



MEDFORD JUDO ACADEMY

Since 1960

Professor Larry Nolte - Shichidan
541-535-4263
104 W. 1st St. Phoenix, OR
www.medfordjudo.com

Founder - Master Henry Seishiro Okazaki

- 4 S's - Safety, Science, Sportsmanship, Service
- 3 R's - Respect, Responsibility, Readiness
- 3 C's - Courtesy, Confidence, Consideration

Principles - Balance, Momentum, Leverage
Develop - Body, Mind, Spirit

Judo - The Gentle Way
Jujitsu - The Gentle Art
Dan Zan Ryu - Cedar Mountain Style
Ko Den Kan - School of Ancient Tradition
Tradition - Seniors Teaching Juniors

Yawara - Soft Techniques	
1. Katate Hazushi Ichi	11. Ryote Tori
2. Katate Hazushi Ni	12. Tekubi Tori Ichi
3. Ryote Hazushi	13. Tekubi Tori Ni
4. Morote Hazushi	14. Imon Tori
5. Yubi Tori Hazushi	15. Ryoeri Tori
6. Momiji Hazushi	16. Akushu Kote Tori
7. Ryoeri Hazushi	17. Akushu Ude Tori
8. Yubi Tori	18. Akushu Kotemaki Tori
9. Moro Yubi Tori	19. Kubi Nuki Shime
10. Katate Tori	20. Hagai Shime (Adults Only)

Each rank includes all prior requirements, rolls, falls,
and general knowledge of Dan Zan Ryu Jujitsu

Kids class: Tuesday & Thursday, 6pm - 7pm Sensei Troy Shehorn - Rokudan

White Belt - Jukyu		
Yellow Belt - Kukyu		
3rd Degree	Deashi Harai	Yawara 1-8
	O Soto Gari	
2nd Degree	Ko Soto Gari	Yawara 9-14
	Ko Uchi Gari	
	O Uchi Gari	
	O Goshi	
1st Degree	Uki Goshi	Yawara 15-19
	Kubi Nage	
	Soto Gama	
	Uchi Gama	
Orange Belt - Hachikyu		
3rd Degree	Seoi Nage	One Variation of Yawara 1-10
	Ushiro Goshi	
	Morote Seoi Nage	
2nd Degree	Seoi Goshi	One Variation of Yawara 11-19
	Morote Seoi Goshi	
	Uki Otoshi	
	Maki Komi	
1st Degree	Tsurikomi Goshi	All Yawara 2-3 Variations
	Yama Arashi	
	Ura Nage	
	Morote Gari	
Purple Belt - Shichikyu		
3rd Degree	Tai Otoshi	Ate Mi 1-8
	Tawara Gashi	Keri Te 1-6
	O Soto Guruma	Uke Te 1-4
2nd Degree		Basic "I" Kata:
		Heion Kata #1
1st Degree		2 Karate Kata:
		Chon Ji
		Ton Gun
Junior Blue Belt - Gokyu		
	Goshin Jitsu	