

**4/17/2026**

Finish Time

<b>Warm-Up and Stretches</b>	<b>15 min</b>	6:15:00 PM
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<b>Pivot and Uchikomi</b>	<b>10 min</b>	6:25:00 PM
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<b>Basics</b>	<b>10 min</b>	6:35:00 PM
Review	Yellow Belt/Orange Belt Handout	

<b>Nage-Waza</b>	<b>15 min</b>	6:50:00 PM
Check if # throws known, 3. 6, (5+3)		

<b>Newaza</b>	<b>15 min</b>	7:05:00 PM
Check if # holds known 2+KE, (4+2KE+ToT),(3+2+YE+2ToP)		

<b>Fighting Skills</b>	<b>5 min</b>	7:10:00 PM
0		

<b>Randori</b>	<b>10 min</b>	7:20:00 PM
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<b>Waza</b>	
Rule 1	Rule 1
Rule 2	Rule 2
Rule 3	Rule 3
Rule 4	Rule 4


<b>Level 1</b>	Beginner level: Student has no or little experience executing the waza. Focus is upon following the rules of the waza to their best ability.
<b>Level 2</b>	Intermediate level: Student has some experience with the waza. Focus is on being able to do the waza confidently and be able to adjust position when being opposed.
<b>Level 3</b>	Advance level: Student executes the waza very confidently with out having to think too much. Demonstrates knowledge of the waza in terms of when to enter, movement to maintain position, and when to exit.



## EXPECTATIONS

Yellow belt is the first step on the judo path. At this level we are looking for understanding of basic culture and techniques. The student should be able to perform their moves confidently with safety, in mind

Not only is Judo a fun sport it has a culture that motivates and supports concepts of mutual benefit and efficiency. Which are components of the Judo Spirit.



## YELLOW BELT HANDOUT

This is a brief overview of what it takes to become a Kodomo Yellow belt at El Toro Judo Club.

We are a charter member of the United States Judo Federation and Nanka (Southern California Judo Black Belt Association).

There are four key areas we appraise during promotion, basic Judo understanding, throwing and groundwork techniques and the student's Judo Spirit.

Detailed requirement information for this rank can be found in our online syllabus.

## BASIC JUDO

Students should understand the following basic concepts, the importance of posture and movement in Judo, the value of safety and why it is important to Judo, how hygiene impacts the dojo. Students need to develop breakfall technique and understand why we do them.



## THROWS

Judo uses Japanese terms as a part of its vocabulary and the names of techniques we use. It is important that students recognize names of throws, although at yellow belt, use of English or Japanese names is acceptable.

For Yellow Belt, students will be asked to demonstrate three throws. They choose their throws from the 8 available in Set 1. (See syllabus)



## GROUNDWORK

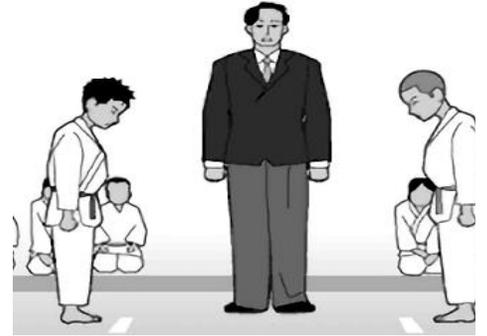
As well as throwing, Judoka need to be able to win on the ground.

Similar to wrestling, students should be able to immobilize an opponent on the ground for 20 seconds in order to win. Yellow Belt students demonstrate two pins from Set A and be able to demonstrate an escape method from Kesa-Gatame (scarf hold)



**SAFETY:** The El Toro Judo Club Number One rule is “Be Safe”. Judo as a contact sport has a small risk element to it. This is managed by emphasizing how important it is for students to protect themselves and others when in the dojo. At the Yellow Belt level, we focus on being aware of our surroundings, (through watching and listening). Misbehavior is not tolerated and above all students should take care when practicing with others. Be sensitive to the size and ability of your partner when practicing.

El Toro Judo Club Instructors are all USOC Safesport and CDC Heads-up (concussion) certified.



## HYGIENE

It may be obvious, but it is our position to reiterate why hygiene is very important when in the dojo. It is common for young students to occasionally forget to protect themselves and others by practicing common sense procedures. Not walking barefooted off the mat (including the restroom), prior to walking on the mat. Wear clean judogi. Keep finger and toenails short to avoid scratching partners, do not wear jewelry which can cause injury to self or others.

*There are some general aspects of judo that are essential to acquire and will improve throwing and ground skills.*

**Ukemi (Breakfalls):** Being able to take a fall when being thrown is very important. El Toro Judo Club always begins a training session by practicing these skills. Confidence and not afraid of being thrown promotes students to have a positive attitude to learning judo.

**Posture and Movement:** Learning good posture and the ability to move are skills that contribute to effective and efficient judo. Balance and positioning are key aspects that enable the development of good judo skills. Knowing Shizentai (natural posture), how to perform pivots correctly are key skills.

**Judo Spirit** is a blend of a student’s will and desire to win at the same time being gracious in loss and turning any disappointment into a positive force for improvement. It includes the natural demonstration of working to a mutual benefit. E.g., helping your partner to learn.





## EXPECTATIONS

Having learned the fundamentals of Judo as a yellow belt, we now build upon those skills. As well as learning new waza (techniques), there is a focus towards consolidation and improvement of learned waza and fighting abilities.

Students should be obvious in developing their Judo spirit, through improved confidence and working towards mutual benefit.



## BASIC JUDO

Students should further understand the importance of posture and movement in Judo, build on their awareness of safety in Judo., and Improve their breakfall technique.

At this stage we introduce the concept of Kuzushi (breaking Balance) and its directions. Additional basics are also taught. See page two.

## THROWS

At Orange Belt, students will be asked to demonstrate six throws from the 8 available in set 1. (See syllabus)

The Japanese names of the waza should be used for this rank. Nage-waza (throwing techniques) should be demonstrated safely and with control. Students are expected to show evidence of their awareness of Kuzushi and its application in the throw they are demonstrating.



## ORANGE BELT HANDOUT

This overview describes what it takes to become a Kodomo Orange belt (10<sup>th</sup> kyu) at El Toro Judo Club.

We are a charter member of the United States Judo Federation and Nanka (Southern California Judo Black Belt Association).

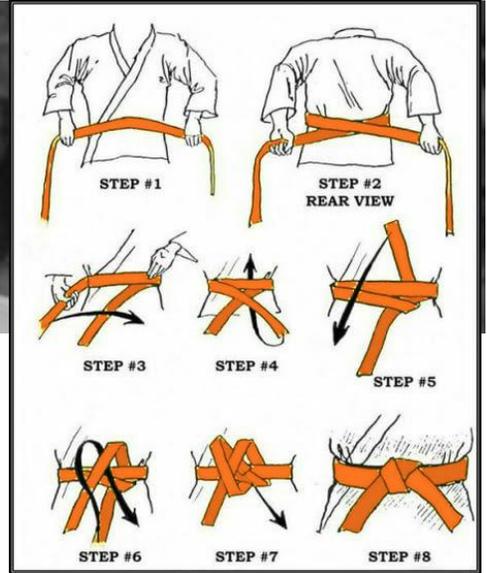
Our rank assessments covers four areas, basic Judo understanding, throwing and groundwork techniques and Judo Spirit.

Detailed requirement information for this rank can be found in our online syllabus.



## GROUNDWORK

Orange Belt candidates need to demonstrate all four pins from Set A (see syllabus) and be able to demonstrate two different escape methods from Kesa-Gatame (scarf hold). Students should also be able to demonstrate a method of turning over an opponent in a defensive 'turtle' position and achieve a pinning position advantage.



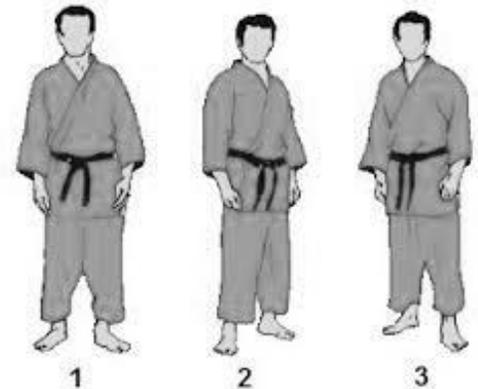
**SAFETY**, El Toro Judo continually emphasizes the importance of safety. Occasionally young students lose concentration and due to the pressure of the moment safety may not be on their mind. We continue to discuss aspects they now encounter and how they can continue to be safe and at the same time protect others around them. Examples include responding to a call of “Matte” (Stop) immediately, don’t put your fingers inside jacket sleeves, avoid pushing others when playing games, standing up straight away when doing randori (Free practice).

**KUZUSHI** is the breaking of balance of your opponent. It is a pivotal principle that enables a person to throw another. Judo has a principle of “Seiryoku Zenyo” which means “maximize your efficiency, with minimal effort”. Kuzushi is an example of this principle. It is possible to learn how to break a person’s balance without using overwhelming strength. This enables a person to throw another easier while maintaining flexibility and ease of movement. There are eight cardinal directions of Kuzushi (see picture on the right). These need to be demonstrated during the test.



**UKEMI (Breakfalls):** Practice and repeated practice of ukemi builds a reflexive response in judoka that is essential. Losing your fear of falling and knowing that even in defeat you have control over your safety and ability to react in the presence of adversity. This ability is a cornerstone for building one’s self-confidence and allows one to focus on attack rather than defense.

**POSTURE AND MOVEMENT** is key to being a good judoka. Having efficient movement and good posture for effecting your waza is another aspect of Seiryoku Zenyo. Being able to demonstrate Shizen-hon-tai (1), Migi-Shizentai (2) and Hidari-Shizentai (3) is required for Orange Belt.



Students must demonstrate their knowledge on bowing, ritsu-rei (standing bow), za-rei (kneeling bow) and when to do them. The judo expectation on how to enter a dojo and showing respect (bowing when entering the dojo, and again when stepping onto the tatame (mat), Orange Belt students should be very capable of tying their belt, and demonstrate how to correctly fold and pack a judogi.

**JUDO SPIRIT:** Students should continue to demonstrate their judo spirit and show their awareness of the concepts of Seiryoku Zenyo (Maximum efficiency with minimal effort) and Jitta Kyoei (Mutual Benefit).

