

Yonkyu Promotion Requirement (guideline)

Yonkyu: Blue Belt; 4th Degree

- 1) General knowledge
 - a) Basic Judo etiquette
 - *wear slippers to mat area, bow when entering into dojo an mat area, proper bow*
 - b) Basic Judo hygiene
 - *clean; personal hygiene, judogi*
 - c) Purpose of ukemi
 - *Learn to fall so you will not injured yourself, dissipate the force of falling*
 - d) Correct forms of sitting and kneeling
 - *informal-anza, formal-seiza*
 - e) General Information on Judo
 - i) Who was the founder of Judo?
 - *Dr Jigoro Kano.*
 - ii) What is the name of the school he founded?
 - *The Kodokan.*
 - iii) What is the date of the founding of Judo?
 - *1882.*
 - iv) What was unarmed combat called in Japan before Judo?
 - *Ju Jitsu.*
 - v) What is the name of your Judo organization?
 - *The United States Judo Federation.*
 - vi) Name the three parts of a Judo throw in English and Japanese:
 - *1. Off Balance-Kuzushi. 2. Entry-Tsukuri. 3. Execution-Kake.*
- Name the three parts of unarmed combat in English and Japanese:
- *1. Throwing techniques-Nage Waza. 2. Grappling techniques-Katame- Waza, 3. Striking techniques-Atemi Waza.*

Go-Kyo-No-Waza (partial)	
O-Soto-Gari Ko-Soto-Gari Okuri-ashi-barai Tsuru-komi-goshi	Demonstrate

Osae Waza Holding Techniques	
Kesa- Gatame Kuzure-kesa- Gatame Kuzure-Yoko-Shiho- Gatame (modified)	Demonstrate

Shime Waza	
Juji-jime Okuri-Eri-Jime	Demonstrate

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Vocabulary Knowledge

- Time is up: Soremade
- Knee: Hiza
- Hip or waist A: Goshi or Koshi
- Continue: Yoshi
- Hand- Te
- Foot - Ashi
- Big or major - O
- Little or minor - Ko
- I surrender - Maitta
- Knee wheel - Hiza Guruma
- Major hip throw - O Goshi
- Lock or Hold - Gatame
- Scarf hold - Kesa Gatame
- Shoulder - Seoi
- shoulder throw - Seoi Nage
- Falling method or ways - Ukemi
- Side- Yoko
- Major outside reap - O Soto Gari
- Wheel - Guruma
- Throw - Nage
- Begin - Hajime
- Reap - Gari
- Side hold - Yoko Shiho Gatame
- Stop - Matte
- Hold down - Osae Komi
- Inside - Uchi
- Sweep - Harai
- Hold-down broken - Toketa
- Don't move! (referee's call) - Sonomama!
- Continue! (referee's call) - Yoshi!
- Knee wheel throw - Hiza Guruma
- Major hip throw - O Goshi
- Side - Yoko
- Corners (as in hold-downs) - Shiho
- Outside - Soto
- Off-balancing - Kuzushi
- Forms of gripping one's opponent - Kumi Kata