



Senior Yonkyu

Blue Belt

Study Guide

El Toro Judo Club



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Study Guide Assigned To:

- _____
- Date Assigned : _____
- Initiated By: _____



CAVEAT

This booklet is specifically intended for use as a study guide and aide to assist the student in preparing for promotions. It is expressly limited to this purpose only.

El Toro Judo Club students and others are encouraged to use this booklet as a study aid when preparing for promotion to the rank indicated on the cover. The club believes that individuals choosing to use this study aid will benefit by increased knowledge of Kodokan Judo and their preparation for promotion.

Note: El Toro Judo Club has used the same format for their study guides as used by the United States Judo Federation (USJF). The content of this particular guide does differ from that used by the USJF. The requirements for ranks of rokkyu, gokyu and yonkyu also differ marginally from those of the USJF and are designed by the instructors of El Toro Judo Club to lead towards the USJF brown belt and black belt requirements.

If a student has been tested to USJF green belt/blue belt then this guide supersedes the requirements for promotion by El Toro Judo Club.



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Introduction

General Information

El Toro Judo Club uses a six kyu (or class) promotion system prior promoting to Shodan or First Degree Black Belt. These classes are Rokkyu (Sixth Class), Gokyu (Fifth Class) Yonkyu (Fourth Class), Sankyū (Third Class), Nikyu (Second Class) and Ikkyū (First Class). Yonkyu is the third rank in this system where the judoka wears a colored belt.

While still a “Beginner”, the judoka should have some elementary skills and understanding of Kodokan Judo practice and techniques. At this rank, the general public will consider the judoka to be somewhat proficient in judo and will expect him/her to be able to explain Kodokan Judo and to execute basic techniques with some degree of skill. It is important that the judoka understand that this is the first step in a long journey towards proficiency in Kodokan Judo.

Since this is the third rank with a colored belt, it is important that the instructor counsel the student as he/she prepares to engage in the challenges of becoming a Kodokan Judoka. The Yonkyu must be made to understand that he/she will be expected to be an example to other beginner’s in the class, that they demonstrate a willingness to learn that will encourage others. This includes being at the class on time, being ready to practice and being attentive. Therefore, the judoka must practice with sincerity, dedication and regularity.

Health and Hygiene

Kodokan Judo is a sport that is practiced with a partner in close physical contact. In order to minimize the transmission of diseases, students should:

- A. Wash the gi (judo uniform) after every practice.
- B. Inspect the body before each practice for lesions, cuts scratches and abrasions that could transmit blood or other body fluids. Take the necessary action to minimize the potential transmission of body fluids.
- C. Refrain from practice when you have contagious diseases such as colds, flu or other diseases that could be transmitted by close physical contact coughing or sneezing.

General Eligibility

To be considered eligible for promotion to the rank of Yonkyu, the judoka must demonstrate the following:

- A. Be of good moral character, have a good attitude and outlook on life in general and Kodokan Judo in particular, and show a maturity that will ensure the knowledge he/she is about to gain will not be abused.
- B. A basic understanding of competition in Olympic Judo.
- C. Technical proficiency in the techniques taught for the rank.
- D. Adequate time in grade to both understand and be proficient in the techniques at this rank
- E. A recommendation/approval by the candidates' instructor.
- F. Candidates for promotion must be an active member of El Toro Judo club and also currently registered with the United States Judo Federation.





Promotion Tasks

The judoka should work with his/her instructor on the topics included in the “Suggested Knowledge” section below. When the student feels that he or she understands the principles included in these topics he or she should date and initial the topic. This will guide the student through their study of Kodokan Judo.

General Knowledge

TASK	Date Completed
Basic Kodokan Judo etiquette	
Basic Kodokan Judo Hygiene	
Correct forms of sitting, standing and kneeling.	
Basic posture, both natural and defensive.	
Basic principles of throwing (breaking balance, fitting the body, and finishing the throw).	
Knowledge of the fundamental principles of Kodokan Judo (the three maxims of judo).	
Basic history of Kodokan Judo, its origin and progression.	
Vocabulary (see suggested list in this study guide.	



Promotion Tasks

Suggested Reading

The candidate for promotion to Yonkyu should consult with the club Instructors to determine appropriate reading materials to guide his/her study in Kodokan Judo. It is suggested, but not required, that the student read at least one book of the instructor's choosing in addition to visiting several of the internet sites that contain in depth information on Kodokan Judo. The books and websites listed here are provided as an aid to the instructor and student in selecting appropriate material.

Title	Date Completed
Kodokan Judo Jigoro Kano, Kodansha International 1986 (paperback edition 1994)	
Black Belt Judo Neil Ohlenkamp, New Holland Publishers, 2006	
Judo Information site (http://www.judoinfo.com/)	

Ability to Demonstrate

The candidate for promotion to Yonkyu must be able to demonstrate with confidence and proficiency of skill the following waza. For waza that are part of the rokkyu and gokyu requirements, it is expected that the candidate is able to demonstrate improvement in the knowledge and application of the technique. Questions will be asked regarding fundamental elements of the waza, such as kuzushi, tsukuri, principles of oesakomi and shime-waza. Waza are to be demonstrated migi and hidari.

Ukemi Waza	Date Completed
Ushiro-Ukemi	
Migi-Yoko-Ukemi	
Hidari-Yoko-Ukemi	
Migi Zenpo Kaiten	
Hidari Zenpo Kaiten	
Mae-Ukemi	



Osekomi-Waza	Date Completed
Kesa-Gatame plus escape	
Yoko-Shiho-Gatame plus escape	
Kami-Shiho-Gatame plus escape	
Kata-Gatame plus escape	
Ushiro-Kesa-Gatame	
Tate-Shiho-Gatame	
Kuzure-Kesa-Gatame	

Shime-waza	Date Completed
Kata-juji-jime	

Ne-waza	Date Completed
Two methods of passing any ne-waza defense posture into Kesa-Gatame	
Two methods of passing any ne-waza defense posture into Yoko-Shiho-Gatame	





Promotion Tasks

Ability to Demonstrate

Nage-waza	Date Completed
De-Ashi-Barai	
O-Soto-Gari	
O-Goshi	
Ippon Seoi-Nage	
Hiza-Guruma	
Ko-Uchi-Gari	
Tai-otoshi	
Sasae-Tsurikomi-Ashi	
O-Uchi-Gari	
Okuri-ashi-barai	





Time in Grade

General Requirements

The time in grade requirements are based on a period of time that the student remained a member of El Toro Judo club and a registered member of the United States Judo Federation since his/her last promotion.

For Senior Yonkyu as this is the second rank that the senior student can be promoted to, the time in rank means that the student has performed the necessary tasks to achieve the promotion either by attending an approved club course for its duration or as a student in the general classes for a period not less than 26 weeks.

Yonkyu Requirements

Time in Grade	Date Completed
<p>In all cases minimum time for Yonkyu promotion is determined by the instructor based on the progress of the individual student.</p> <p>Typically students may either attend and complete a club Judo Beginners Course or attend general classes for a period not less than 26 weeks.</p> <p>The student should record his/her practice time</p>	

Competition Experience

For the purposes of promotion consideration is given to a candidate who wishes to either compete or not compete in shiai. A competitor shall be required to spend less time in grade and will be given greater weight for his or her competition record towards promotion consideration. A non-competitor will have stricter requirements and a longer time in grade than a competitor.

Depending upon success a competitive candidate can have their time in rank reduced by 5 to 20% at the discretion of the Head Instructor.

For the purposes of the achieving a rank of Yonkyu, there is no mandatory requirement for competition experience.



Suggested Vocabulary

General Requirements

Kodokan Judo is an Olympic Sport and self-defense system that originated in Japan. Therefore the techniques and class commands are known by their Japanese names. Learning the proper names for the techniques, the commands used in class and the way to address the instructors and visitors is important to all El Toro Judo Club students. This has the added benefit of allowing you to practice effectively anywhere in the world where Kodokan Judo is taught.

In addition, all commands at Kodokan Judo tournaments up to and including the Olympic Games are given in Japanese. Therefore, it is imperative that the student understand these terms to be competitive in tournament play.





Suggested Vocabulary List

English	Japanese	English	Japanese
One	Ichi	Start	Haijime
Two	Ni	Stop	Matte
Three	San	One Point	Ippon
Four	Shi	Half Point	Wazari
Five	Go	Almost Wazari	Yuko
Six	Roku	Hold Down	Osae-Komi
Seven	Sichi	Hold Broken	Toketa
Eight	Hachi	Sitting Bow	Za-Rei
Nine	Ku	Technique	Waza
Ten	Ju	Hold still – pause	Sona-mama
Bow	Rei	Continue	Yoshi
Bow to Sensei	Sensei-Ni Rei	Tatame	Mat
Bow to other students	Otagani-Rei	Zori	Sandals
Bow to Shomen (place of respect)	Shomen-ni-Rei	Side	Yoko
Meditate	Mokuso	Choke	Jime
Practice Hall	Dojo	Collar	Eri



Uniform	Gi	Foot or Leg	Ashi
Belt	Obi	Hold	Gatame
Drop	Otoshi		

Student Notes



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