

ROKKYU REQUIREMENTS (Yellow)

Be able to practice Judo safely

Have the moral character to contribute to the club

Have a judogi

Know and practice basic club rules and judo etiquette

Be able to briefly describe what judo is

Basic Vocabulary:

Rei Dojo Sensei Gi Kyotsuki Matte Hajime

Ukemi: Back Fall, Right and Left Side Fall and Forward Roll

Be able to throw and take throws safely using the following throws:

Osoto Gari

Ippon Seoi Nage

O Goshi

Be able to demonstrate the following hold downs:

Kesa Gatame

Yoko Shio Gatame

Tate Shio Gatame

Kami Shio Gatame

Do evasions for each of the 3 throws and perform initial evasion drills including bull and matador