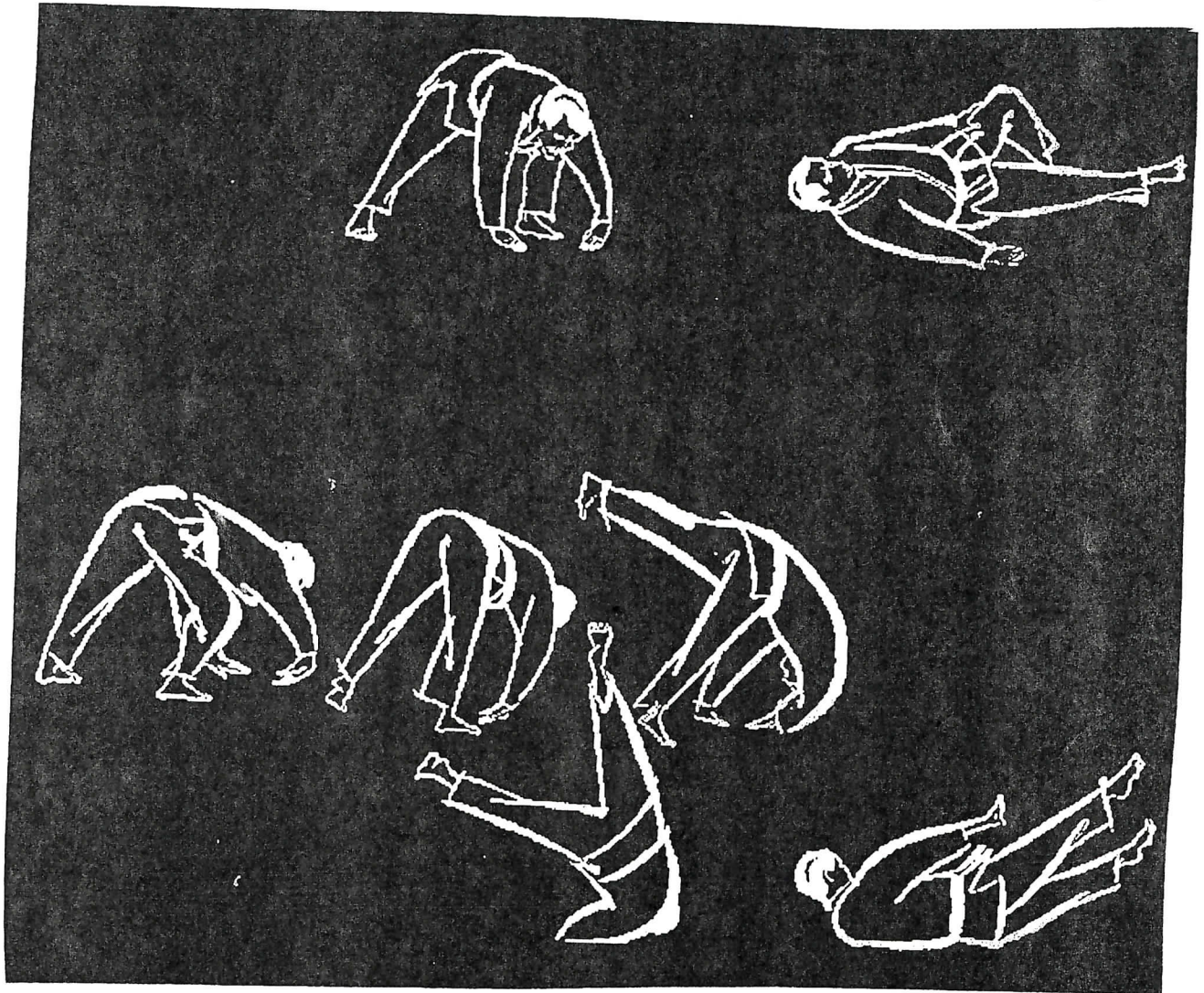


CHUGARI
(Judo Tumbling)

From the basic natural posture, step forward with your right foot, bend over, and put your left hand down (fingers turned inward) so that it forms a triangle with your feet. Then put your right hand down between your left hand and your right foot. Be sure that the fingers of your right hand point back through your legs, never toward the front.

Bend your right arm until it is rounded, tuck in your chin, and push off hard with your feet, rolling along with your right arm, shoulder and back like a wheel.

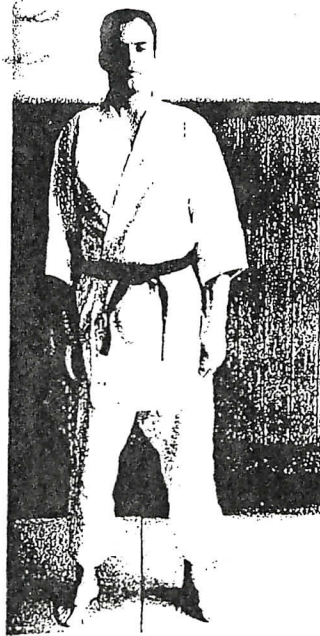
As your legs come down, slap the mat with your left arm. Do not let your legs cross.



SHISEN TAI

(Natural Posture)

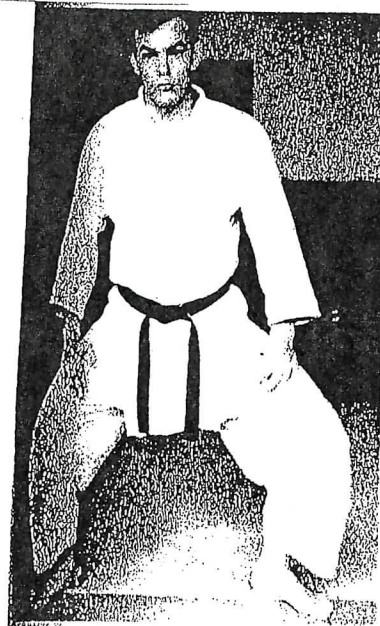
The basic Judo posture is taken by standing naturally, heels about 30 centimeters apart, arms in a relaxed position at the sides.



JIGO TAI

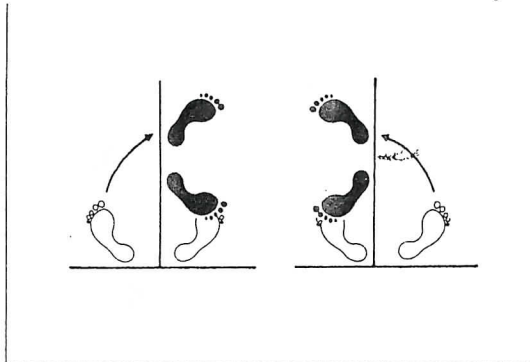
(Defensive Posture)

Stand with your feet about 75 centimeters apart and bend your knees to lower your center of gravity.

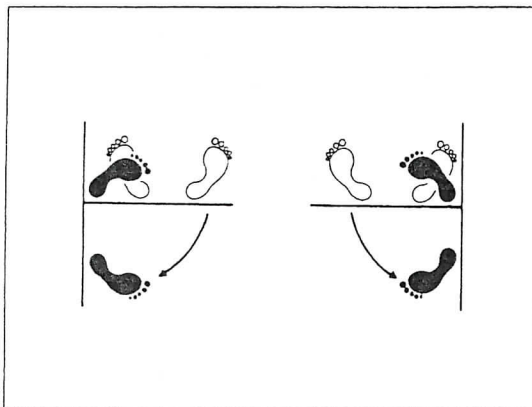


TAI SABAKI (Body Movement)

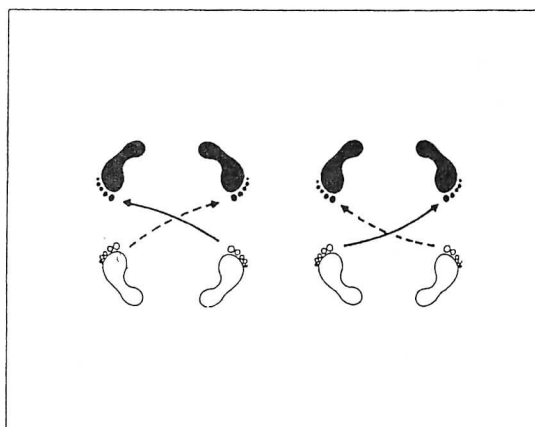
Is the term for body control. This involves primarily turning movements, which must be fluid and fast. The body must be carried lightly and you must maintain your balance at all times.



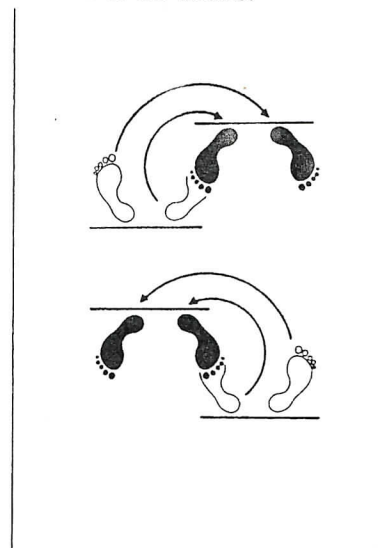
11. *Tai-sabaki 1*: Advancing one foot, turn to face in the direction of the other (pivot) foot.



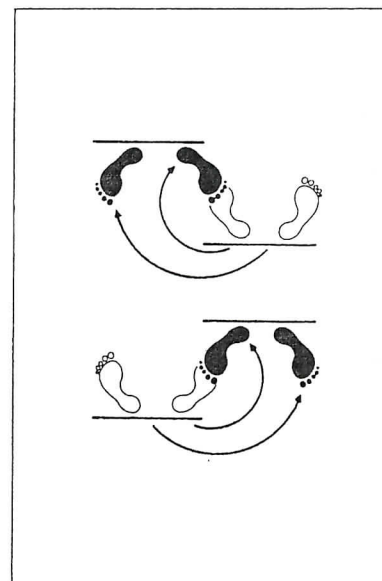
12. *Tai-sabaki 2*: Withdrawing one foot, turn to face in the direction of the other (pivot) foot.



13. *Tai-sabaki 3*: Cross one foot in front of the other and pivot backward to reverse direction.



14. *Tai-sabaki 4*: Pivot on the ball of one foot and turn forward to reverse direction.



15. *Tai-sabaki 5*: Pivot on the ball of one foot and turn backward to reverse direction.

TSUGI ASHI

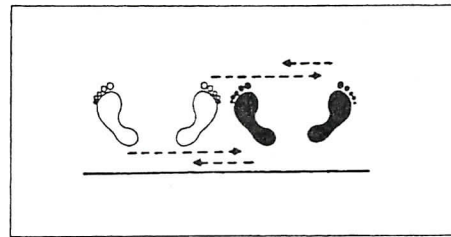
(Foot Work)

Whether you move forward, backward, sideways or diagonally, one foot leads and the other follows. After each step one assumes one of the basic postures. Steps should not be too large and the feet are never brought together. The name tsugi-ashi literally means following feet.

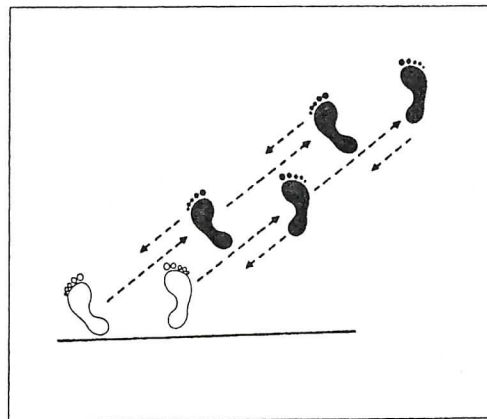
8. *Tsugi-ashi 1*: forward and backward.



9. *Tsugi-ashi 2*: sideways.



10. *Tsugi-ashi 3*: diagonally.



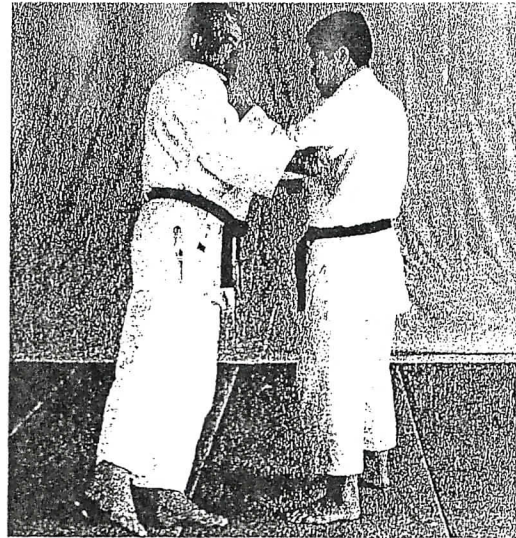
KUZUSHI WAZA

(Off Balancing Technique)

When the opponent is standing in shizenhontai, his weight is supported by the upward force of the floor against the soles of both feet. The opponent's center of gravity is located approximately at the belt line. The center of gravity is acting downward midway between the two feet. Stability is thus maintained by keeping the line of action of the center of gravity within the base of support, namely the two feet.



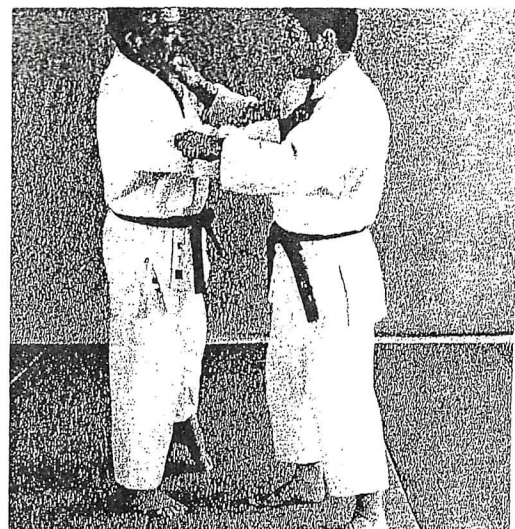
18. To the front.



20. To the left.



19. To the back.



21. To the right.

IPPON SEOI NAGA
(One Arm Shoulder Throw)

