

# Rokyu Promotion Requirements and Study Guide

The following general knowledge, vocabulary and demonstrations are required for Junior Ranks 01 and 02, and Adult rank Rokyu. When either you or your instructor feel you are ready, fill out the general knowledge and vocab portions of this test.

Passing Scores:

Rank	Vocab/General Knowledge	Demonstration
JR01	16	16
JR02/Rokyu	38	22

General Knowledge:			Correct?	Possible pts
Who was the creator of Judo?				1
What was the name of the school he founded?				1
What year was Judo created?				1
What was unarmed combat in Japan called before Judo?				1
How long have unarmed combat martial arts been practiced in Japan?				1
What is the name of your Judo organization.		J01 Stop here.		1
Name the 3 parts of a throw in English and Japanese				6
Name the 3 parts of unarmed combat in English and Japanese				6

Vocabulary: (1 pt each)

Knee			Hip or Waist	
Hand			Foot	
Big or Major			Little or Minor	
Lock or Hold			Falling methods or ways	
Wheel			Begin!	
Hold-Down!			Stop!	
Hold Broken!			Don't Move!	
Knee Wheel Throw			Continue	
Major Hip Throw		Jr 01 Stop Here	Scarf Hold	
Shoulder			Side	
Throw			Reap	
Corners			Inside	
Outside			Fundamental or Basic	
Natural			Defensive	
Time is up!			I Surrender!	
Fundamental Natural Posture			Fundamental Defensive Posture	
Shoulder Throw			Major outside reaping throw	
Side hold			Sixth Class Judo Rank	

## Demonstrations:

Ukemi	Pass/Fail (2)
Koho Ukemi - Back Falls	
Yoko Ukemi - Side Falls	
Mae or Zenpo Ukemi - Front Falls	
Zenpo Kaiten Ukemi - Front Rolling Falls	

Etiquette	Pass/Fail (2)
How and When to bow	
How to Tie your Belt	
Seiza - Sitting on Knees	
Anza - Sitting Cross Legged	

Techniques		Good (2)	Fair (1)	Fail (0)
O Goshi				
O Soto Gari				
Kesa Gatame				
Escape from Kesa Gatame	JR01 Stop here			
Hiza Guruma				
Seoi Nage				
Counter for O Goshi				
Hadaka Jime	If 13 or older			

