

Judo Link Club Rank Promotion Guide

5th Kyu - Green Belt Requirement

Updated: July 2017

Terminology:

Kansetsu-waza – joint-lock technique

Te-waza –hand technique

Kuzushi – balance (to off-balance)

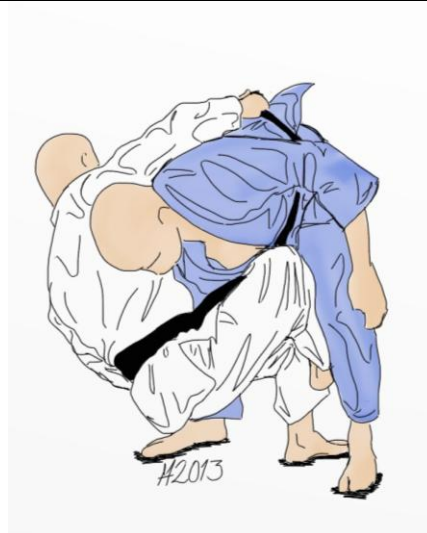
Physical Exercises:

- Forward shrimp without a partner
- Backward shrimp and spin on belly
- Ability to form a bridge from face-down position
- Ability to hold a bridge for 10 seconds
- Cartwheel with better precision and control
- Ability to hold a handstand leaning against something for 20 seconds

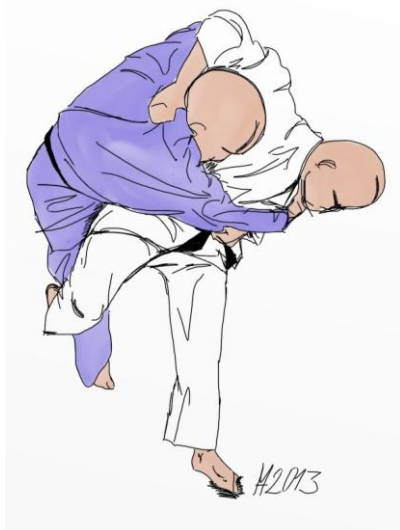
Standing Techniques / Tachi-waza: must perform uchi-komi and nage-komi



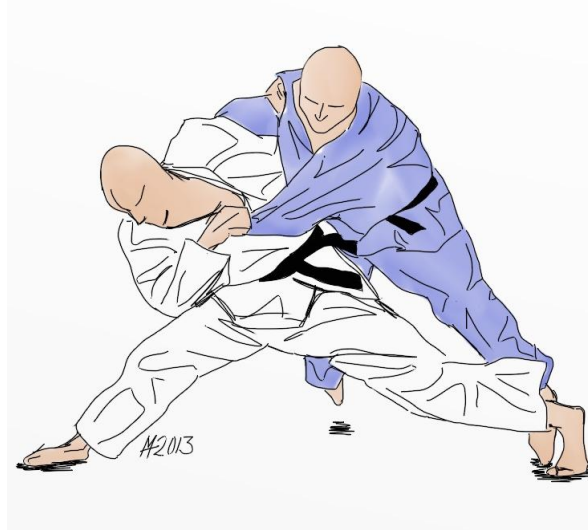
Okuri-ashi-barai / Side-sending foot sweep



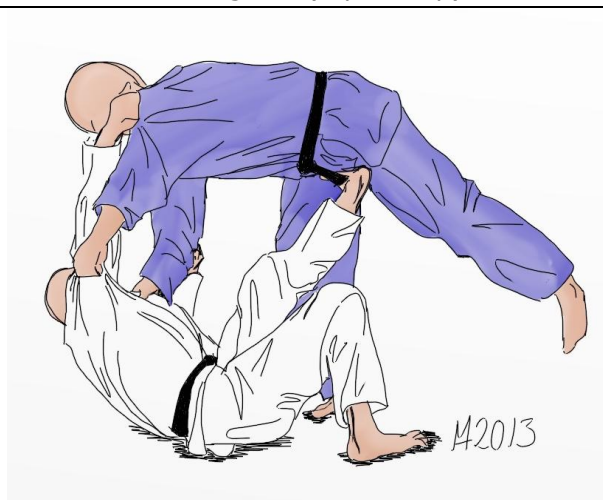
Sumi-gaeshi / Corner throw (sacrifice)



Harai-goshi (Hip sweep)



Tai-otoshi / Body drop



Tomoe-nage (Sacrifice back circle throw)



Tani-Otoshi / Back drop

Standing / Tachi-waza Combinations:

O-uchi-gari to O-soto-gari

Harai-goshi to O-soto-gari

Okuri-ashi-barai to ippon-seio-nage

Defense in standing:

O-osoto-otoshi and harai-goshi counters to single leg grab

Tsuri-goshi or o-goshi against high-grip

Hug from behind (under arms) solution 2: Trap uke's arm on one side, hook outside that side's leg, hop around for O-soto-otoshi to throw backward

Ground Techniques / Ne-Waza:

Sankaku-jime / Triangle hold or strangle (from bottom position)



Tsukkomi-jime / Thrusting strangle



Kata-te-jime / Side hand strangle



Hadaka-jime (Mae or omate) / Naked strangle (front)

Transition on the ground:

Turn-over: (when opponent is in the "turtle" position)

Double-lapel grip from under the armpit, roll over into kami-shiho-gatame

Arm-prying series:

1. Wrist-trap from same side, face behind uke, lift foot and flip uke over
2. Wrist-trap from same-side, use ude-gatame grips to roll opponent into a pin

Defense:

Defense in the turtle position against opponent who is facing your direction and holding you on top: Sit-out hip switch

Sankaku-jime (triangle hold) defense: Stack and cross-grip lapel escape

Defense to Juji-gatame executed from the top: 1. Roll-up; 2. Sit-up and stack; 3. body rotation pivoting from the shoulder

Bottom position:

Deep back grip and cross sleeve grip, double-leg under-hook reversal

Uke attempts to pass your legs from standing position:

1. Double ankle grab and push on his hips
2. Two feet on hips tomoe-nage

Leg pass:

Double under-hook behind the legs, lift and compress pass

Knee-nailing walk-over pass