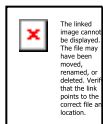


## CCSF Yonkyu Promotion Requirement 2<sup>nd</sup> Semester

### Yonkyu: Green Belt; 4<sup>th</sup> Degree

- 1) General knowledge: History of Judo
  - a) Devise 5 questions on the History of Judo. Submit through CCSF Canvas or ccsfjudo.org
  - b) Devise 5 questions on Basic Judo etiquette and Judo hygiene. Submit through CCSF Canvas.
- 2) Purpose of Ukemi
- 3) Correct forms of sitting and kneeling
- 4) Name the three elements of a Judo throw in English and Japanese: Canvas/LMS
- 5) Tournament Management: 1 Leadership Position, CCSF Invitational Judo Tournament
  - a) Scorekeeper/Timer
  - b) Competition Bracket
  - c) Facility Setup

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



# CCSF Yonkyu Promotion Requirement

## 2<sup>nd</sup> Semester

### Go-Kyo-No-Waza

(40 Throwing Techniques)

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

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