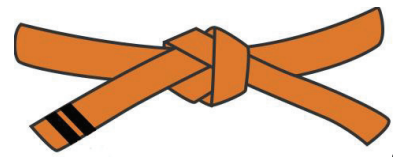
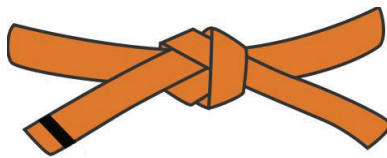
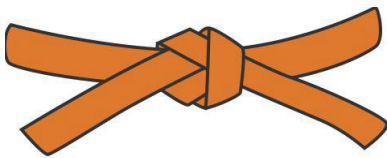
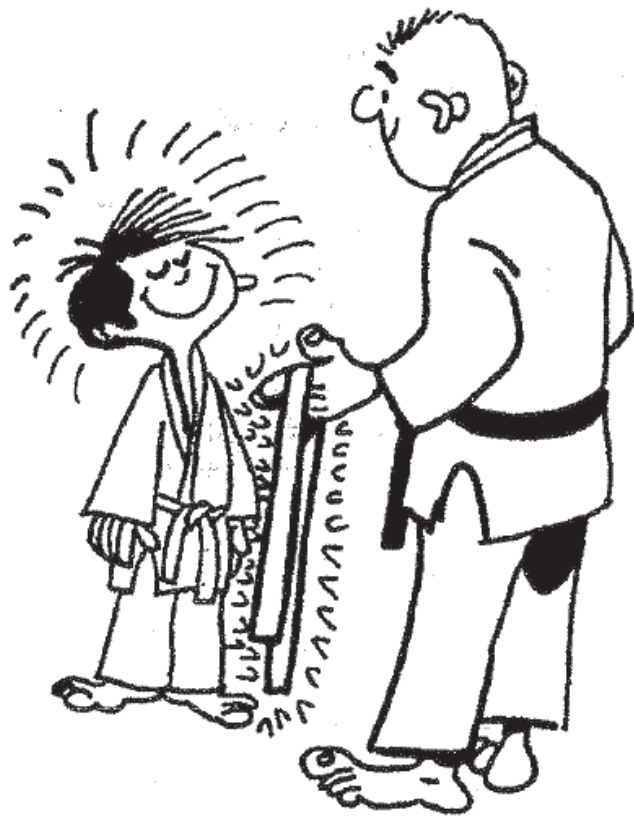




JUNIOR PROMOTION GUIDE



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

JUNIOR JUDO RANK GUIDE – ORANGE BELT

Rank 6 ORANGE BELT (Entry– No Stripe)

Time-In-Grade Requirement – 24 classes as a yellow belt with two stripes.

- _____ Repeat Rank 5 Test
- _____ Body Drop (Tai-Otoshi)
- _____ Major Inner Reap (O-Uchi-Gari)
- _____ Upper Four Corner Hold (Kami-Shiho-Gatame)
- _____ Modified Upper Four Corner Hold (Kuzure-Kami-Shiho-Gatame)
- _____ Escape From Kami-Shiho-Gatame

Rank 7 ORANGE BELT (One Stripe)

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

- _____ Repeat Rank 6 Test
- _____ Hip Wheel (Koshi-Guruma)
- _____ Minor Inner Reap (Ko-Uchi-Gari)
- _____ Straight Four Corner Hold (Tate-Shiho-Gatame)
- _____ Modified Straight Four Corner Hold (Kuzure-Tate-Shiho-Gatame)
- _____ Escape from Tate-Shiho-Gatame

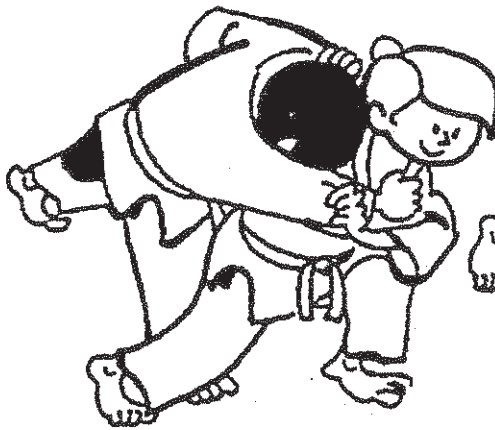
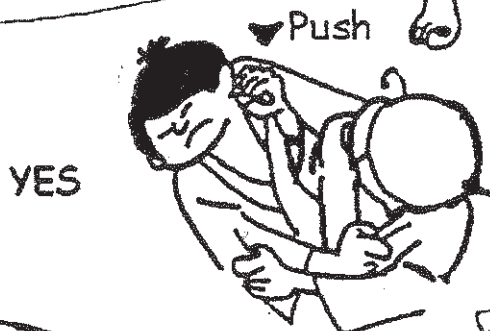
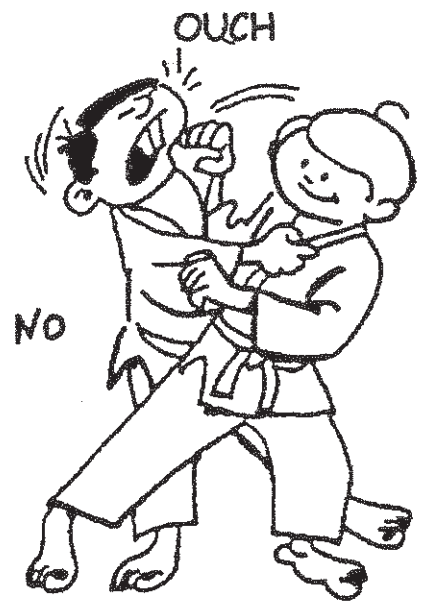
Rank 8 ORANGE BELT (Two Stripes)

Time-In-Grade Requirement – 24 classes as an orange belt with one stripe.

- _____ Repeat Rank 7 Test
- _____ Lift Pull Hip (Tsurikomi-Goshi)
- _____ Sleeve Lift Pull Hip (Sode-Tsurikomi-Goshi)
- _____ Shoulder Hold (Kata-Gatame)
- _____ Escape from Kata-Gatame
- _____ Entry from Uke's Legs No. 1
- _____ Entry from Uke's Legs No. 2

TAI OTOSHI (Body Drop)

Step my right foot to the top of triangle while pulling uke's body forward and upward with both of my arms to off balance him to the front. Then I retreat my left foot in a circular motion while pulling his body forward with my left arm and lift and push with my right arm to uke's right. At this point, uke is off balanced toward his right little toe.



Keeping my right elbow about 90 degree and pushing him to his right and pulling him to his right front, I continue the kuzushi and simultaneously step my right foot aligned with uke's right foot - my heel is slightly raised up. I need to be upright and distribute my weight evenly to both my feet. I don't touch uke's right leg at all.

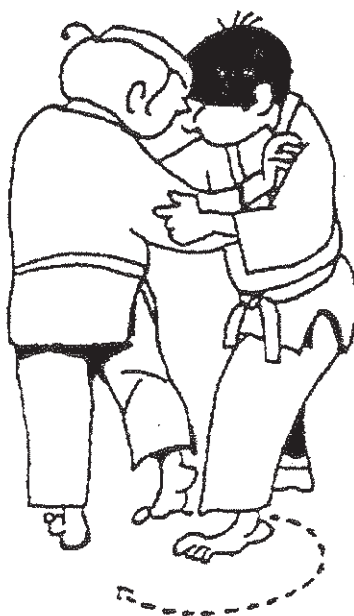
I strongly pull uke's body downward and extend my right leg up as uke's right leg touches my right lower leg.

O UCHI GARI

(major inner reap)

I step my right foot to top of triangle position at the same time I pull uke downward with my arms to make him off balance to his back. Keep you face facing straightforward.

Bring my left foot behind my right foot and point my heel to him. Keep using my arms to immobilized uke's upper body.



Continuing the toe circle, widen his stance while driving your body forward with your left leg.

Insert my right leg between his feet and start dragging my big toe in a circle to sweep his left leg. I make contact just below the back of his knee with the same spot of my leg.



KAMI SHIHO GATAME

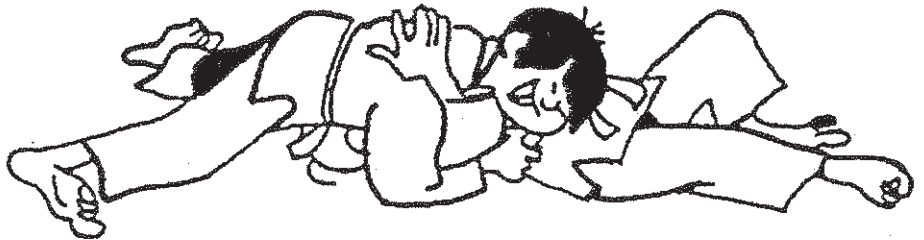
(Upper Four Corner Hold)

Staying behind your uke. You cover him with your body. Place your hands under his shoulders and grab his belt. Pulling it towards you. Place your head to the right or to the left. You may rest your chin on his stomach but without pushing.

You can have your knees bent or you can have your legs spread wide apart depending on uke's actions.



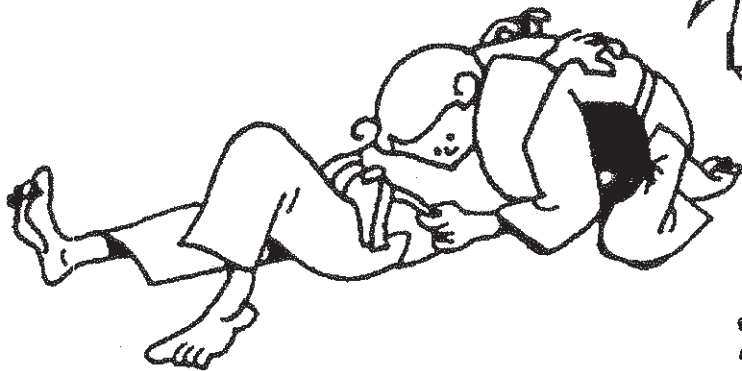
Control uke from top of uke's head with 4 points of support.



KUZURE KAMI SHIHO GATAME

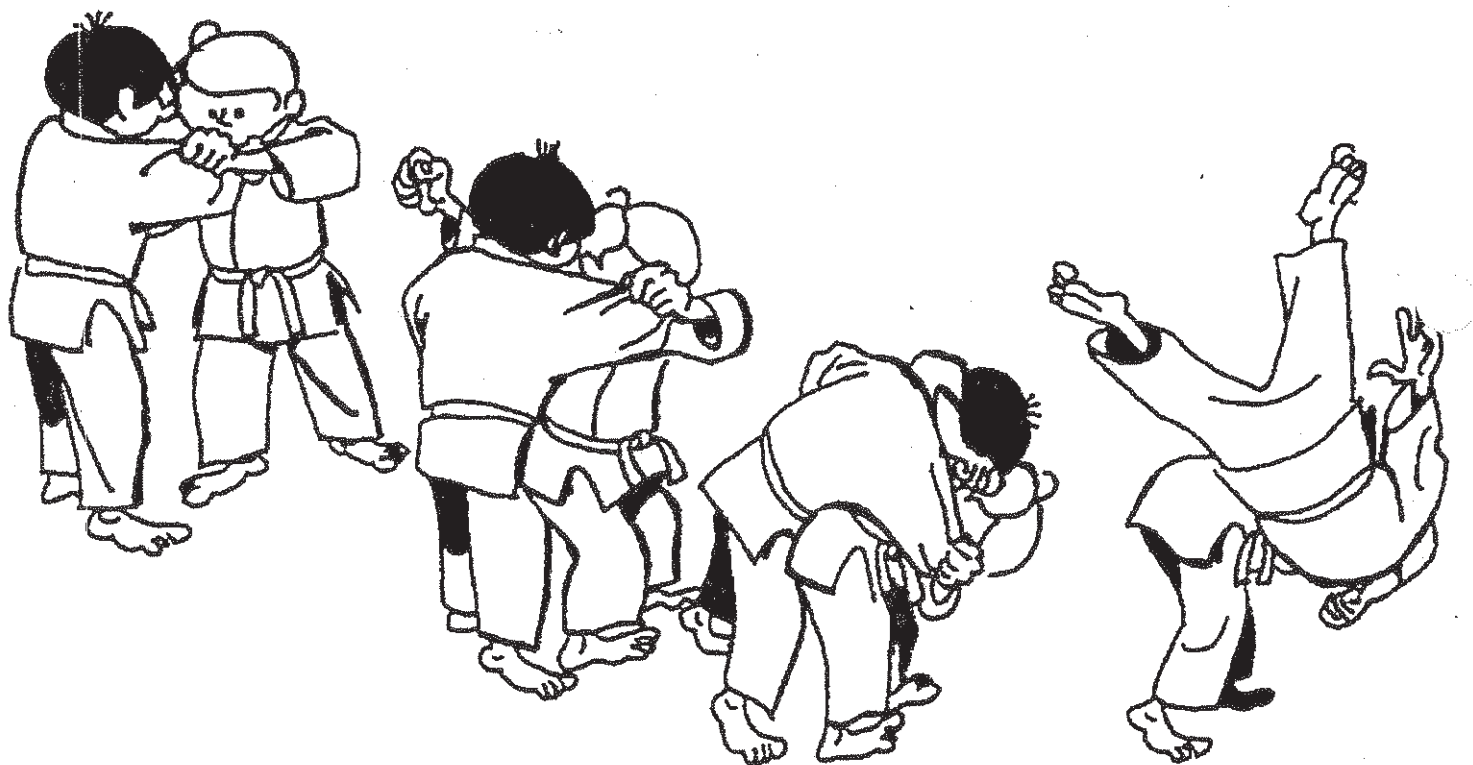
(Modified Upper Four Corner Hold)

Similar to Kami Shiho Gatame, except your body is not over his head, but is at an angle over his shoulder.



KOSHI GURUMA (hip wheel)

This technique is similar to *Ogoshi*,
except I reach around *uke's* neck.
Rather than around his back in
order to get him tight to my body.

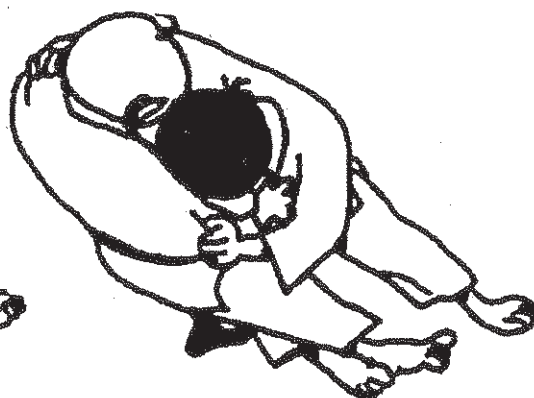


KOUCHI GARI (minor inner reap)

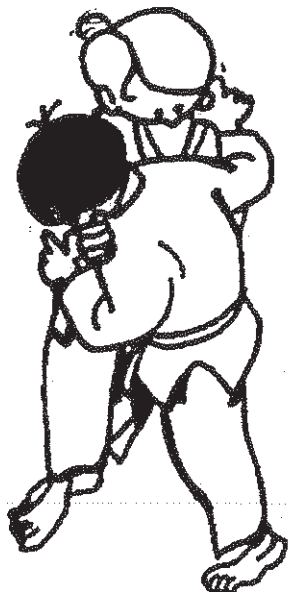
This is a rear throw. I make uke off-balance to his back by pushing him backward with my right arm and by pulling his right sleeve down and toward me.

I quickly bring my right foot behind my left foot and then sweep uke's right foot from his heel to toe. I need to keep the outer edge of my right foot slide over the mat surface while sweeping.

I must push uke backward with my entire body.



I pull downward with my left arm.



I push him to the right back with my right arm.

TATE SHIHO GATAME

(Straight Four Corner Hold)



Straddle uke's body hooking your knees tight against his waist with your heels under his thighs.



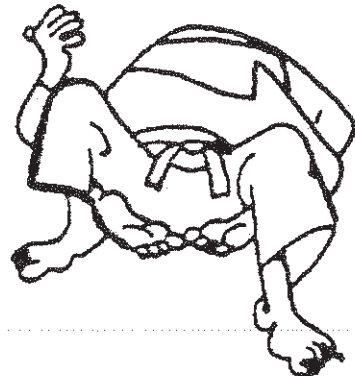
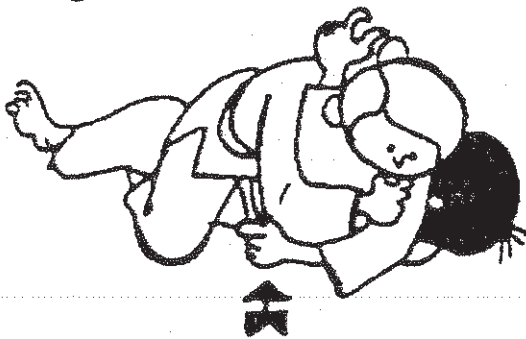
Trap his left arm against his head gripping your collar with your right arm gripping your own collar.

KUZURE TATE SHIHO GATAME

(Modified Straight Four Corner Hold)



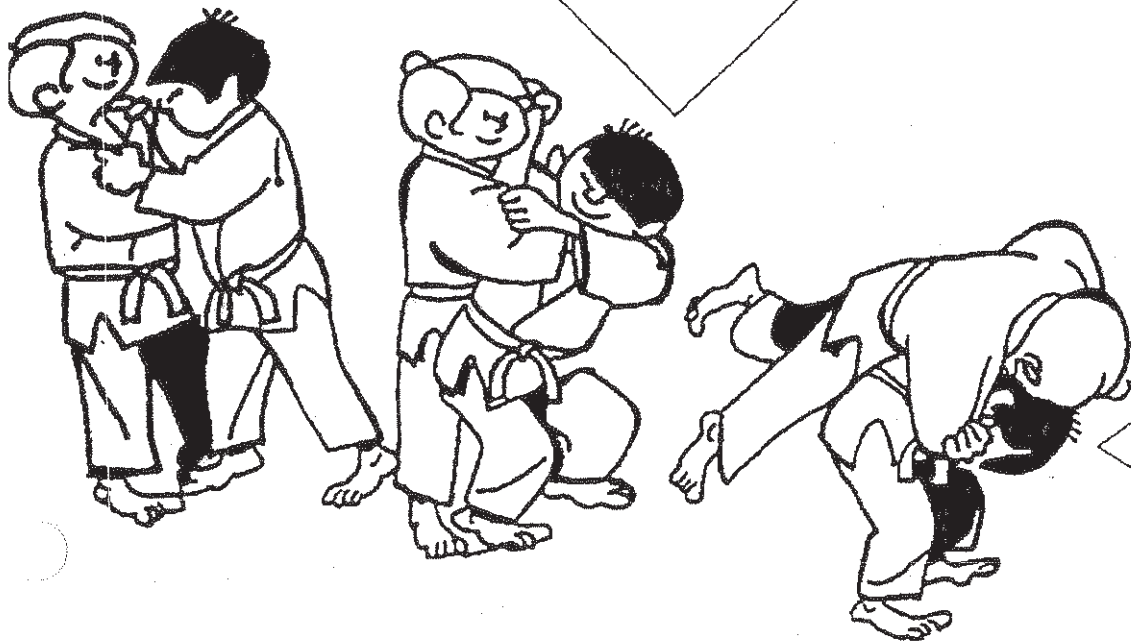
Similar to Tate Shiho except you hunch forward trapping his left arm with both your arms. Grip your collar with your right hand and his belt with your left. Hook your feet under his thighs.



TSURIKOMI GOSHI

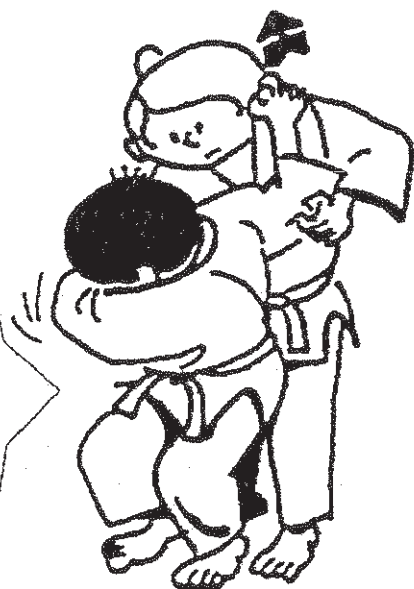
(lift-pull hip)

Tsurikomi is the same movement that a fisherman does when he catches a fish. I make uke rise up by lifting him hard while making kuzushi to his front. While holding uke up, I fit in with a bent knee, straight back posture.



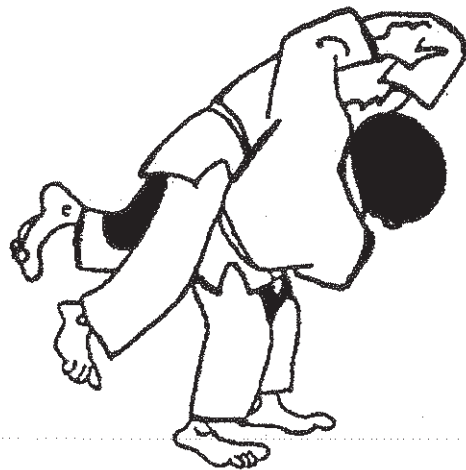
Make sure that my hips are place well below the uke's center of gravity, then pull uke over my hips.

The movement of your right hand is very important. You must push high toward the ear. Don't forget to pull with your left arm.



SODE TSURIKOMI GOSHI

The Sode Tsurikomi Goshi is applied to the left, pushing his right elbow upward.



KATA GATAME (Shoulder Hold)

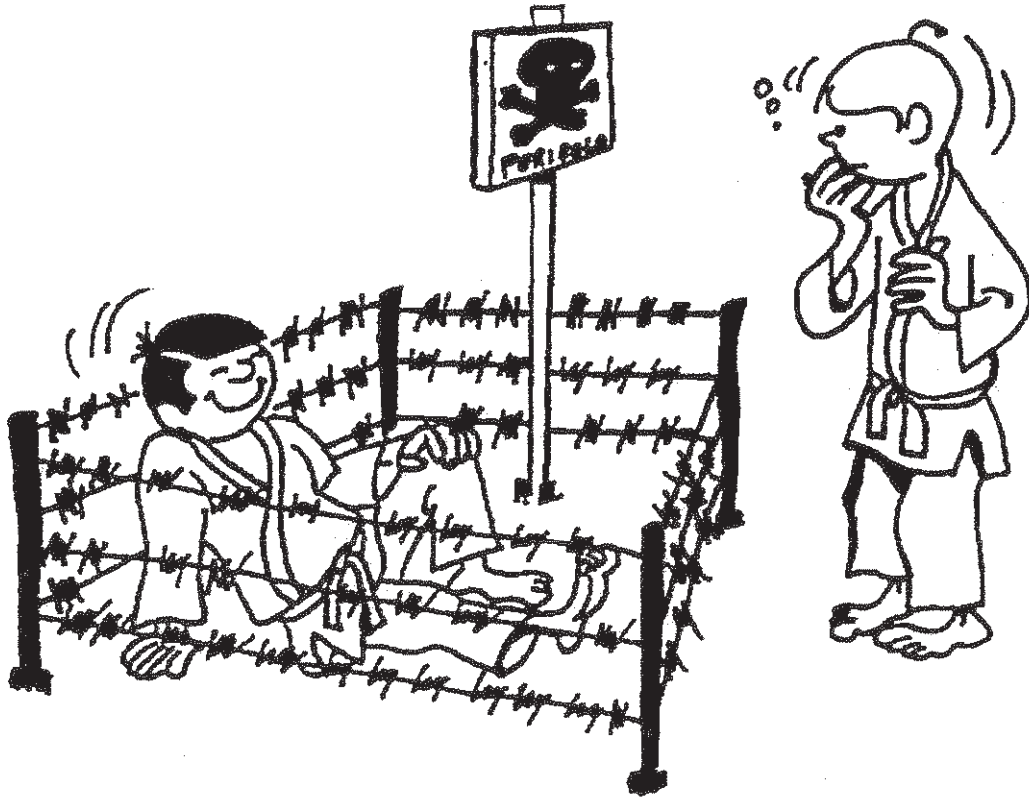


My right forearm, my right knee and my left foot form a triangle for perfect balance.

I press uke's arm across his face and hold it there with my neck. I also reach around under uke's neck and grip my hands together.



The Entry



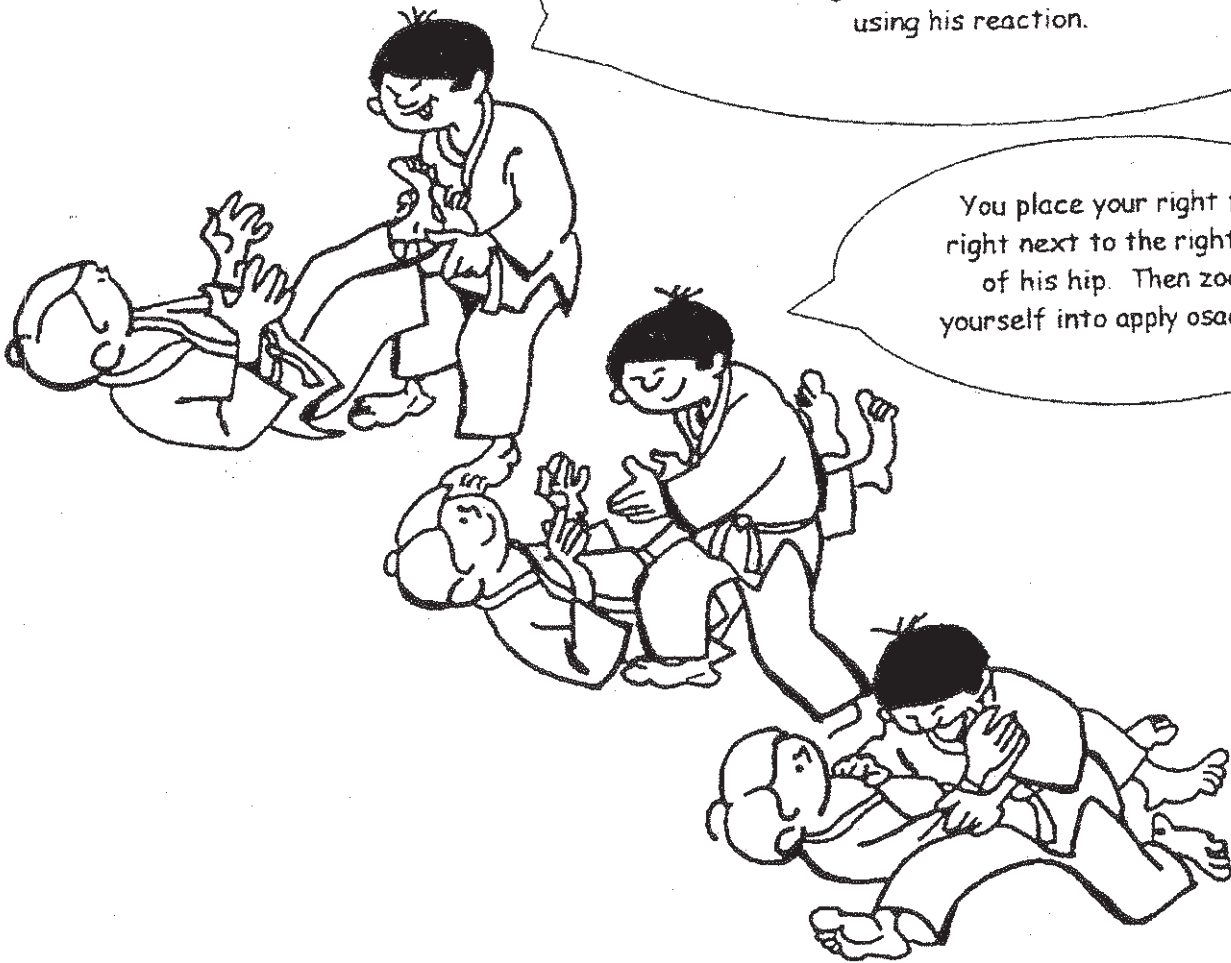
There are the techniques to penetrate against uke's defense. You will learn the basics of the entry from opponent's legs. These techniques will give you advantage.

ENTRY FROM UKE'S LEGS

No.1

Your opponent is on his back in front of you.
You grab his ankles and you fake pushing
them to right, then bring them to his left
using his reaction.

You place your right foot
right next to the right side
of his hip. Then zoom
yourself into apply osaekomi.

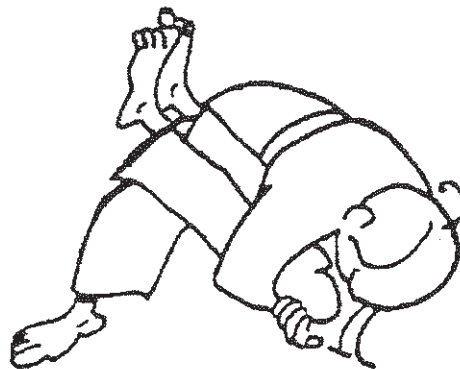
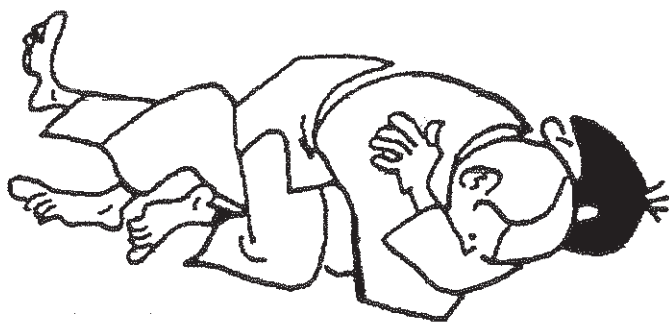


ENTRY FROM UKE'S LEGS

No.2



Take the feet of your opponent and Pull them towards you and hug his knees. Then crawl, as you would climb up a tree and hold him in the tate shiho gatame.



You can bring his legs to your side. In this case, you will enter in to the yoko shiho gatame.