

CCSF 2nd Degree Nikyu Promotion Requirements

Nikyu: Brown; 2nd Degree

1. General knowledge: Judo
 1. Devise 5 new questions on the History of Judo.
 2. Devise 5 new questions on Philosophy of Judo
2. Basic Judo etiquette and hygiene
 - *Wear slippers to mat area, execute proper bow when entering into dojo and mat area*
3. Basic Judo hygiene
 - *Clean; Personal Hygiene, Judogi*
4. Purpose of Ukemi
 - *Learn to fall so you will not injured yourself, dissipate the force of falling*
5. Correct forms of sitting and kneeling
 - *informal-anza, formal-seiza*
6. What is the name of your National Judo organization?
 - *The United States Judo Federation.*
7. Name the three parts of a Judo throw in English and Japanese:
 - *Off Balance-Kuzushi, Entry-Tsukuri, Execution-Kake.*
8. Name the three parts of unarmed combat in English and Japanese:
 - *Throwing techniques-Nage Waza, Grappling techniques-Katame- Waza, Striking techniques-Atemi Waza.*
9. Name the two divisions of throwing techniques in English and Japanese:
 - *Standing techniques-Tachi Waza. 2. Sacrifice techniques - Sutemi Waza.*
10. Name the three divisions of standing throwing techniques in English and Japanese:
 - *Hand techniques - Te Waza. 2. Hip techniques - Koshi Waza. 3. Foot techniques-Ashi Waza.*
11. Name the two divisions of sacrifice techniques in English and Japanese:
 - *Back falling sacrifice techniques - Ma Sutemi Waza. 2. Side falling sacrifice techniques - Yoko Sutemi Waza.*
12. Name the three divisions of mat techniques in English and Japanese:
 - *Holding techniques - Osaekomi Waza. 2. Choking techniques - Shime Waza. 3. Joint locking techniques - Kanetsu Waza.*
13. What are the two principles of Kodokan Judo as defined by Dr. Kano
 - *Maximum efficiency 2. Mutual benefit and welfare.*
14. What is the ultimate goal of Judo as defined by Dr. Kano?
 - *The harmonious development and eventual perfection of human character.*
15. Names and colors and order of “kyu” belt ranking system
 - *Yonkyu (4th degree/Green Belt), Sankyū (3rd degree/Brown Belt), Nikyu (2nd degree/Brown Belt), Ikkyū (1st degree/Brown Belt)*

Tournament Management: 1 Leadership Position CCSF Invitational Judo Tournament

- Scorekeeper/Timer/Registration/Setup Coordinator/Concession Coordinator/Hospitality

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Go-Kyo-No-Waza

(40 Throwing Techniques)

Techniques will be executed according to the 3 elements: Kuzushi, Tsukuri, Kake,

1st Kyo				4th Kyo			
P	F	I		P	F	I	
			De-Ashi-Barai				Sumi Gaeshi
			Hiza-Guruma				Tani Otoshi
			Sasae Tsuru Komi Ashi				Hane Maki Komi
			Uki Goshi				Sukui Nage
			O Soto Gari				Utsuri Goshi
			O Goshi				O Guruma
			O Uchi Gari				Soto Maki Komi
			Seoi-nage: Ippon/Morote				Uki Otoshi
2nd Kyo				5th Kyo			
P	F	I		P	F	I	
			Ko Soto Gari				O Soto Guruma
			Ko Uchi Gari				Uki Waza
			Koshi Guruma				Yoko Wakare
			Tsuru Komi Goshi				Yoko Guruma
			Okuri Ashi Harai				Ushiro Goshi
			Tai O-toshi				Ura Nage
			Harai Goshi				Sumi Otoshi
			Uchi Mata				Yoko Gake
3rd Kyo				Osae - Waza			
P	F	I		P	F	I	Techniques
			Ko Soto Gake				Kesa- Gatame
			Tsuru Goshi				Kuzure Yoko Shiho Gatame
			Yoko Otoshi				Tate Shiho Gatame
			Ashi Guruma				Kami-Shiho-Gatame
			Hane Goshi				Kuzure-Kesa- Gatame
			Harai Tsuru Komi Ashi				
			Tomoe Nage				
			Kata Guruma				
Shime - Waza				Shime - Waza			
P	F	I		P	F	I	Techniques
							Gyaku Juji-Jime
							Okuri-Eri-Jime
							Hadaka Jime
							Kataha-Jime

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Vocabulary	
<ul style="list-style-type: none"> • Technique - <u>Waza</u> • Counter technique - <u>Kaeshi Waza</u> • Attention - <u>Kiyotsuke</u> • Bow - <u>Rei</u> • Teacher - <u>Sensei</u> • Practice hall for Judo - <u>Dojo</u> • Judo uniform - <u>Judogi</u> • Judo player - <u>Judoka</u> • Little inside reaping throw - <u>Ko Uchi Gari</u> • Hip wheel throw - <u>Koshi Guruma</u> • Modified side hold - <u>Kuzure Kesa Gatame</u> • Judo uniform sleeve - <u>Sode</u> • Judo uniform lapel - <u>Eri</u> • Belt - <u>Obi</u> • The attacker - <u>Tori</u> • The defender - • Repetition attack practice without throwing, done in pairs - <u>Uchi Komi</u> • Alternate throwing practice without resistance - <u>Sute Geiko</u> • Form practice - <u>Kata</u> • Free practice - <u>Randori</u> 	<ul style="list-style-type: none"> • Little outside reaping throw - <u>Ko Soto Gari</u> • Lifting pulling hip throw - <u>Tsuri Komi Goshi</u> • Modified upper corners hold - <u>Kuzure Kami Shiho Gatame</u> • Fourth class (kyu) Judo rank - <u>Yonkyu</u> • To slide - <u>Okuri</u> • Way of the warrior - <u>Bushido</u> • Martial arts - <u>Budo</u> • Win by forfeit or default of the opponent before a match - <u>Fusengachi</u> • Win by withdrawal of the opponent during a match - <u>Kiken Gachi</u> • Combination win by one-half point from opponent's penalty and one-half point from a score - <u>Sogo Gachi</u> • Five stages of technique, the basic syllabus of Kodokan Judo - <u>Go Kyo No Waza</u> • The principle of gentleness or giving way - <u>Ju</u> • Way of life - <u>Do</u> • Practice in general - <u>Keiko</u>