



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

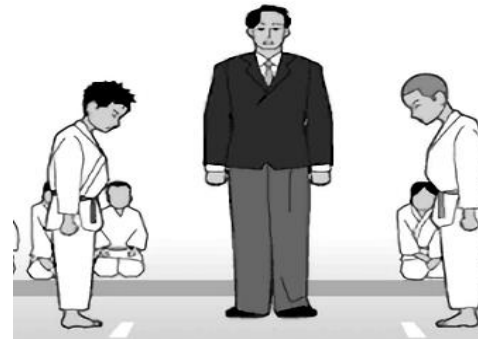
As well as throwing, Judoka need to be able to win on the ground.

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.

