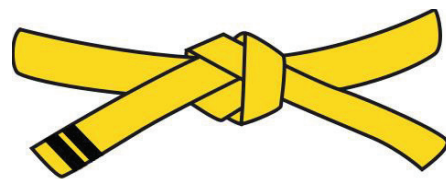
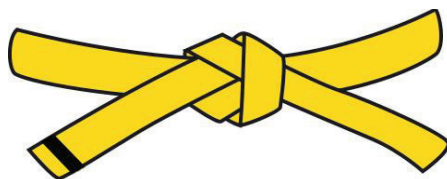
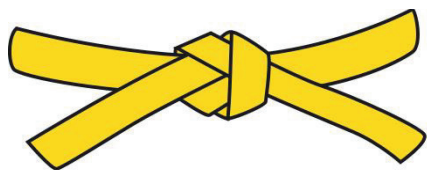
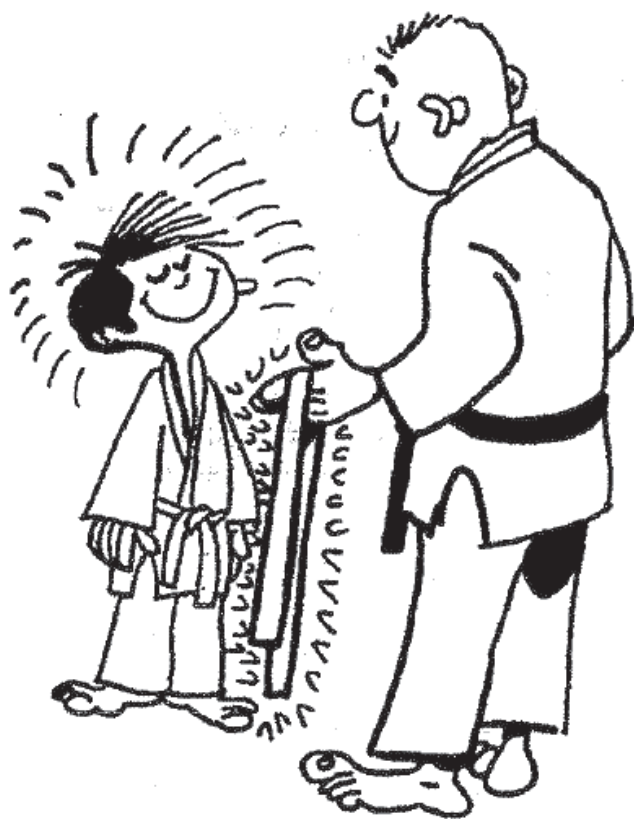




JUNIOR PROMOTION GUIDE



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

JUNIOR JUDO RANK GUIDE – YELLOW BELT

Rank 3 YELLOW BELT (Entry– No Stripe)

Time-In-Grade Requirement – 24 classes as a white belt with one stripe.

- _____ Repeat Rank 2 Test
- _____ One Arm Shoulder Throw (Ippon-Seoi-Nage)
- _____ Lifting Propping Ankle Block (Sasae-Tsurikomi-Ashi)
- _____ Scarf Hold (Kesa-Gatame)
- _____ Modified Scarf Hold (Kuzure-Kesa-Gatame)
- _____ Escape From Kesa-Gatame

Rank 4 YELLOW BELT (One Stripe)

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

- _____ Repeat Rank 3 Test
- _____ Two Arms Shoulder Throw (Morote-Seoi-Nage)
- _____ Knee Wheel (Hiza-Guruma)
- _____ Pillow Scarf Hold (Makura-Kesa-Gatame)
- _____ Rear Scarf Hold (Ushiro-Kesa-Gatame)
- _____ Escape from Ushiro-Kesa-Gatae

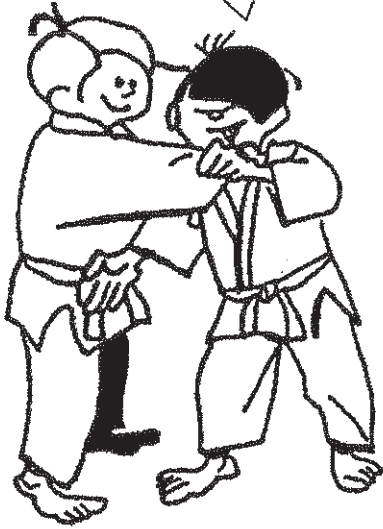
Rank 5 YELLOW BELT (Two Stripes)

Time-In-Grade Requirement – 24 classes as a yellow belt with one stripe.

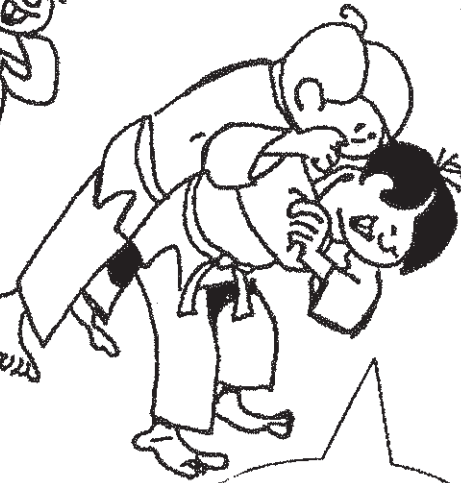
- _____ Repeat Rank 4 Test
- _____ Floating Hip (Uki-Goshi)
- _____ Advancing Foot Sweep (De-Ashi-Harai)
- _____ Side Four Corner Hold (Yoko-Shiho-Gatame)
- _____ Modified Side Four Corner Hold (Kuzure-Yoko-Shiho-Gatame)
- _____ Escape from Yoko-Shiho-Gatame

IPPON SEOI NAGE (one arm shoulder throw)

Step 1, I provide *kuzushi* to *uke's* front



Step 2, I insert my arm very tightly under *uke's* armpit while pivoting in and bending my knees to get under him...



Step 3, I pull *uke* tight to my body and bow from my waist...

A very important point for this technique is the positioning of your arm. Your arm well positioned under the *uke's* armpits.

If *tori* inserts his arm too deep like over his shoulder, I can choke him.

Twisting slightly to the left as I bow, I execute the throw

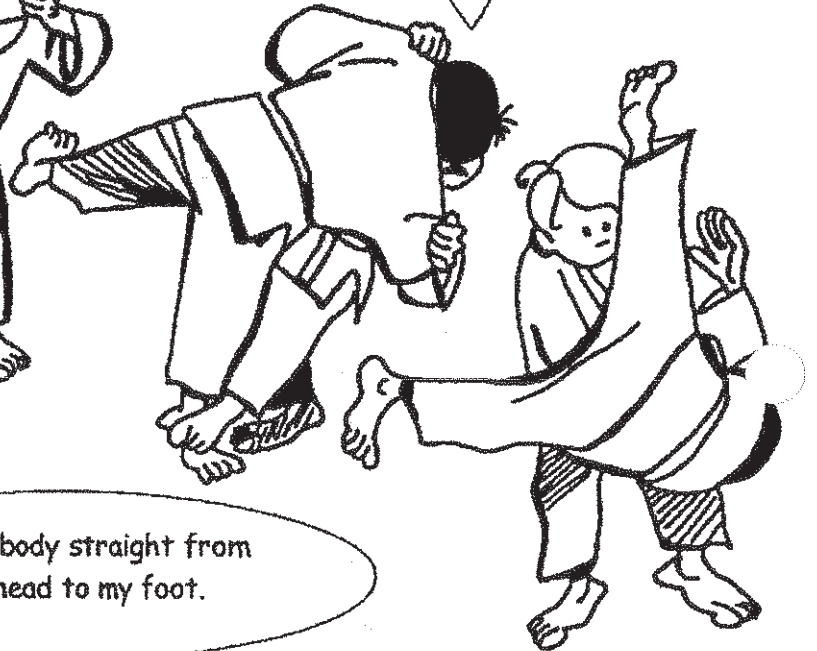
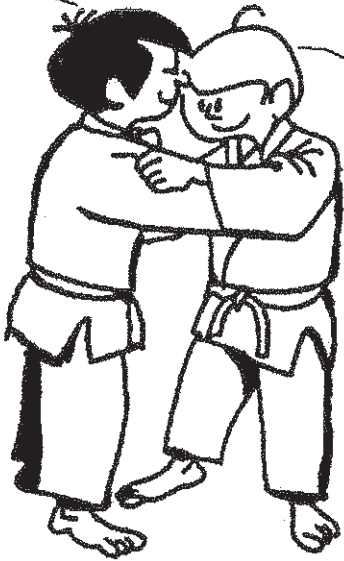


Choking me!
Choking me!
Help!

SASAE TSURIKOMI ASHI (supporting foot Lift-Pull Throw)

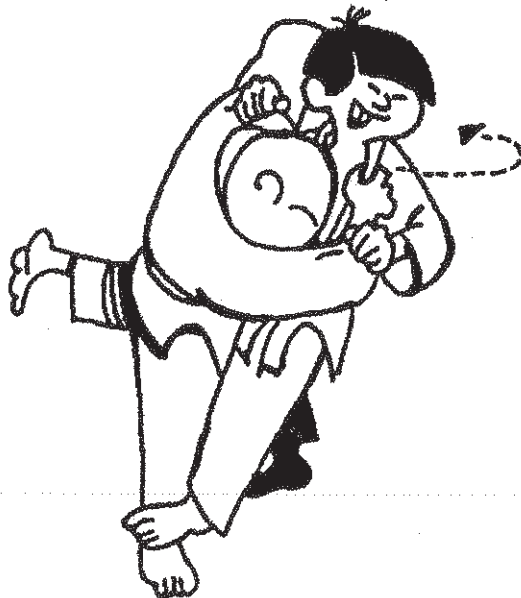
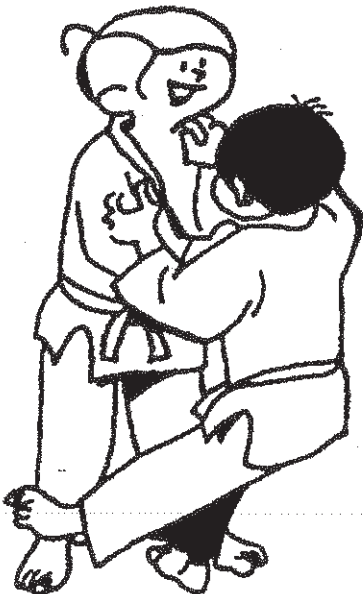
As I step my right foot in front of uke's left foot, I make my *uke* off balance to his right front by pulling with my left arm and pulling-lifting with my right arm.

While I am keeping uke off-balanced toward his right front, I place my sole of my left foot around the arch in front of uke's right ankle. I maintain my body straight from my left shoulder to left foot while turning my body to left will throw my uke.



Don't bend your body.

Keep my body straight from your head to my foot.

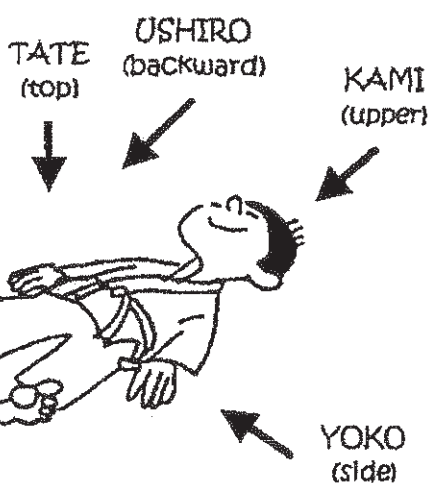


TSURI
(Fishing action)



OSAE KOMI WAZA (holding techniques)

Judo is not only practiced standing up but also on the mat. Let's practice holding techniques. At first, have your *uke* lie on his back and do not let him get up.

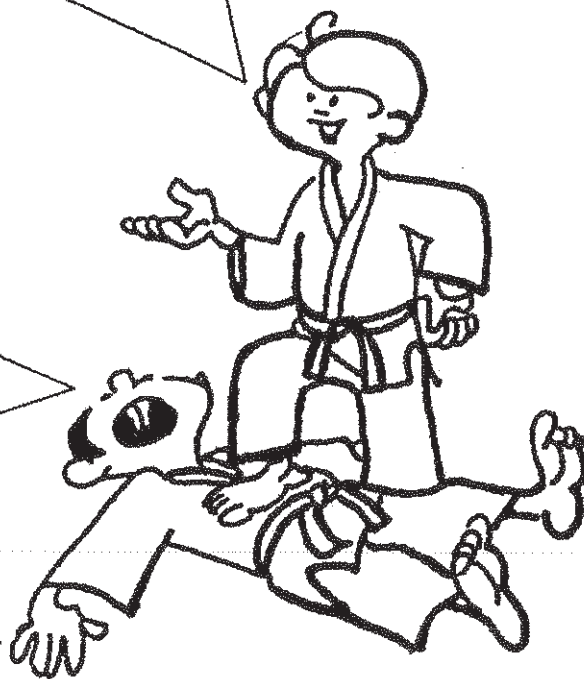


The name of the hold is indicated by the side you position yourself to practice your techniques. So you must learn these words.

Finally, it is not so difficult. These names are always the same words that we repeat. You can learn and remember them.

It is prohibited to place your foot on my stomach, tickle, pull the hair, twist the fingers, place the hand on my face, bite, pull on my ears.....

It is illegal...
I said "It is illegal!!!"



ENTERING INTO MAT TECHNIQUES

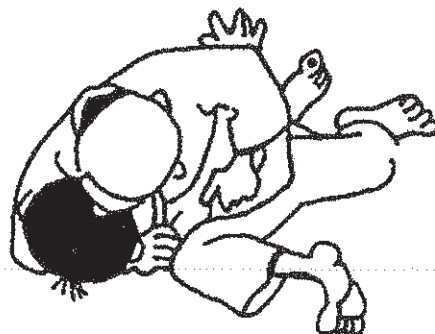
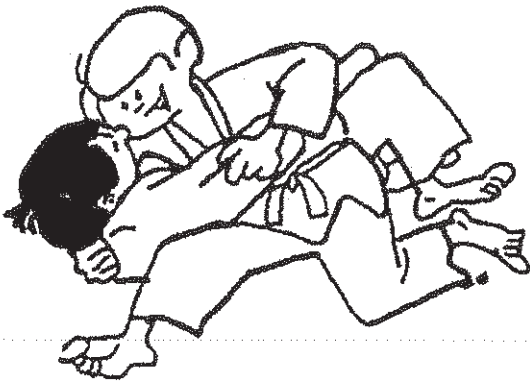
(Newaza)



KEŌA GATAME (scarf hold)

Notice that I have uke's arm locked under my armpit and my right arm around uke's neck. My legs are spread wide apart for balance.

Sometime you need to keep your head down.



KUZURE KESHA GATAME (modify scarf hold)

It is very similar to *Kesa-gatame*. Only difference is your right arm position. You insert your right arm under the uke's left arm.

Place your right hand on his shoulder

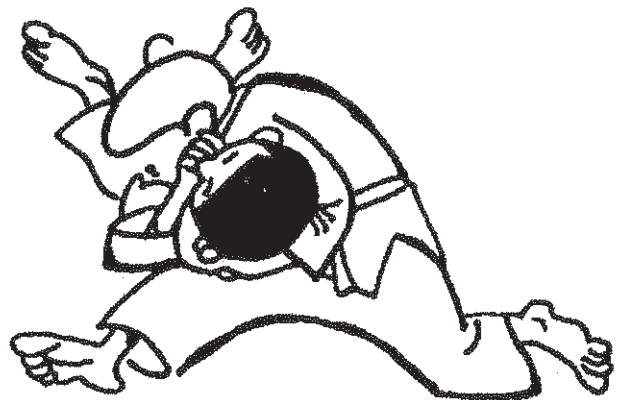
You can grab his collar like this....

You can place your palm on the matand squeeze uke's body with your hips and your elbow.



Place your knee against his shoulder.

More Variations of KESHA GATAME



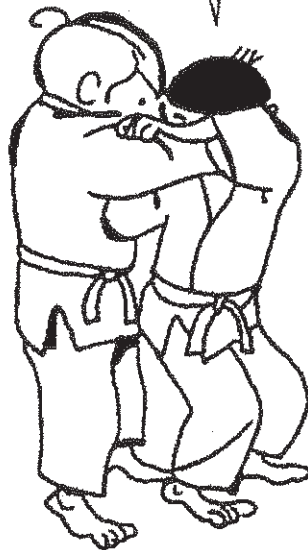
MOROTE SEOI NAGE

(two arm shoulder throw)

I break uke's balance to his front, simultaneously stepping my right foot in front of uke's right foot.

Pivoting both feet in between his legs. I twist my right elbow under uke's right armpit.

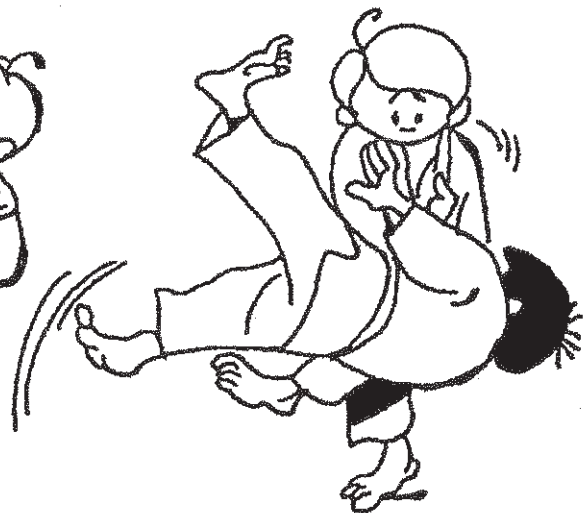
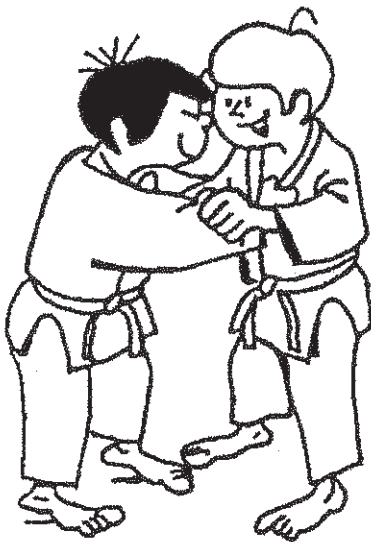
Bending my knees in order to gain leverage. I pull uke tight to my back. Bow down and straightening your legs at the same time to make the throw.



HIZA GURUMA (Knee wheel)

I step my right foot just out side of my partner's left foot. Make sure that your right toes pointing to his body. At the same time, off balance him to his right front.

Continuing to pull uke forward. I steer his upper body like I was turning a huge steering wheel.



I touch the outside edge of his knee with the bottom of my foot and block his movement. I need to keep my left leg straight. Also keep him off balance to the right front.

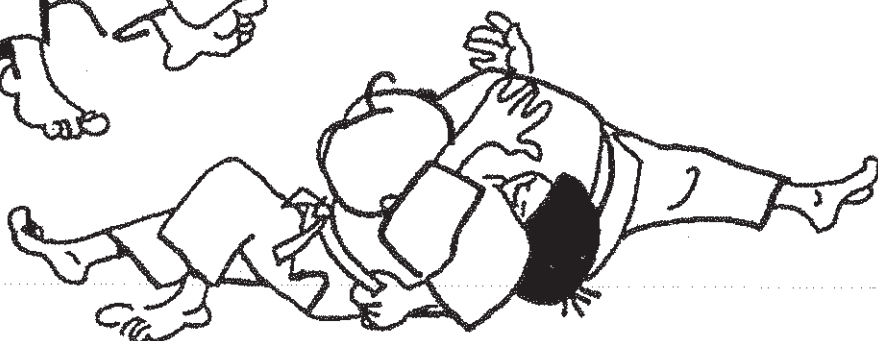
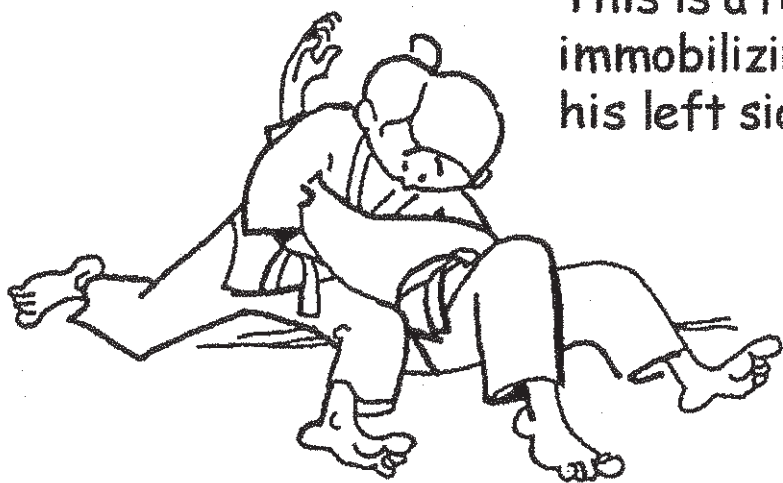
MAKURA KESA GATAME (Pillow Scarf Hold)

Similar to Kesa Gatame except slide over uke's right shoulder putting your thigh under his head like a pillow.



USHIRO KESA GATAME (Backward Scarf Hold)

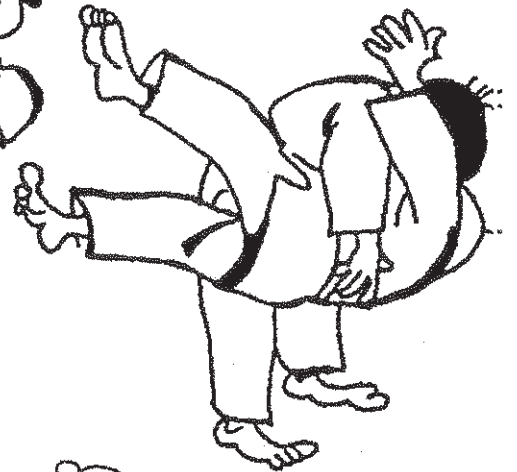
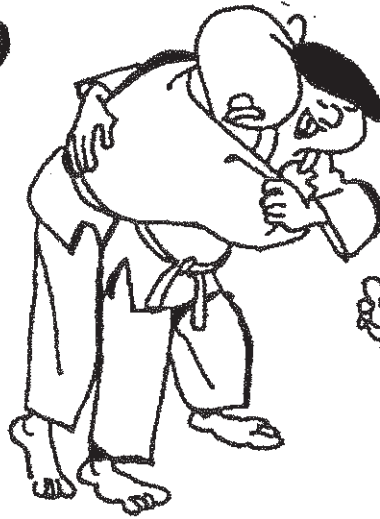
This is a reverse Kuzure Kesa Gatame immobilizing uke's right side. To control his left side grip his belt.



UKI GOSHI (floating hip)

Begin with the right natural posture. While turning to the right, pull my uke with my right hand to make him step forward with his left foot. Then I break his balance to his right front corner by pulling a bit with my left hand. Put my right arm around his waist and step in close to him, placing my right foot parallel to his in front of his instep.

I bring my left foot back and hold him firmly against my hip. Twist my hips to throw. Pull up on his sleeve as he falls.



GOOD (firm contact)



BAD (bending body)

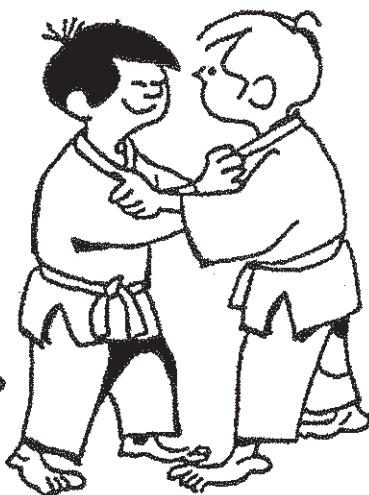
(The throw differs from *Ogoshi* in that you do not raise your hips or bend forward.)

DE ASHI HARAI (forward foot sweep)

You need to make your *uke* move forward, backward or sideways. To demonstrate, I will make him move forward.

Draw your right foot back and pivot 90° to the side. At the same time, pull uke's left lapel with your right arm.

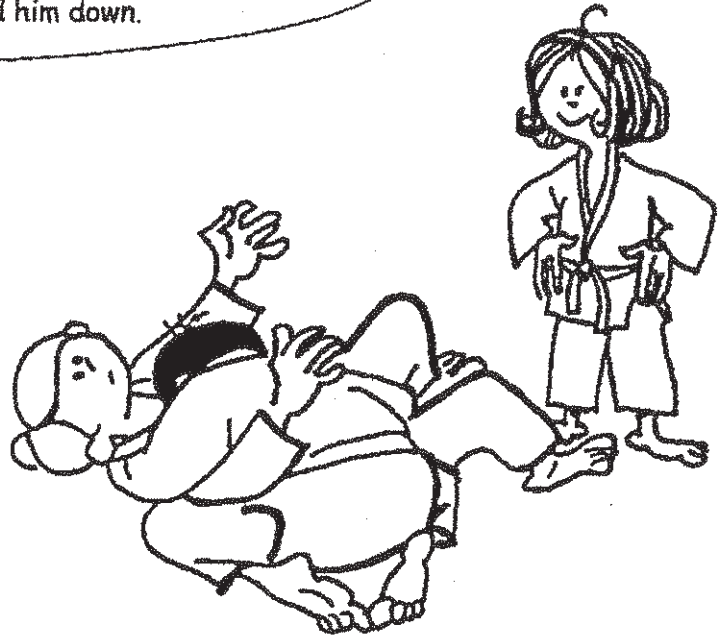
Then place your left foot, the area around the arch, against uke's left ankle and sweep his left foot toward his left toes. Pull his right sleeve downward with my left hand to throw him.



YOKO SHIHO GATAME

(Side Four Corner Hold)

You lay at the side of your partner and grab his collar with your left hand. Also, you grab your partner's pant, end of jacket or belt to hold him down.



KUZURE YOKO SHIHO GATAME

(Modified Side Four Corner Hold)

Similar to Yoko Shiho Gatame, except your right arm is over his shoulder and holds his belt.



Your right hand grips his left sleeve or is used as a stopper in case uke bridges to his left.

