

## Red Deer Judo Club (Aka Shika Judo)

### Grading – Yellow Belt – 5<sup>th</sup> Grade – Gokyu - Terminology

Jigoro Kano – the founder of Kodokan Judo

1882 – the year the Kodokan was started

Kodokan – Home of Judo

Dojo – a school for Judo

Judoka – a person who studies Judo

Judogi – a Judo uniform

Tatami – The art of falling

Ukemi – the art of falling

Zempo Kai Ten – Forward Roll

Kuzushi – breaking a person's balance

Uke – the person who is thrown

Tori – the person who is throwing

Kata – pre-arranged form

Sensi – teacher

Randori – free practice

Kiai – power shout

For a **yellow belt grade** the following must be demonstrated in good form:

O-Goshi – Major hip throw

Tai-Otoshi – body drop

Deio-Nagi – shoulder throw

De-Ashi-Hari – Advanced foot sweep

Uki-Goshi – floating hip throw

Kesa – Gatame – Scarf Hold

Kata Gatame – shoulder hold

Also demonstrate, Ukemi (breakfalls and zempo kai-ten)