



EXPECTATIONS

Students continue to build upon their Judo skills. With a sharp focus on the application of their abilities. They continue to learn new waza (techniques). Judo by definition is a test of individual skill and El Toro Judo Club encourages participation in Judo Shiai (Tournaments)

Students build upon developing their Judo spirit, through improved confidence and working towards mutual benefit.



BASIC JUDO

We continue emphasis on the understanding of posture and how to move efficiently in Judo.

Additional development and awareness of safety in Judo, and Improvement of breakfall technique.

Building more on the concept of Kuzushi (breaking Balance) and why it is important for all throws.



THROWS

Students are asked to demonstrate 8 throws. 5 from Gokyo set 1 and 3 from Set 2.

The Set 1 throws are expected to show a higher ability level than demonstrated for prior rank.

Japanese names are used for this rank. Nage-waza (throws) should be performed safely with control. Students are expected to show evidence and awareness of Kuzushi and its application in the throw



ORANGE W/STRIPE BELT HANDOUT

This overview describes what it takes to become a Kodomo Orange belt with Stripe (9th 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).

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 w stripe candidates need to demonstrate 3 pins from Set A and 2 from Set B.

Demonstrate an escape method from Yoko-Shiho-Gatame.

Students should also be able to demonstrate two methods of turning over an opponent in a defensive prone 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).

UKEMI or breakfalls is a critical ability. Students at this level must be capable of demonstrating good and safe ukemi. Not only when doing specific practice, but also when being thrown.

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. Happno Kuzushi is the eight cardinal directions of Kuzushi (see picture on the right). Obvious elements of Happno Kuzushi must be present in all throw demonstrations.

JUDO TERMINOLOGY. During promotion test the student is quizzed on their knowledge of the required judo terminology and also demonstrate their ability to count from 1 to 20 in Japanese.

JUDO CONTEST BASICS: Judo is an Olympic combat sport and has a strong emphasis on fair play and safety by having certain rules as part of the contest. A consequence of breaking rules is a penalty can be issued. From a minor penalty to disqualification. Students need to show their awareness and provide examples of contest penalties.

The referee is the heart of a judo contest and they use hand signals as a means of indicating their decisions. Students need to demonstrate their knowledge of the signal used when a contest goes to the ground.

To demonstrate their preparedness the student will be tested on the protocol used to enter and start a shiai (official contest match).

POSTURE AND MOVEMENT How a judoka moves, and their posture is a significant indicator of their ability. This comes through randori practice and an understanding of attacking and defensive standing positions. Shizentai is the attacking upright and mobile posture which is fundamental to the throws of Judo.

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). Judo spirit is the aspect of judo that truly shows a person’s character and confidence. Not everybody is able to a judo champion, but having an attitude of doing one’s best, being focused on making improvements while at the dojo is important to us at El Toro Judo Club. Our ultimate goal is to develop your child as a good citizen.

