

## Yellow Belt Requirements- 2<sup>nd</sup> Degree

### Requirements- (minimum)

Age- 4

Time in Previous Grade- 6 months

Promotion Points- 5 points

Name \_\_\_\_\_

Date Started \_\_\_\_\_

Date Completed \_\_\_\_\_



### General Information

1. What are the two principles of Kodokan Judo as defined by Dr. Kano?
  1. Maximum efficiency- Seiryoku Zenyo
  2. Mutual benefit & welfare- Jita Kyoei
2. How long have unarmed combat martial arts been practiced in Japan? About 600-1000 years.
3. What was unarmed combat called in Japan before Judo? Jujitsu
4. How many junior degrees are there in the USJA Junior Rank System? There are 10 degrees in the Junior rank system
5. List the USJA Junior Judo Belt ranks in order by color (do not list white). Yellow, Orange, Green, Blue, Purple

### Judo Vocabulary

- |   |  |
|---|--|
| 1. Big or Major = O                         | 8. Scarf = Kesa                              |
| 2. Waist or hip = Koshi or Goshi            | 9. Lock or Hold = Gatame                     |
| 3. Major Hip Throw = Ogoshi                 | 10. Scarf Lock = Kesa gatame                 |
| 4. Outside = Soto                           | 11. Modified = Kuzure                        |
| 5. Major outside reaping throw = Osoto Gari | 12. Modified Scarf Lock = Kuzure kesa gatame |
| 6. One Point = Ippon                        | 13. Black belt grade or rank = Dan           |
| 7. Almost Ippon = Waza Ari                  | 14. Beginning Black Belt = Shodan            |

### Technical Demonstration

#### Miscellaneous Skills

Ukemi- Rolling Right and Left, Back and Side

Shrimp

Sprawl

#### Nage Waza (Pick 4)

Ogoshi (Hip Throw)

Tani Otoshi (Rear Pull down)

Osoto Gari (Large outer reap)

Ippon Seoi Nage (Shoulder Roll)

Morote Gari (Double Leg)

#### Escapes, Reversals, and Turnovers

1/2 Nelson

Head and Arm Scissor escape

Far Arm and Far Leg Turnover

Pass the Guard Stack Pass

#### Renraku Waza

Koshi Guruma to Kesa Gatame

#### Katame Waza

Kesa Gatame

Kamishiho Gatame

Rear Mount with Hooks

#### Kaeshi No Waza

Uke attacks with Osoto Gari and Tori counters with Osoto Gari