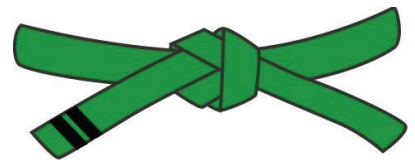
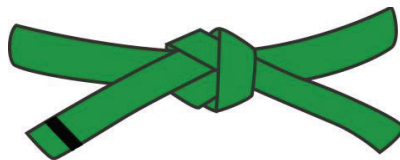
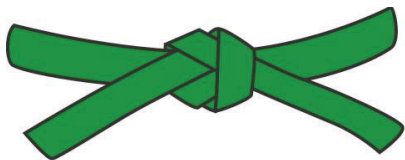
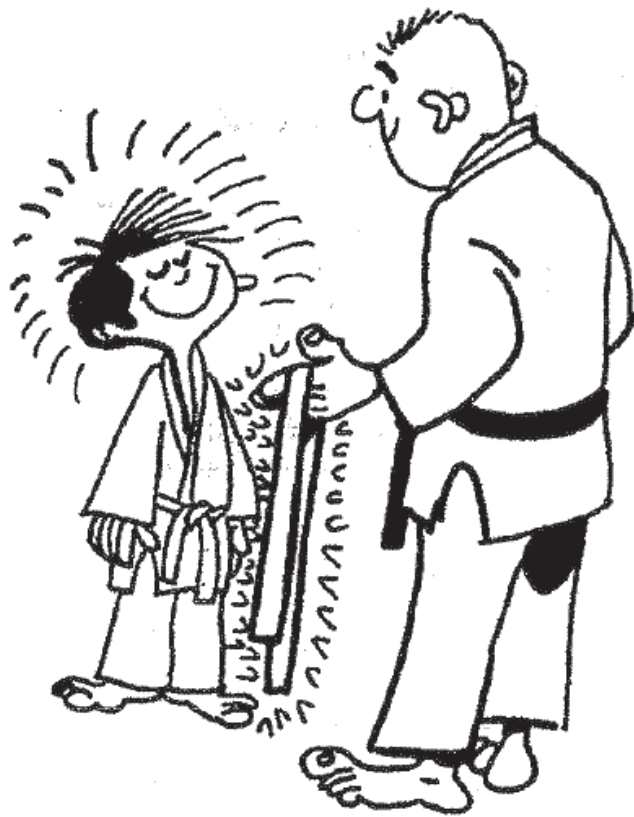




JUNIOR PROMOTION GUIDE



Originated by Noburo Saito - 7th Dan
Adapted by Hal Sharp - 7th Dan

JUNIOR JUDO RANK GUIDE – GREEN BELT

Rank 9 GREEN BELT (Entry– No Stripe)

Time-In-Grade Requirement – 24 classes as an orange belt with two stripes.

- _____ Repeat Rank 8 Test
- _____ Sweeping Hip (Harai-Goshi)
- _____ Sliding or Follow Foot Sweep (Okuri-Ashi-Harai)
- _____ Entry from Uke's Legs No. 3
- _____ Entry from Uke's Legs No. 4
- _____ Naked or Bare-Handed Choke (Hadaka-Jime)

Rank 10 GREEN BELT (One Stripe)

Time-In-Grade Requirement – 48 classes as a green belt.

- _____ Repeat Rank 9 Test
- _____ Inner Thigh (Uchi-Mata)
- _____ Major Outer Drop (O-Soto-Otoshi)
- _____ Entry from Uke's Legs No. 5
- _____ Sliding Collar Choke (Okuri-Eri-Jime)

Rank 11 GREEN BELT (Two Stripes)

Time-In-Grade Requirement – 48 classes as a green belt with one stripe.

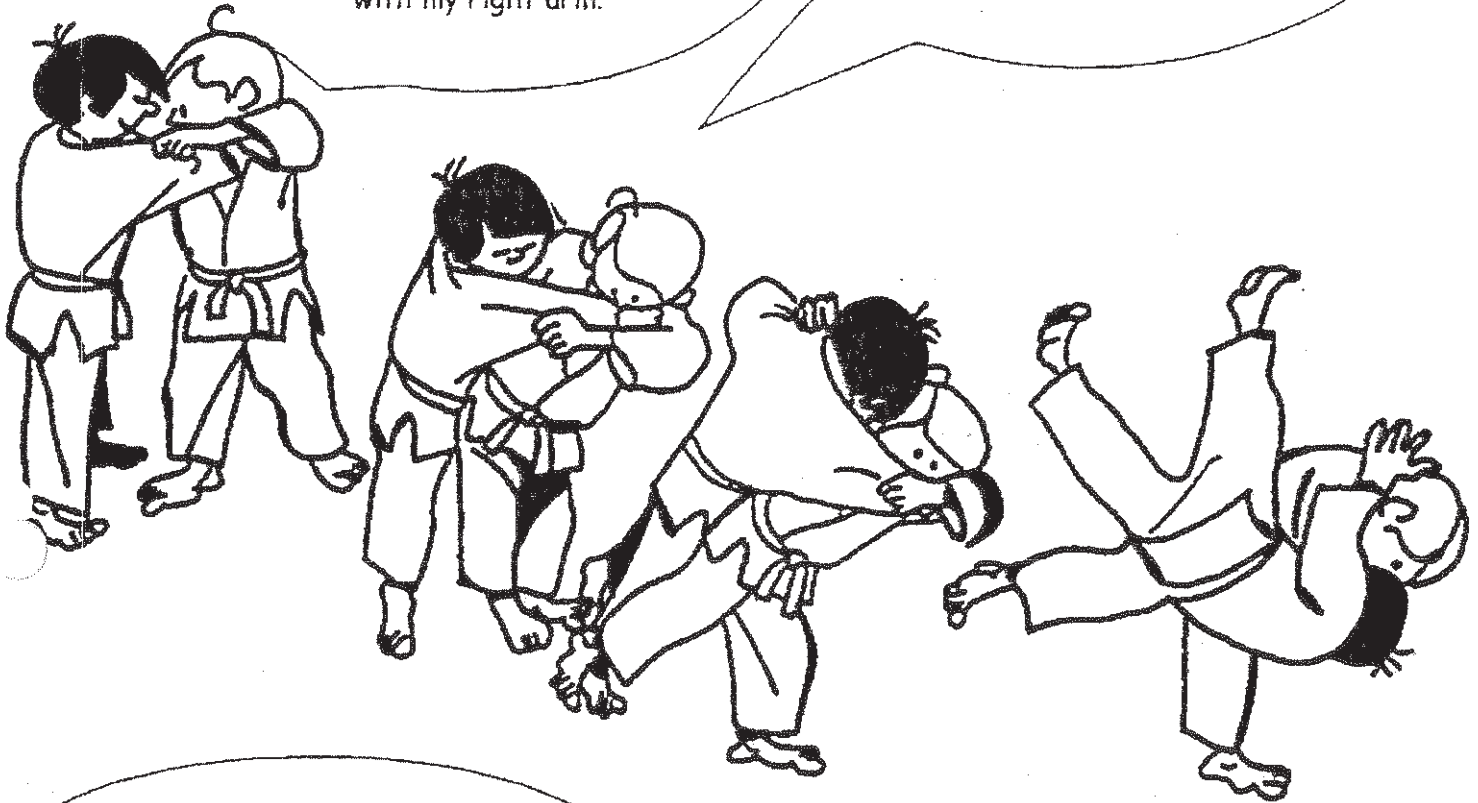
- _____ Repeat Rank 10 Test
- _____ Spring Hip (Hane-Goshi)
- _____ Minor Outer Reap (Ko-Soto-Gari)
- _____ Turning Over Technique No. 1
- _____ Turning Over Technique No. 2
- _____ Two-Handed Choke (Morote-Jime)

HARAI GOSHI

(sweeping hip throw)

As I step my right foot near the top of triangle, I make my uke off balance to his right front corner by pulling with my left arm and pulling-lifting (fishing) with my right arm.

Then I bring my left foot right behind my right foot and turn to my left to place my hips against uke's low abdomen. I sweep his right leg from his thigh to his ankle with my right leg.



The off balance is obtained by pulling with my left hand towards the direction of my shoulder.



Do not place my hips too deep against uke's front or bending my right leg when I sweep. I end up sweeping just the air.



OKURI ASHI HARAI

(Sliding or Follow Foot Sweep)

Uke steps to his left side. I follow him by stepping from my right to. As he moves his right foot to the left, pursue it with my left. Just as he is shifting his weight to his left foot and starts to move his right foot to the left, sweep it with the sole of your left foot in the direction it is moving. At the same time, lift up with my right hand and push down with my left. Uke's legs will fly out from under him.



Ouiouiouioui!!!



NO NO
OKURI ASHI
NOT OUCHI ASHI

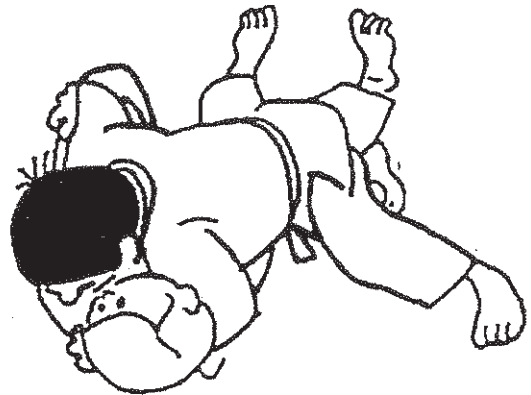
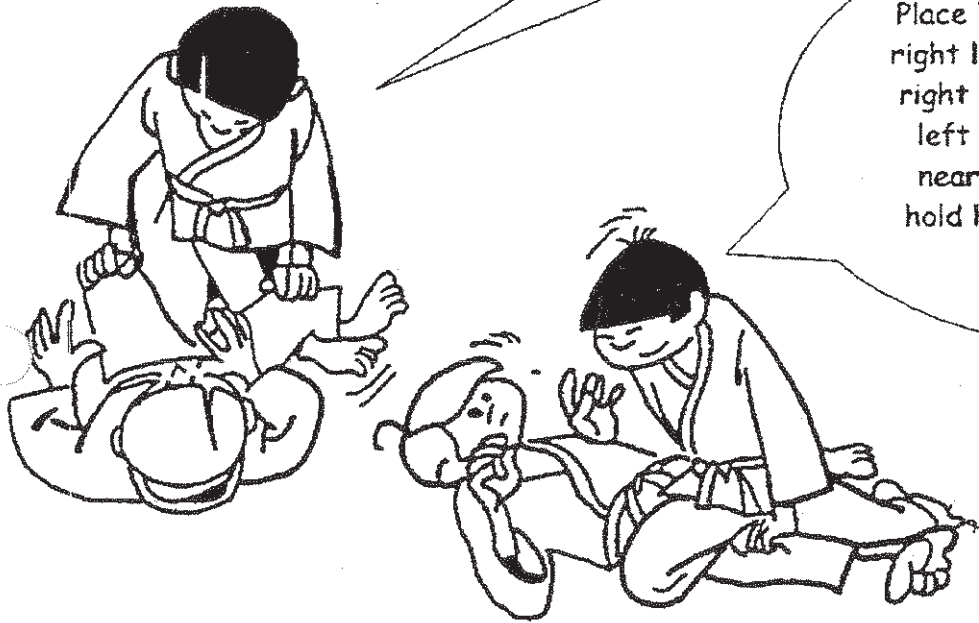
For the technique to work, you must stay loose and move smoothly. Put the sole of your foot as close as possible to his outer ankle and sweep just as he is shifting his weight to his left foot. Be sure to sweep with your whole leg. Not just your foot. Sweep in the direction his foot is traveling.

ENTRY FROM UKE'S LEGS

No.3

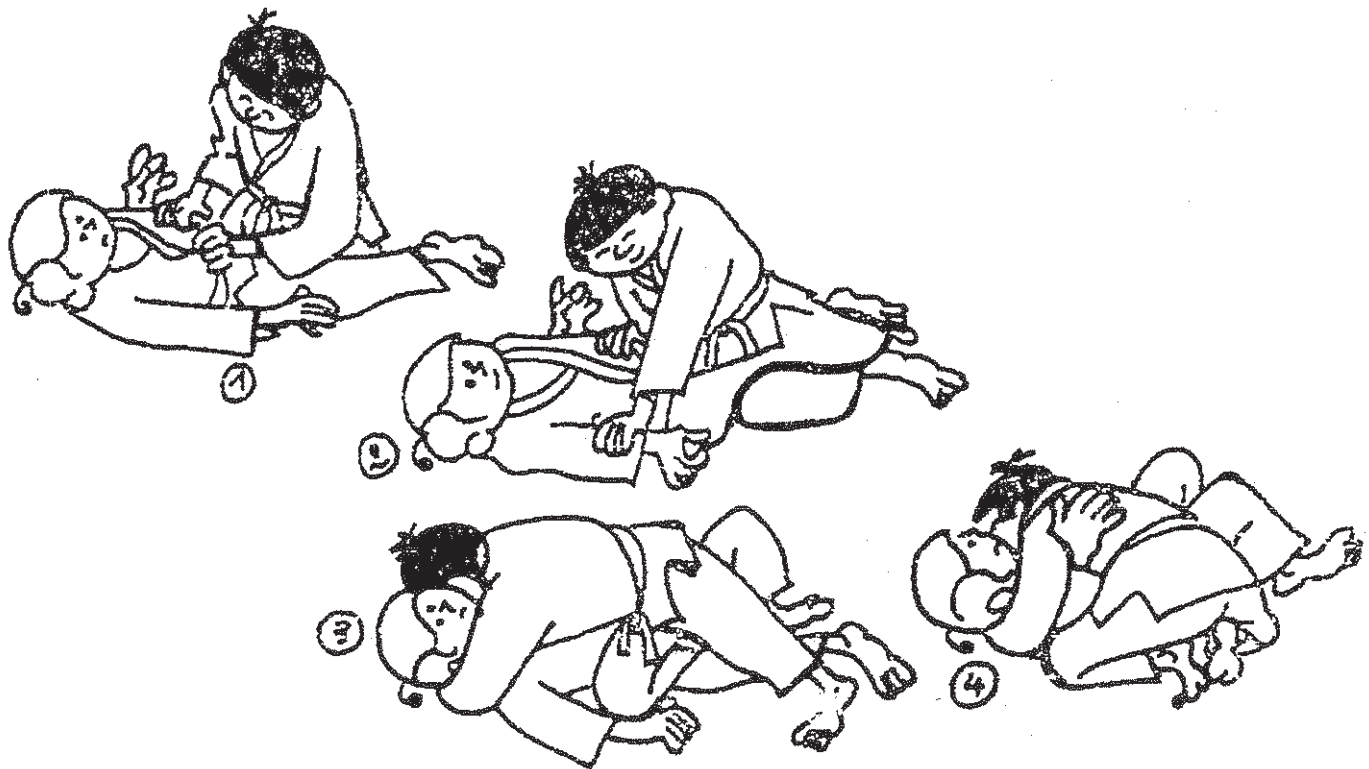
You are in front of uke who is on his back. Grab his pants at the knees. You make his leg straight by your right ko uchi gari.

Place his right leg under your right lower leg and block uke's right leg. Then advance your left leg and grab his collar near the left shoulder and hold him with the yoko shiho gatame.



ENTRY FROM UKE'S LEGS

No.4



1. Grab uke's belt and spread his legs with you elbows.
2. Grab his right arm sliding your right leg over his right leg for control.
3. Reach around his collar and move into Yoko Shiho Gatame.
4. Tighten the hold with your knees in his side.

SHIME WAZA

(Choking Techniques)

Choking techniques are limited to students 13 years old or older. Although Choking techniques are illustrated in this booklet, the knowledge of how to do it must be taught by your sensei.

Now, you are going to learn choking techniques. These are a particular and delicate techniques. You don't apply choking quick and hard. You only study these techniques under supervision of your sensei.

Must release your choke right away when your partner taps.

When you feel that choking is working and you want to give up, you must tap with your hand on yourself or on your partner more than twice. You also can use your foot to tap on the mat.



Hadakajime (Naked or Bare Handed Choke)

Your right knee up and touching uke's back. Your left knee on the mat and keep you left toes on the mat. Bring your right arm on top of his shoulder and place your right thumb knuckle against uke's neck.

Grasp both of your hands together and stop uke from moving his head by locking it in place with the force from your head. Lean uke backward in order to tighten the grip.



HEY!!
Take it
easy....
Easy...
Easy...!!

DEFENSE AGAINST OKURI ERI JIME

1. Grab tori's right sleeve around elbow area with both of your hands. Turn your face to right (toward choking arm) and pull chin in tight and make space. Once you have created the space between his right arm and your chin, start to lift his right arm upward with your hand to escape.

2. Hold tori's right wrist with your left hand and hold his right elbow with your right hand and pull his right arm away from your neck. Turning head toward right also important.

Hadakajime
(choking with your bare hand)

When uke gives up,
by tapping, stop
choking him.



I'm sorry
sensei!

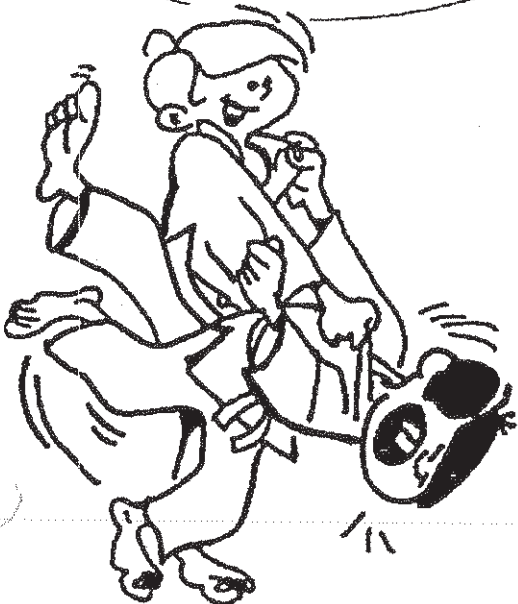


UCHI MATA (inner thigh)

I step my right foot to the top of the triangle position at the same time I make my uke off balance to his right front corner with my hands and arms. I bring my left foot around behind me. At the same time, I bend my right knee then I sweep his left inner thigh with the back of my right thigh to throw uke.



Make sure to have good contact with chest before I start sweeping with your leg.



Leg Technique



Hip Technique

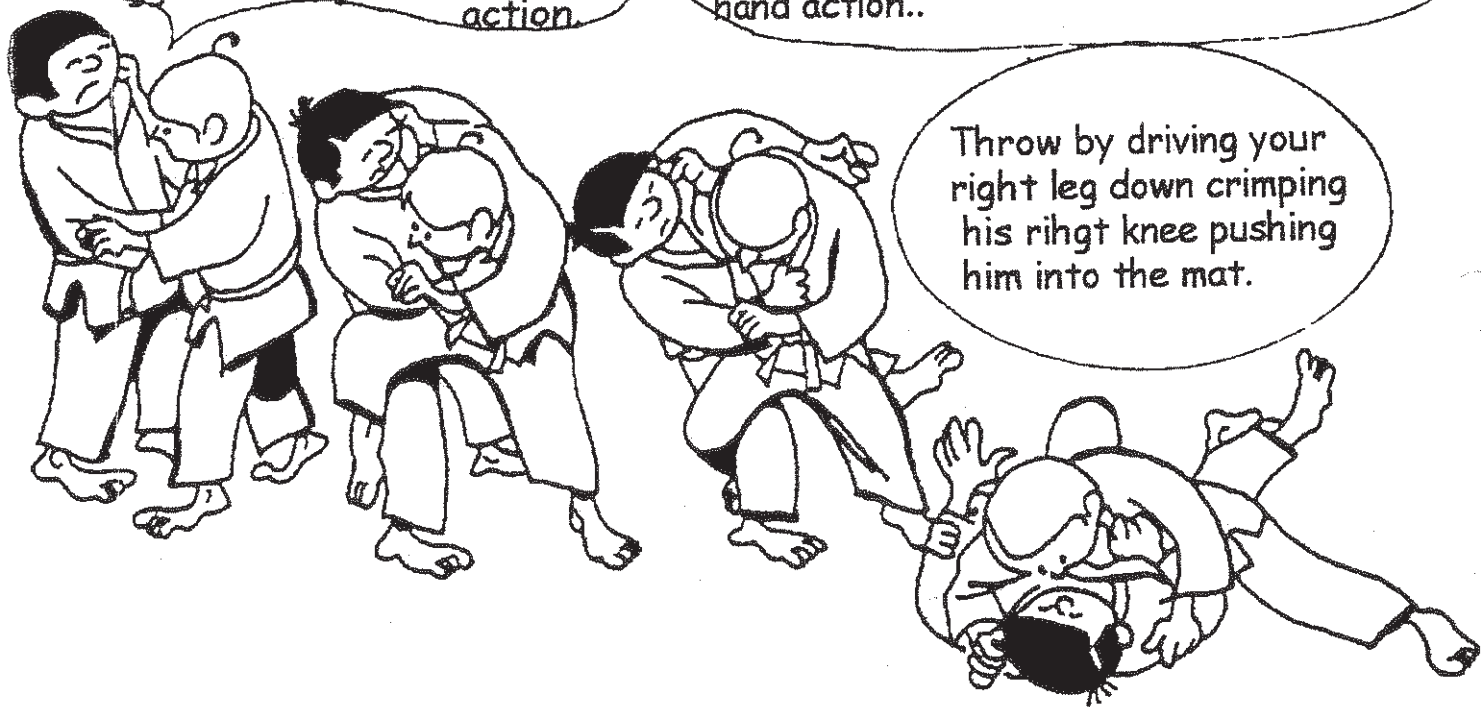
O SOTO OTOSHI

(MAJOR OUTER DROP)

Turn to uke's right driving him onto his right leg by pulling his right elbow in and pushing against left jaw in a wheel action.

Hook his right leg behind his knee with your right leg, at the same time driving hard with your left leg using a strong hand action..

Throw by driving your right leg down crimping his right knee pushing him into the mat.



ENTRY FROM UKE'S LEGS

No.5



Enter between uke's legs grasping his pants at the knees and spreading his legs. Control his right leg by sliding your right leg over his right leg.



Grasp his belt with your right hand and reach over his left shoulder with your left hand. Step around into Kuzure Kami Shiho Gatame.



OKURI ERI JIME (sliding collar choke)

Your right knee up and touching uke's back. Your left knee on the mat and keep you left toes on the mat. Insert your left arm under uke's left armpit and grasp his left lapel with your left hand then pull it downward. Bring your right arm on top of his shoulder and grasp his left upper collar with your right hand while placing your right thumb/wrist against uke's neck. Then move your left hand to uke's right lapel and start choking with your right wrist at the same time pull his right lapel downward. Make uke off-balance slightly backward and keep your right cheek touching uke's left cheek.



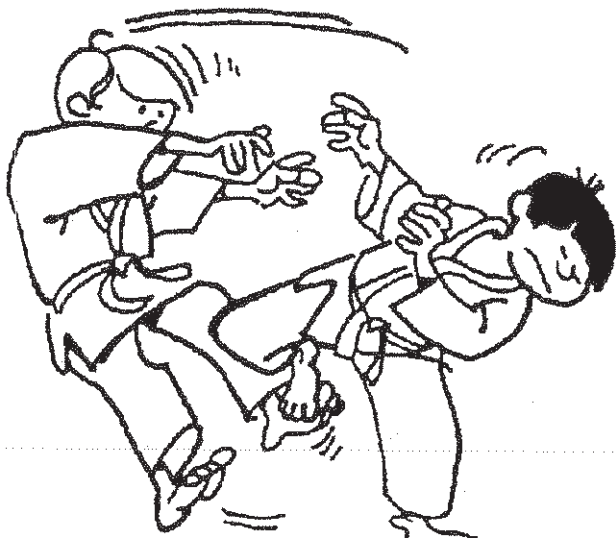
DEFENSE AGAINST OKURI ERI JIME

Grab tori's right sleeve around the elbow area with both of your hands. Turn your face to right (toward choking arm) and pull your chin in tight and make a space. Once you have created a space between his right arm and your chin, start to lift his right arm upward with your hands to escape.

HANE GOSHI

(spring hip)

Break uke's balance to his right front corner as I step my right foot to the top of triangle. I bring my left foot around behind me. At the same time, I bend my right knee and place the leg against the inside of uke's right leg. With my hands, pull him to me and load him onto my hip. Straighten my left leg and lift uke off the mat with the springing action of your right hip and leg. I twist to the left and pull out and down hard with both hands. My uke should turn over your right hip and land at your feet.



KUZUSHI
NOT PUSHEE

KOSOTO GARI

(Minor Outer Reap)

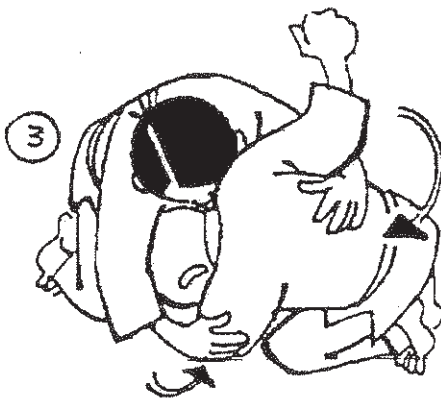
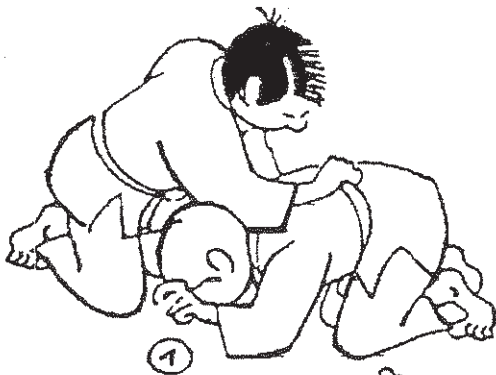
First break Uke's balance to his right back corner, then I reape his right foot from behind with my left foot and throw him backward. I need to place my right foot a right angle to uke's right foot. Ideally the sole of my left foot skims the mat as I reap and big toe is raised, but it is permissible to twist my foot and reap with the sole.



TURNING OVER TECHNIQUES

No.1

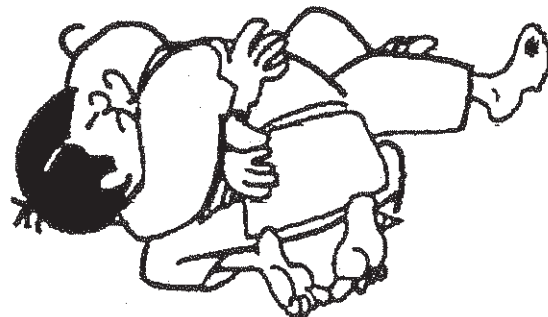
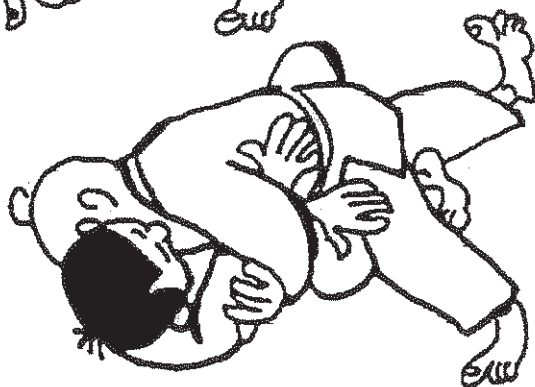
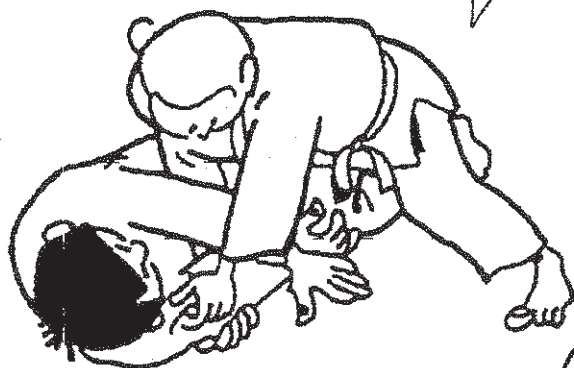
(1) Uke is in "all four position". Approach uke from his head. Grab uke's belt at the center of his back with your right hand. Then push uke downward with your right elbow to keep uke's head down. (2) Insert your left hand under uke's left arm and pass under his right armpit and scoop up uke's left arm. (3) Grab uke's left elbow area with your right hand and pull it toward you at the same time you push uke's left side to his right to turn over and hold him down with Kuzure Kesa Gatame (4).



TURNING OVER TECHNIQUES

No.2

Uke is in "all four position". Approach uke from the side. Insert your arms under uke's body and grab both of uke's arms and pull them toward you while keeping your chest in contact, tight against uke's left shoulder and left side of his body. Keep pulling and push uke to his right side and hold down with Yokoshiho gatame.



MOROTE JIME

(Two Handed Choke)

Grab uke's lapel with the both hands and I go down like applying a tomoe nage. I start squeezing uke's neck with my hands.



Must release your choke right away when your partner taps.

