

# Yonkyu Promotion Requirements and Study Guide

The following general knowledge, vocabulary and demonstrations are required for Junior Ranks 05 and 06, and Adult rank Yonkyu.

## 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"> <li>● Sooner Judo Club</li> <li>● Sooner Judo and Jiu Jitsu Club</li> <li>● Oklahoma Judo</li> <li>● ATJA</li> </ul>	
Name the 3 parts of a throw in English and Japanese	<ul style="list-style-type: none"> <li>● Kuzushi - Off Balance</li> <li>● Tsukuri - Entry</li> <li>● Kake - Execution</li> </ul>	
Name the 3 parts of unarmed combat in English and Japanese	<ul style="list-style-type: none"> <li>● Nage Waza - Throwing Techniques</li> <li>● Gatame Waza - Holding Techniques</li> <li>● Atemi Waza - Striking Techniques</li> </ul>	
Name the 2 divisions of throwing techniques in English and Japanese	<ul style="list-style-type: none"> <li>● Tachi Waza - Standing Techniques</li> <li>● Sutemi Waza - Sacrifice Techniques</li> </ul>	
Name the 3 divisions of standing techniques in English and Japanese	<ul style="list-style-type: none"> <li>● Te Waza - Hand Techniques</li> <li>● Goshi Waza - Hip Techniques</li> <li>● Ashi Waza - Foot Techniques</li> </ul>	
Name the 2 divisions of sacrifice techniques in English and Japanese	<ul style="list-style-type: none"> <li>● Ma Sutemi Waza - Direct Sacrifice Techniques</li> <li>● Yoko Sutemi Waza - Side Sacrifice Techniques</li> </ul>	

Name the 3 divisions of mat techniques in English and Japanese	<ul style="list-style-type: none"> <li>● Osaekomi Waza - hold down techniques</li> <li>● Shime Waza - Choking techniques</li> <li>● Konsetsu Waza - Joint lock techniques</li> </ul>	
Name 3 of the 7 people who attained the rank of 10th degree black belt	Mifune, Fukuda, Nagaoka, Yamashita, Isogai, Samura, Iizuka, Kotani, Geesink, Daigo, Osawa, Palmer	JR05 Stop Here
What are the 2 Principles of Judo as defined by Dr Kano?	<ul style="list-style-type: none"> <li>● Maximum Efficiency</li> <li>● Mutual Benefit and Welfare</li> </ul>	
What is the ultimate goal of Judo as defined by Dr Kano?	To develop the human character through the training and practice of Judo	

### 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		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
Sweep	Harai or Barai		Forms of off balancing	Happo no Kuzushi
Forms of gripping one's opponent	Kumi Kata		Note!	Shido
Caution! (moderate penalty, not used)	Chui		Warning! (severe penalty, not used)	Keikoku
Loss by rule violation	Hansoku Make		One point	Ippon
Almost one point!	Waza Ari		Almost one half point (not used)	Yuko
Slight Superiority (not used)	Koka		Normal Walking	Ayumi Ashi
Sliding Foot Walking	Tsugi Ashi		Sitting on Knees	Seiza
Sitting cross legged	Anza		Advanced Foot Sweep	De Ashi Barai
Major inside reaping throw	O uchi gari		Upper Corners hold	Kami Shiho Gatami
To Float	Uki		Lower Prop	Sasae
Lift	Tsuri		Pull	Komi
Defense	Bogyo		Escape	Fusegi
Modified (as in hold downs)	Kuzure		Right	Migi
Left	Hidari		Back Falls	Koho Ukemi

Forward Falls	Zenpo or Mae Ukemi		Decision!	Hantei
Win by decision	Yusei Gachi		Entry methods into matwork	Hairi Kata
Floating Hip Throw	Uki Goshi		Lifting Pulling Foot Stop	Sasae Tsuru Komi Ashi
Modified Scarf hold	Kuzure Kesa Gatame		Fifth class Judo rank	Gokyu
Body	Tai		Rolling	Kaiten
Front Rolling Falls	Zenpo Kaiten Ukemi		Drop	Otoshi
Valley	Tani		Body Movement	Shintai
Pivoting or Turning the Body	Tai sabaki		Technique	Waza
Counter technique	Kaeshi Waza		Attention	Kiyotsukei
Bow	Rei		Teacher	Sensei
Judo Practice Hall	Dojo		Judo Uniform	Judogi
Judo player	Judoka		Little Inside reaping throw	Ko Uchi Gari
Hip Wheel Throw	Koshi Guruma	JR05 Stop Here	Modified side hold	Kuzure Yoko Shiho Gatame
Jude uniform sleeve	Sode		Judo uniform lapel	Eri
Judo uniform jacket	Uwagi		Belt	Obi
Attacker	Tori		Defender	Uke
Repetition attack practice without throwing, done in pairs	Uchi Komi		Alternate throwing practice without resistance	Sute Geiko
Pantomime practice	Tandoku Renshu		Form Practice	Kata

Free Practice	Randori		Practice in general	Keiko
Posture in General	Shisei		Combination or faking techniques	Renwaku Waza
Little Outside Reaping Throw	Ko Soto Gari		Lifting Pulling Hip Throw	Tsuri Komi Goshi
Modified Upper Corners Hold	Kuzure Kami Shiho Gatame		Fourth Class Judo Rank	Yonkyu

## Demonstrations:

Ukemi	
<ul style="list-style-type: none"> <li>● Koho Ukemi - Back Falls</li> <li>● Yoko Ukemi - Side Falls</li> <li>● Mae or Zenpo Ukemi - Front Falls</li> <li>● Zenpo Kaiten Ukemi - Front Rolling Falls</li> </ul>	<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</p>

General Demonstrations	
<ul style="list-style-type: none"> <li>● How and when to bow</li> <li>● How to Tie your belt</li> <li>● Seiza - sitting on knees</li> <li>● Anza - sitting cross legged</li> <li>● Tsugi Ashi - Follow foot movement</li> <li>● Ayumi Ashi - Normal foot movement</li> <li>● Tai Sabaki - body turning</li> <li>● Shizen Hon Tai - basic natural posture</li> <li>● Jigo Hon Tai - basic defensive posture</li> <li>● Sleeve Grip</li> <li>● High Lapel Grip</li> <li>● Inner Sleeve counter grip to High Lapel Grip</li> <li>● Collar Grip</li> <li>● Drive through break for Collar Grip</li> <li>● Releases from Sleeve Grip</li> </ul>	<p>Seiza and Anza: hands resting respectfully on knees, fingers</p>

Techniques		
O Goshi		
O Soto Gari		
Kesa Gatame		

Escape from Kesa Gatame		
Hiza Guruma		
Seoi Nage		
Counter for O Goshi		
Hadaka Jime	If 13 or older	
De Ashi Harai		
O Uchi Gari		
Combination including O Goshi		
Yoko Shiho Gatame		
Escape from Yoko Shiho Gatame		
Ude Garami	If 18 or older	
Break down uke's turtle into matwork #1		
Nami Juji Jime	If 13 or older	
Kata Juji Jime	If 13 or older	
Gyaku Juji Jime	If 13 or older	
Kami Shiho Gatame		
Sasae Tsuru Komi Ashi		
Uki Goshi		
Combination including Seoi Nage		
Counter to O Soto Gari		
Tai Otoshi	Proper foot direction	
Ko Soto Gari		
Counter for Seoi Nage		
Escape from Kami Shiho Gatame		

Okuri Eri jime	If 13 or older	
Hands and Knees Bottom #1	Reversal from turtle position	JR05 Stop Here
Legs around top #1	Tori is in Uke's Guard	
Kuzure Kesa Gatame	Kata Form	
Counter to Hiza Guruma		
Combination including Hiza Guruma		
Harai Goshi		
Ko Uchi Gari		