

JUDO SHODAN (BLACK BELT 1ST DEGREE) REQUIREMENTS

Know all the material on the Kyu tests (ROKYU THROUGH IKKYU)

Demonstrate the following throws left and right:

1. O Guruma (Big Wheel)
2. O Soto Guruma (Big Outside Wheel)
3. Kibisu-gaeshi (Heel Trip)
4. Yama-Arashi (Mountain Storm)
5. Morote Gari (Two-Hand Reap)
6. Tawara Gaeshi (Rice Bag Reversal)
7. Sode Tsuru Komi Goshi (Sleeve lift-pull Hip throw)
8. Hana Maki Komi (Springing Winding Pull)

Demonstrate the following Ude Gatame:

Any throw to Ude Gatame var. 1

Any throw to Ude Gatame var. 2

Any dropping Ude Gatame

One form of a leg-entangling Ude Gatame from Uke's face-down position

Ude Gatame against High Collar grip

Ude Gatame against sleeve grip

Demonstrate Self-Defense tactics against the following attacks:

Standing Rear Attack

Front Straight Punch

Front Overhead Blow

Front Strangle

Head Lock

Front Kick

Front Tackle

Demonstrate Nage No Kata (TORI'S ROLE)

Teach 1 judo class