

# YELLOW BELT STANDARDS - JUDO

## THROWS

Ippon Seoi Nage  
Morote Seoi Nage  
Tai Otoshi

## HOLD DOWNS

Yoko Shiho Gatame  
Kesure Yoko Shiho Gatame

## ESCAPES

Escape from Kesa Gatame - Sitting Up & Reverse Escape  
Escape from Kata Gatame - Elbow push, Bridge & Shoulder Roll Escape  
Escape from Yoko Shiho Gatame - Leg over Head Escape

## TURNOVERS

Quarter Nelson Turnover  
Same Side Leg/Arm Turnover

## PRINCIPLES

- Maximum Efficiency with Minimum Effort
- Harmonious Development and Eventual Perfection of Human Character

## DEFINITIONS

Nage Waza - Throwing Techniques  
Katame Waza - Grappling Techniques  
Osaekomi Waza - Holding Techniques  
Tori - Person who throws  
Uke - Person who is thrown

**TRAINING DRILLS** : You will need to practice the entry into a forward throwing position. You can do this using any tall upright surface such as a tree, a pillar, a wall, etc. , basically any tall immovable object. Concentrate on 1) bending your knees, keeping your heels 12" apart, toes out, back straight and leaning slightly forward. Use a belt or an inner tube, a piece of rope , etc. and work your pull as you work on your entry for your throw. It will build your technique, your power, your ability, your quickness; all the qualities you need to improve your judo skills. The more you practice, the better you will get. A good throw to practice with this is either Ippon Seoi Nage or Morote Seoi Nage. Spend 10-15 min. each day on this drill.

## GENERAL INFORMATION

1. Who was the founder of Judo? (Dr. Jigoro Kano)
2. What is the name of the Judo School he founded? (The Kodokan)
3. What was unarmed combat called in Japan before Judo? (Ju Jitsu)
4. How long have Judo and other unarmed defense skills been practised in Japan? (About 600 to 1,000 years)
5. How long must an osaekomi (holding technique) be held to score a full point? (30 seconds)

**MINIMUM TIME: 20 class hours**