



## Kokushikai Judo Academy

### Yellow Belt Promotion Requirements

Head Instructor, Celita Schutz and Technical Advisor, Sensei Matsumura

#### Basic Class Knowledge and Performance:

Know how to tie belt and bow properly. Recite Academy Principles. Has demonstrated basic dojo etiquette in class.

#### Japanese terms:

Know these terms in Japanese:

teacher, start, stop, please, thank-you, count to 10, kneeling position

#### Point System:

Yuko, Wazari, Ippon

Know how points are achieved and amount of seconds for holding.

#### Penalties:

Shido, Hansokumake

Know 3 illegal actions that are penalized and the progression of penalties

#### Break falls (Ukemi):

Demonstration of Back and Side falls. Also Forward roll (left and right)

#### Tachi-waza (Standing techniques) See List

- Demonstration of 3 techniques with throw
- Demonstration of 1 combination techniques
- Demonstration of 1 counter techniques

#### Newaza (Ground techniques) See List

- Demonstration of 3 basic holding techniques
- Demonstration of 1 holding escape
- Demonstration of 1 turnover technique into a hold

Must have current USJF membership card

Tachi-waza

Deashi-barai

Osoto gari

Ouchi gari

Seoi-nage (ippon & marote)

O-goshi

Newaza

Kesa gatame

Kata gatame

Yoko shiro gatame