

Goshin

JUDO - BLUE BELT STANDARDS

THROWS

Ouchi Gari
Kouchi Gari
Uki Goshi
De Ashi Harai
Okuri Ashi Barai

HOLD DOWNS

Kami Shiho Gatame
Kezure Kesa Gatame
Tate Shiho Gatame

ESCAPES

Escape from Yoko Shiho Gatame - Leg Entangling Escape
Escape from Kami Shiho Gatame - Single Roll Escape
Escape from Kesa Gatame - Bridge and Roll Escape

TAKEDOWNS

Foot Propping Knee Takedown
Tai Otoshi Takedown

TRAINING DRILLS: ___ Foot Sweeps-Practice foot sweeping from side to side with a small Beanie Baby (which is soft and easy on the feet) around the house, going from room to room, using the cup of the foot. After that gets easy, then tie a string to the Beanie Baby and try to drop it to the floor and sweep it away before it hits the floor with the cup of the foot (be sure the little toe stays in contact with the floor). Do this 10 -15 min. each day.

GENERAL INFORMATION

Shizen hontai - Basic Natural Posture
Jigo hontai - Basic Defensive Posture
Tsugi ashi - Walking by sliding one foot behind
Ayumi ashi - normal walking
Anza - Sitting corsslegged
Seiza - Sitting in a kneeling position

1. What was the date of the founding of Judo? (1882)
2. What is the length of a Judo contest? (3 to 20 minutes)
3. What is the size of the Judo contest area? (About 30 by 30 feet)
4. Name the three parts of a Judo throw?
(Off Balance/kuzushi, Entry/tsukuri, and Execution/kake)
5. Name the three divisions of empty handed fighting?
(Nage waza, Katame waza, Atemi waza)
6. Name the two divisions of Nage waza? (Tachiwaza & sutemiwaza)
7. What is the penalty for stepping outside of the contest area due to an action or technique of your opponent? (No Penalty)
8. What it the position of the contestants at the start of the contest?
(About twelve feet apart standing facing each other)

VOCABULARY

Foot - Ashi	Waist - Koshi or Goshi	Hand - Te
Scarf - Kesa	Hold - Gatame	Natural - Shizen
Scarf Lock - Kesa Gatame	Body - Tai	Basic - Hon
Defensive - Jigo	Sweep - Harai	Big - O
Shoulder - Seoi	Outside - Soto	Knee - Hiza
Wheel - Garuma	Throw - Nage	Bow - Rei
Teacher - Sensei	Reap - Gari	Begin! - Hajime
Major Hip Throw - Ogoshi		
Seoi Nage - Shoulder Throw		
Osoto Gari - Major Outside Reaping Throw		