

Goshin

JUDO - PURPLE BELT STANDARDS

THROWS

Kosoto gari
Yoko otoshi
Hane goshi
Tomoe nage
Tani otoshi
Ura nage

CHOKES

Nami Juji jime - Normal Cross Lock
Gyaku Juji jime - Reverse Cross Lock
Kata Juji jime - Half Cross Lock

COMBINATIONS

De Ashi Harai to Tai Otoshi

TURNOVERS

Half Nelson from the Front to a turnover

ESCAPES

Lock Hands at Ribs, Squeeze, Lift, and Turn

GENERAL INFORMATION

1. Name the three divisions of mat techniques in Japanese and English?
(Osaekomi waza - Holding techniques; Shime waza - Choking techniques; Kansetsu waza - Joint locking techniques)
2. What does tai-sabaki mean? (Body control)
3. What are the four forms of ukemi (forms of falling safely)? (Backward, sideways, forward, forward rolling)
4. What is the Gokyo no Waza? (The Five groups of instruction, or the first five sets of throwing techniques, which is the syllabus of Kodokan Judo)

basic

VOCABULARY

Hip Wheel Throw - Koshi Guruma
Repetition attack practice without being thrown - Uchi Komi
Practice in general - Keiko
Win by forfeit or default of the opponent before match - Fusengachi
Win by withdrawal of opponent during the match - Kiken Gachi
Combination win by one-half point from opponent's penalty and one-half point from a score - Sogo Gachi
Sixth class (kyu) Judo rank - Rokkyu
Fifth class (kyu) Judo rank - Gokyu
Fourth class (kyu) Judo rank - Yonkyu
general - Taiso
Warm-up exercises in Judo - Junbi Undo
Geiko

Judo uniform lapel - Eri
Form Practice - Kata
Way of the Warrior - Bushido
Principle of gentleness - Ju
Martial Arts - Budo
Free practice - Rondori
To slide - Okuri
Eighth class (kyu) Judo rank - Hachikyu
Way of life - Do

Seventh class (kyu) Judo rank - Shichikyu
Little outside reaping throw - Ko Soto Gari
Lifting Pulling Hip Throw - Tsuru Komi Goshi
Combination or faking techniques - Renraku Exercises in waza
Cooling-off exercises in Judo - Shumatsu Undo
Alternate throwing practice without resistance- - Sute

MINIMUM TIME:

186 HOURS