

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.

General Knowledge:

Who was the creator of Judo?	Dr Jigaro Kano	
What was the name of the school he founded?	The Kodokan	
What year was Judo created?	1882	
What was unarmed combat in Japan called before Judo?	Jiu Jitsu	
How long have unarmed combat martial arts been practiced in Japan?	600-1000 years	
What is the name of your Judo organization.	<ul style="list-style-type: none"> ● Sooner Judo Club ● Sooner Judo and Jiu Jitsu Club ● Oklahoma Judo ● ATJA 	J01 Stop here.
Name the 3 parts of a throw in English and Japanese	<ul style="list-style-type: none"> ● Kuzushi - Off Balance ● Tsukuri - Entry ● Kake - Execution 	
Name the 3 parts of unarmed combat in English and Japanese	<ul style="list-style-type: none"> ● Nage Waza - throwing techniques ● Gatame Waza - Holding techniques ● Atemi Waza - Striking Techniques 	

Vocabulary:

Knee	Hiza		Hip or Waist	Goshi or Koshi
Hand	Te		Foot	Ashi
Big or Major	O		Little or Minor	Ko
Lock or Hold	Gatame or Katame		Falling methods or ways	Ukemi
Wheel	Guruma		Begin!	Hajime!
Hold-Down!	Osae Komi!		Stop!	Matte!
Hold Broken!	Toketa		Don't Move!	Sonomama!
Knee Wheel Throw	Hiza Guruma		Continue	Yoshi!
Major Hip Throw	O Goshi	Jr 01 Stop Here	Scarf Hold	Kesa Gatame
Shoulder	Seoi or Kata		Side	Yoko
Throw	Nage		Reap	Gari
Corners	Shiho		Inside	Ko
Outside	Soto		Fundamental or Basic	Hon
Natural	Shizen		Defensive	Jigo
Time is up!	Suramade		I Surrender!	Maitte!
Fundamental Natural Posture	Shizen Hon Tai		Fundamental Defensive Posture	Jigo Hon Tai
Shoulder Throw	Seoi Nage		Major outside reaping throw	O Soto Gari
Side hold	Yoko Shiho Gatame		Sixth Class Judo Rank	Rokyu

Demonstrations:

Ukemi	
<ul style="list-style-type: none"> • Koho Ukemi - Back Falls • Yoko Ukemi - Side Falls • Mae or Zenpo Ukemi - Front Falls • Zenpo Kaiten Ukemi - Front Rolling Falls 	<p>Make sure you are not posting your arms and do not hit your head on mat. Tuck your chin on all falls except front falls; look up or to the side on front falls.</p>

Etiquette	
<ul style="list-style-type: none"> • How and when to bow • How to Tie your belt • Seiza - sitting on knees • Anza - sitting cross legged 	<p>Seiza and Anza: hands resting respectfully on knees, fingers closed together.</p>

Techniques		
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	