

# **JUDO BLACK BELT ASSOCIATION SYLLABUS AND RANK STANDARDS**

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## **Introduction to the Judo Black Belt Association, Shingitai Jujitsu Association and International Freestyle Judo Alliance**

Kodokan Judo is an ideal form of physical education, sport, self-defense and recreation. It is truly a “lifetime” sport or activity where anyone of any age can participate. The JBBA offers a conservative approach to earning rank in Kodokan Judo. Rank in judo must be earned, not given, and the standards set forth in this syllabus are strict and intended to assist both judo coaches and judo students in a sincere study of Kodokan Judo. One should consider earning a Black Belt as the same as earning a bachelor’s degree from a university, and in a Judo sense, advancing through the black belt ranks is equivalent to further advancing one’s education in a college or university. The color of one’s belt or accumulation of rank is of less importance than the skill and knowledge one possesses. Ability is more important than belt rank, but belt rank is a useful tool as a method of external motivation in learning and establishing one’s status in the judo community. This syllabus can also serve as an organized plan of learning the technical skills and general knowledge in Kodokan Judo.

### **Judo Black Belt Association (JBBA)**

The JBBA was formed in 2004 and is an ancillary organization of the Shingitai Jujitsu Association (SJA) with the expressed purpose of providing fair, objective and inexpensive rank services based on strong educational standards. The Shingitai Jujitsu Association was formed in 1985 by John Saylor as an independent jujitsu and martial arts organization. In 2004, in response to the needs of SJA members who did both jujitsu and judo, the JBBA was formed by Steve Scott and endorsed by John Saylor as the ancillary judo body serving the SJA.

Kodokan Judo is first and foremost a method of physical education, but also a great sport and method of character development. Many individuals who are not affiliated with any of the major judo organizations or who are seeking an alternative to the major judo organizations; or others are involved in the sport of freestyle judo have found that the JBBA offers the functional, practical and “no frills” approach to the development and promulgation of (as in the words of SJA Director John Saylor) “judo the way it ought to be.” The JBBA makes no claim on exclusivity for judo rank or the recognition of JBBA issued rank by any of the major judo organizations in the United States. There are many good, legitimate organizations to choose from and the JBBA believes in the market place of ideas of services. The JBBA offers a comprehensive and education-based approach to the issuing of rank in judo and also offers fair and inexpensive rank promotion opportunities. The JBBA is one of several independent judo organizations affiliated with the IFJA.

### **“JUDO THE WAY IT OUGHT TO BE”**

Judo is more than simply a sport. It is one of the most comprehensive forms of physical education ever devised. It is one of those subjects that is so complex that it takes a lifetime to study and appreciate. That being said, judo is also a rugged, dynamic, exciting and technically advanced sport. The introduction of freestyle judo in 2008 introduced some innovative rule changes in the conduct of judo as a sport. The concept of freestyle judo with its total approach to all phases of judo is appealing to many people because they reflect the original intent that judo is method of physical education, a method of character development and a combat sport. This approach taken by Kodokan Judo in its early days is reflected in the teaching, practice, study and training advocated by the International Freestyle Judo Alliance. This is why we say that we promote “judo the way it ought to be.”

### **Introduction to this Syllabus**

This syllabus and set of standards was developed by the IFJA and adopted by the JBBA in June, 2015. The syllabus and rank standards presented in this document represent the toughest and most comprehensive in American judo. Anyone who earns his or her Black Belt using this syllabus and under these standards is an excellent judoka who is worthy of wearing a Black Belt. The JBBA, as endorsed by the IFJA, offers a conservative, strict approach to earning rank in Kodokan Judo. Rank in judo must be earned, not given, and the standards set forth in this syllabus are strict and intended to assist both judo coaches and judo students in a sincere study of Kodokan Judo.

Not everyone is a competitive athlete and both the JBBA and IFJA understands this by maintaining exacting standards for the issuing of belt rank in judo. Winning judo tournaments is one aspect of the broad appeal of Kodokan Judo.

The techniques presented in this syllabus embody a tradition of excellence in Kodokan Judo with the emphasis on functional application of the technical skills and ideal for those individuals and coaches who are involved in freestyle judo. It is hoped that coaches and serious students of judo use this syllabus as a resource for many years.

### **International Freestyle Judo Alliance (IFJA)**

The IFJA is an independent alliance of judoka who advocate and promote the use of the Freestyle Judo contest rules. The IFJA believes that this set of contest rules best allows for the full and total application of Kodokan Judo, technically and tactically, as a competitive sport. This total approach to judo as a sport carries over into the actual learning, teaching, study, practice and application of Kodokan Judo in its fullest sense; as a method of physical education and character development.

The IFJA has established a technical syllabus and standards that, to our knowledge, are unique in the judo community. The IFJA believes that judo rank should be viewed in the same way that one approaches his or her education. The IFJA syllabus and standards are based on sound tenets of physical education. It is our belief that earning a Shodan in judo through our IFJA standards is analogous to earning a Bachelor's Degree from a university. Subsequent judo ranks are similar to earning higher university degrees as well. With this being stated, the IFJA makes no claim that earning a Shodan equals earning a college degree, but this analogy is being used to illustrate that the IFJA approaches judo rank with the same seriousness that one approaches getting a higher education.

The IFJA also believes that judo belt rank is a serious matter. For too long, people in the judo community have used belt rank as a reward for loyalty or service to a particular organization or group. Additionally, the value of belt rank in judo has been inflated, much like a currency is inflated and this has dramatically decreased the technical quality of what is expected of being a black belt. And, to be blunt, it is well known that judo belt rank has at times been assigned to people who have the money to pay for it.

The IFJA also takes a serious view of issuing, assigning or granting belt rank from a legal perspective. Any organization or individual issuing or granting judo belt rank, coaching credentials or any other accreditation, certification, license or diploma has an ethical and legal responsibility to the public. As a result of this, the IFJA (as part of our standards) requires that the person being promoted to any Black Belt rank sign an agreement of expectations and behavior.

The IFJA endorses the JBBA and SJA as rank-granting organizations for judo. The JBBA and SJA have been supporters of freestyle judo, AAU Judo and the International Freestyle Judo Alliance since their formation.

### **AAU Judo**

The Amateur Athletic Union (AAU) is the oldest, and largest, amateur sports organization in the United States. Judo is one of over 35 different sports that the AAU promotes. The AAU sanctions all freestyle judo tournaments and events in the United States. The AAU also provides the best club and individual practice and competition insurance policy in judo. AAU Judo does not issue judo belt rank. As stated previously, one of the purposes of the IFJA is to provide an umbrella organization for independent judo groups or individuals who issue their own judo rank. AAU Judo does not endorse any organization for the purposes of judo belt rank, but instead welcomes all judoka from all judo organizations, clubs or groups to participate in AAU Judo (and specifically, AAU Freestyle Judo).

### **The IFJA and JBBA Code of Conduct**

The IFJA Code of Conduct is unique to the subject of issuing judo black belt judo rank. In all judo belt rank promotions, the applicant must agree to and sign our Code of Conduct as a condition of his/her promotion. The Code of Conduct outlines specific requirements and behavior on the part of the person applying for belt rank promotion. To the best of our knowledge, no other judo or martial arts organization uses this strict Code of Conduct. The Code of Conduct is presented later in this document as part of the application process for rank promotion.

## JUDO BLACK BELT ASSOCIATION SYLLABUS AND STANDARDS FOR JUDO RANK

### STATEMENT OF PURPOSE

The purpose of this syllabus is to provide a fundamentally sound basis of passing knowledge, skill and ability in Kodokan Judo to anyone who wishes to learn. The color of one's belt or accumulation of dan grades is of less importance than the skill one possesses. Ability is more important than belt rank, but belt rank is a useful tool as a method of external motivation in learning. This syllabus can also serve as an organized plan of teaching technical skills in judo.

### RANK LEVELS

The International Freestyle Judo Alliance (IFJA) uses the following system for rank promotions in judo.

Rank	Name	Belt (16-older)
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#### Mudansha (Ungraded)

The color of the belts and the format for ranks listed for Mudansha ranks below are meant as a guide. The individual coach or club has discretion as to the rank order or the color of belts used to denote rank.

Rank	Name	Belt Color (16-older)
6 Class	Rokkyu	White
5 Class	Gokyu	White
4 Class	Yonkyu	Blue
3 Class	Sankyu	Brown
2 Class	Nikyu	Brown
1 Class	Ikkyu	Brown

Exceptional judoka may be promoted to Senior Sankyu at the minimum age of 14 years old or a freshman in high school.

#### Yudansha (Graded)

Rank	Name	Belt Color	
1 Grade	Shodan	Black	Minimum age for Shodan is 16 years old.
2 Grade	Nidan	Black	Minimum age for Nidan is 18 years old.
3 Grade	Sandan	Black	Minimum age for Sandan is 21 years old.
4 Grade	Yondan	Black	Minimum age for Yondan is 28 years old.
5 Grade	Godan	Black	Minimum age for Godan is 35 years old.
6 Grade	Rokudan	Black	Minimum age for Rokudan is 40 years old.

A belt consisting of Red and White blocks may be worn for special purposes or occasions for the rank of Rokudan in judo, however, wearing a Black Belt for normal workouts, classes or practices is encouraged and wearing a Red and White Belt for normal workouts, classes or practices is discouraged.

Candidates for Sandan and higher rank must be approved directly by the JBBA Promotion Board.

The usual minimum age for Shodan is 16, but if an applicant demonstrates exceptional ability at a Senior or adult level (an example is an athlete who is a competitor in the quadrennial Olympic or Pan American (Senior) Games or the Senior World Judo Championships), and upon application to the JBBA Promotion Board, the minimum age may be reduced to 14 or 15 years of age at the discretion of the JBBA Promotion Board.

### RANK PROMOTION AUTHORITY

A coach or instructor must be a minimum of three (3) ranks higher than the rank to which he is promoting a student. All Black Belt ranks must be approved by the JBBA Promotion Board.

Coach's Rank	Authority to Promote
Ikkyu	Yonkyu
Shodan	Sankyu
Nidan	Nikyu
Sandan	Ikkyu

### TIME IN GRADE, SKIP PROMOTIONS AND RANK RECOGNITION

**TIME IN GRADE:** Time in grade refers to the active time a judoka spends at a specific rank level. Being away from judo does not count as time in grade. An example is if someone earns his Shodan, and then stops practicing or even being involved with the sport of judo, this person is not active and the time he is away from active participation in judo or judo activities does not count toward "time in grade" for his next promotion. If a person can't practice judo for some reason due to a physical disability or other reasonable explanation, but stays involved as a referee, helper at tournaments, coach or active supporter, then he or she is considered active.

Time in grade is important for the development of the judoka. It takes time and a lot of hard work during that time to mature, gain confidence and develop the technical ability to progress on to the next rank level.

**SKIP PROMOTIONS:** A "skip promotion" takes place when a judoka passes over or skips one or more ranks. In other words, being promoted from Shodan to Sandan and skipping Nidan or being promoted from Nikyu to Shodan and skipping over Ikkyu. Under most circumstances "skip promotions" are not approved. If an applicant can prove that he or she has been overlooked previously in promotions, or in extraordinary or unusual circumstance, "skip promotions" may be approved on an individual basis.

**RECOGNITION OF EXISTING JUDO RANK: Immediate recognition or validation of applicant's existing rank is not guaranteed.** The applicant will be required to present a certificate or diploma from an existing organization indicating his or her Judo rank. The JBBA Promotion Board reserves the right to examine all applicants on an individual basis for rank recognition or validation and to require that the applicant meet the criteria and fulfill the standards for the rank that is being applied for. The applicant may be required to pass all or appropriate portions of the examination for the rank that is being applied for. The applicant must be prepared and willing to meet all requirements as specified in this syllabus for the rank applied for.

APPLICATON FOR RANK PROMOTION  
Judo Black Belt Association/Shingitai Jujitsu Association

Rank Recommend and examined for \_\_\_\_\_

Applicant's Name \_\_\_\_\_ Date of Application \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ E-Mail \_\_\_\_\_

Applicant's Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Dojo \_\_\_\_\_

**Promotion History**

Rank	Date of Promotion
Rokkyu	_____
Gokyu	_____
Yonkyu	_____
Sankyu	_____
Nikyu	_____
Ikkyu	_____
Shodan	_____
Nidan	_____
Sandan	_____
Yondan	_____
Godan	_____

How long since your last promotion?

Years \_\_\_\_\_ Months \_\_\_\_\_

How many promotion points have you earned since your last promotion? \_\_\_\_\_ Points (Be sure to attach Tournament Record and Promotion Points form.)

APPLICANT MUST ATTACH TOURNAMENT RECORD, SPECIAL AWARDS AND PROMOTION POINTS RECORD

APPLICANT MUST PROVIDE A COPY OF CURRENT CPR CERTIFICATION (REQUIRED FOR ALL BLACK BELT RANKS).

INDIVIDUAL RECOMMENDING PROMOTION:

\_\_\_\_\_

**Applicants for the ranks of Shodan or above must attach a copy of the following (failure to do so will slow the process) with this application:**

**1-Copy of current Amateur Athletic Union (AAU) card.**

**2-Copy of current CPR card from accredited agency.**

**EXAMINATION RESULTS**

**DEMONSTRATION:**  
 PASS \_\_\_ FAIL \_\_\_

**TERMINOLOGY, HISTORY, THEORY:**  
 PASS \_\_\_ FAIL \_\_\_

**TIME IN GRADE:**  
 ADEQUATE \_\_\_ NOT ADEQUATE \_\_\_

Applicant must be a current member of the Amateur Athletic Union and pass the background check for rank approval.

AAU # \_\_\_\_\_

Pass Background Check? Yes \_\_\_ No \_\_\_

Examination Location \_\_\_\_\_

Examiner's Name \_\_\_\_\_ Rank \_\_\_\_\_

Examiner's Signature \_\_\_\_\_

**TOURNAMENT RECORD AND PROMOTION POINTS**  
 (Copy this form and use for every tournament entered.)

Two (2) Points: Defeating an opponent of higher rank or defeating opponent of equal rank in international tournament.  
 One (1) Point: Defeating an opponent of equal rank or defeating opponent of lesser rank in international tournament.  
 One-half (1/2) Point: Defeating an opponent of no more than two (2) ranks lower.

TOURNAMENT NAME \_\_\_\_\_

DATE \_\_\_\_\_ LOCATION \_\_\_\_\_

Opponent Name \_\_\_\_\_ Rank \_\_\_\_\_

Win \_\_\_ Loss \_\_\_ Draw \_\_\_ Promotion Point(s) Earned \_\_\_\_\_

Opponent Name \_\_\_\_\_ Rank \_\_\_\_\_

Win \_\_\_ Loss \_\_\_ Draw \_\_\_ Promotion Point(s) Earned \_\_\_\_\_

Opponent Name \_\_\_\_\_ Rank \_\_\_\_\_

Win \_\_\_ Loss \_\_\_ Draw \_\_\_ Promotion Point(s) Earned \_\_\_\_\_

Opponent Name \_\_\_\_\_ Rank \_\_\_\_\_

Win \_\_\_ Loss \_\_\_ Draw \_\_\_ Promotion Point(s) Earned \_\_\_\_\_

Opponent Name \_\_\_\_\_ Rank \_\_\_\_\_

Win \_\_\_ Loss \_\_\_ Draw \_\_\_ Promotion Point(s) Earned \_\_\_\_\_

Opponent Name \_\_\_\_\_ Rank \_\_\_\_\_

Win \_\_\_ Loss \_\_\_ Draw \_\_\_ Promotion Point(s) Earned \_\_\_\_\_

Opponent Name \_\_\_\_\_ Rank \_\_\_\_\_

Win \_\_\_ Loss \_\_\_ Draw \_\_\_ Promotion Point(s) Earned \_\_\_\_\_

Opponent Name \_\_\_\_\_ Rank \_\_\_\_\_

Win \_\_\_ Loss \_\_\_ Draw \_\_\_ Promotion Point(s) Earned \_\_\_\_\_

TOTAL PROMOTION POINTS  
EARNED FOR THIS  
TOURNAMENT: \_\_\_\_\_

**REQUIRED-ALL APPLICANTS MUST READ, UNDERSTAND, ACCEPT AND SIGN THE FOLLOWING CODE OF CONDUCT AND AGREEMENT AS PART OF THE ISSUING OF JUDO RANK BY THE JBBA OR SJA.**

**CODE OF CONDUCT TERMS, CONDITIONS, ACCEPTANCE AND AGREEMENT**

Certain terms and conditions apply upon the acceptance, granting and issuing of judo belt rank by the Judo Black Belt Association (JBBA) and Shingitai Jujitsu Association (SJA). Further, upon acceptance of the rank granted (as specified on this membership/promotion application), the person applying for and/or accepting the judo belt rank issued by the JBBA (hereafter referred to as "applicant"), understands and agrees to the following terms and conditions.

1-The applicant understands and agrees that he or she is not compelled (or under any duress) to apply for or accept judo belt rank from the Judo Black Belt Association (hereafter referred to as JBBA). The student understands and agrees that he or she has the choice to affiliate with any judo or martial arts organization other than the JBBA and gain judo belt rank recognition by any or all of these other groups and, understanding these conditions, voluntarily and willingly enters into this agreement. The applicant has read, or has someone read to him/her these conditions, understands them and voluntarily and willingly agrees to them.

2-The JBBA shall grant or issue judo belt rank based on the factual, truthful and accurate information represented and provided by the applicant to the JBBA (or its representatives, employees or assigns). The applicant verifies and attests that all information he/she provides is factual, truthful and accurate. The JBBA reserves the right to rescind, revoke, repeal, cancel or withdraw recognition of belt rank issued previously by the JBBA if the applicant has falsified any information in applying for this judo belt rank.

3-The applicant agrees to comply with the rank standards or requirements and demonstrate all technical skills and provide all necessary information as required or requested by the JBBA judo belt rank examiner. The applicant voluntarily and willingly accepts the decision of the JBBA and the rank examiner as to whether the applicant successfully fulfills the judo belt rank standards or requirements when examined.

4-The JBBA is under no obligation to recognize any previously issued or existing belt rank, teaching credential, coaching credential, or any title from any organization, club or group in judo or any martial art.

5-The applicant understands that the judo belt rank granted or issued to him/her by the JBBA may not be recognized by any other judo organization or martial arts organization.

6-The rank issued by the JBBA to the applicant is issued on the basis on technical knowledge and skill in judo and is not a coaching credential or instructor's license. The applicant understands that he/she is not to represent himself/herself as a coach, sensei or instructor based on this rank issued by the JBBA or SJA.

7-The applicant attests that he/she has no prior conviction of child molestation and is not a registered sex offender. The applicant understands and agrees that if he/she should ever be convicted of a felony involving child molestation, child pornography, rape or any violent felony, or is legally bound or required by law to register as a sex offender, the JBBA will no longer recognize or consider valid the judo belt rank that it has granted or issued previously.

8-As a condition and requirement in the granting and issuing of judo rank of Shodan or higher, the JBBA requires that the applicant actively support the sport and activity of judo (and specifically freestyle judo) by being a current member of the Amateur Athletic Union (AAU). The AAU and/or the AAU Judo Committee do not grant or issue judo rank and do not have an exclusive agreement with the JBBA (or any organization) for the granting and issuing of judo rank. The AAU and/or the AAU Judo Committee do not require membership in any organization other than the AAU for participation in AAU programs or activities, including judo. The AAU and/or the AAU Judo Committee do not endorse any judo organization as the sole or exclusive authority or arbiter of the granting or issuing of judo rank.

The applicant certifies that he/she is a current member of the Amateur Athletic Union (AAU) and has successfully passed the AAU's background check. The applicant shall provide a copy of his/her current AAU membership card as a condition of acceptance of this application.

9-As a condition and requirement in the acceptance, granting and issuing of judo rank for the judo belt ranks of Shodan and higher, the JBBA requires that the applicant provide proof that he/she is trained and certified in Cardio-Pulmonary Resuscitation (CPR) by an accredited agency (examples-American Heart Association or American Red Cross). The applicant shall provide a copy of his/her current CPR card or membership as a condition of acceptance of this application.

I, the undersigned, have read, understand and agree to the above terms and conditions and voluntarily and willingly sign this document.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian (if under 18) \_\_\_\_\_

Printed Name \_\_\_\_\_ Date \_\_\_\_\_

**REMINDER (SHODAN AND HIGHER) ATTACH COPY OF CURRENT AAU MEMBERSHIP CARD AND COPY OF CURRENT CPR CERTIFICATION CARD WITH THIS APPLICATION.**

## JUDO BLACK BELT ASSOCIATION (JBBA) SYLLABUS AND RANK STANDARDS

### STATEMENT OF PURPOSE

The purpose of this syllabus is to provide a fundamentally sound basis of knowledge and technical skill in Kodokan Judo and to provide a standard of knowledge and expertise in technical skill for the advancement of rank issued by the Judo Black Belt Association (JBBA). One should consider earning the Shodan as the same as earning a bachelor's degree from a university, and in a Judo sense, advancing through the black belt ranks is equivalent to further advancing one's education in a college or university. The color of one's belt or accumulation of rank is of less importance than the skill and knowledge one possesses. Ability is more important than belt rank, but belt rank is a useful tool as a method of external motivation in learning. This syllabus can also serve as an organized plan of learning the technical skills and general knowledge in Kodokan Judo.

### THE 67 THROWS OF KODOKAN JUDO

The standard syllabus of judo Nage Waza (Throwing Techniques) was the Gokyo no Waza and originally developed in 1895. In 1920, the Kodokan modified the Gokyo no Waza and it was comprised of forty (40) throwing techniques. In 1982, the Kodokan again revised the throwing syllabus to include eight (8) of the traditional or classical throwing techniques that were omitted in 1920. Additionally, seventeen (17) other throwing techniques, called the Shinmeisho no Waza, were recognized. One more change took place in 1997 when two (2) additional throwing techniques were added to the Shinmeisho no Waza, making a total of 67 standard throwing techniques recognized in Kodokan Judo. Of course, there are many more throwing techniques studied, practiced and used in judo, but these 67 Nage Waza comprise the core of the Kodokan Judo throwing syllabus. These 67 techniques are listed here for further reference when using this syllabus.

#### DAI IKKYO

DE ASHI BARAI-ADVANCING FOOT SWEEP  
HIZA GURUMA-KNEE WHEEL  
SASAE TSURIKOMI ASHI-PROPPING LIFTING PULLING FOOT THROW  
UKI GOSHI-FLOATING OR STRADDLING HIP THROW  
O SOTO GARI-MAJOR OUTER REAP  
OGOSHI-MAHOR HIP THROW  
O UCHI GARI-MAJOR INNER REAL  
SEOI NAGE-SHOULDER THROW

#### DAI NIKYO

KO SOTO GARI-MINOR OUTER REAP  
KO UCHI GARI-MINOR INNER REAP  
KOSHI GURUMA-HIP WHEEL  
TSURIKOMI GOSHI-LIFTING PULLING HIP THROW  
OKURI ASHI BARAI-SLIDING OR SEND AFTER FOOT SWEEP  
TAI OTOSHI-BODY DROP  
HARAI GOSHI-SWEEPING HIP THROW  
UCHI MATA-INNER THIGH THROW

#### DAI SANKYO

KO SOTO GAKE-MINOR OUTER HOOK  
TSURI GOSHI-LIFTING HIP THROW  
YOKO OTOSHI-SIDE DROP  
ASHI GURUMA-LEG WHEEL  
HANE GOSHI-SPRINGING HIP THROW  
HARAI TSURIKOMI ASHI-SWEEPING LIFTING PULLING FOOT THROW  
TOMOE NAGE-CIRCLE THROW  
KATA GURUMA-SHOULDER WHEEL

#### DAI YONKYO

SUMI GAESHI-CORNER COUNTER THROW  
TANI OTOSHI-VALLEY DROP  
HANE MAKIKOMI-SPRINGING WINDING THROW  
SUKUI NAGE-SCOOPING THROW  
UTSURI GOSHI-CHANGING HIP THROW  
O GURUMA-MAJOR WHEEL THROW  
SOTO MAKIKOMI-OUTER WINDING THROW  
UKI OTOSHI-FLOATING DROP THROW

#### DAI GOKYO

O SOTO GURUMA-MAJOR OUTER WHEEL  
UKI WAZA-FLOATING TECHNIQUE  
YOKO WAKARE-SIDE SEPARATION  
YOKO GURUMA-SIDE WHEEL  
USHIRO GOSHI-REAR HIP THROW  
URA NAGE-REAR THROW  
SUMI OTOSHI-CORNER DROP  
YOKO GAKE-SIDE HOOK

#### HABUKARETA WAZA (PRESERVED CLASSICAL TECHNIQUES FROM 1895 SYLLABUS)

OBI OTOSHI-BELT DROP  
SEOI OTOSHI-SHOULDER DROP  
YAMA ARASHI-MOUNTAIN STORM  
O SOTO OTOSHI-MAJOR OUTER DROP  
DAKI WAKARE-HOLDING SEPARATION THROW  
HIKKOMI GAESHI-PULLING COUNTER THROW  
TAWARA GAESHI-BALE COUNTER THROW  
UCHI MAKIKOMI-INNER WINDING THROW

#### SHINMESISHO NO WAZA (TECHNIQUES ADDED AFTER 1982)

MOROTE GARI-BOTH HANDS REAP  
KUCHIKI DAOSHI (OR TAOSHI)-DEAD TREE DROP  
KIBISU GAESHI-HEEL COUNTER THROW  
UCHI MATA SUKASHI-INNER THIGH AVOIDANCE THROW  
DAKI AGE-HOLDING LIFTING THROW  
TSUBAME GAESHI-SWALLOW FLIGHT COUNTER THROW  
KO USHI GAESHI-MINOR INNER THROW COUNTER  
O UCHI GAESHI-MAJOR INNER THROW COUNTER  
O SOTO GAESHI-MAJOR OUTER THROW COUNTER  
HARAI GOSHI GAESHI-SWEEPING HIP THROW COUNTER  
HANE GOSHI GAESHI-SPRINGING HIP THROW COUNTER  
KANI BASAMI-CRAB SCISSORS THROW  
O SOTO MAKIKOMI-MAJOR OUTER WINDING THROW  
KAWAZU GAKE-LEG ENTWINDING THROW  
SODE TSURIKOMI GOSHI-SLEEVE LIFTING PULLING HIP THROW  
IPPON SEOI NAGE-ONE ARM SHOULDER THROW



## **YONKYU (4<sup>th</sup> Class Blue Belt)**

### **GENERAL REQUIREMENTS FOR YONKYU**

- 1-APPLICANT MUST BE A MINIMUM AGE OF 13 YEARS OLD.
- 3-APPLICANT MUST HAVE EXCELLENT ATTENDANCE IN ALL CLASSES, WORKOUTS, CLINICS AND SEMINARS IS REQUIRED.
- 4-APPLICANT MUST HAVE A FUNCTIONAL, WORKING KNOWLEDGE OF THE JAPANESE TERMINOLOGY USED IN JUDO.
- 5-APPLICANT MUST HAVE A WORKING, FUNCTIONAL KNOWLEDGE OF THE HISTORY OF KODOKAN JUDO.
- 6-APPLICANT MUST BE CURRENTLY CERTIFIED OR ACCREDITED IN CPR WITH A VALID, RECOGNIZED AGENCY.
- 7-APPLICANT MUST BE HAVE ACTIVELY STUDIED AND TRAINED FOR A MINIMUM PERIOD OF TIME OF ONE (1) YEAR. (THIS IS A MINIMUM-NOT STANDARD TIME IN GRADE.)
- 8-APPLICANT MUST DEMONSTRATE SKILLFUL JUDO IN BOTH STANDING AND GROUND FIGHTING DURING RANDORI.
- 9-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN A MINIMUM OF TEN (10) PROMOTION POINTS OR WIN THE PROMOTION BY BATSUGAN (SEE EXPLANATION BELOW).
- 10-APPLICANT MUST KNOW BOTH THE JAPANESE AND ENGLISH TERMINOLOGY FOR ALL THE TECHNIQUES HE OR SHE IS REQUIRED TO DEMONSTRATE AS WELL AS KNOW THE REQUIRED JAPANESE TERMINOLOGY AS USED IN JUDO AND LISTED IN THIS SYLLABUS.

### **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

- 1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO GOKYU. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:
  - 2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.
  - 1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.
  - ½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.
- 2-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE YONKYU).
- 3-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE YONKYU).

#### **TIME IN GRADE SCALE**

10 promotion points earned	1 years' time in grade as Gokyu
7 promotion points earned	1 ½ years' time in grade as Gokyu
5 promotion points earned	2 years' time in grade as Gokyu
3 promotion points earned	2 ½ years' time in grade as Gokyu
2 or less promotion points earned	3 years' time in grade as Gokyu

### **NAGE WAZA (THROWING TECHNIQUES)**

**GOALS-EXCELLENT FUNCTIONAL SKILL AND UNDERSTANDING OF THROWING TECHNIQUES. APPLICANT MUST HAVE A GOOD, FUNCTIONAL UNDERSTANDING AND ABILITY AT GRIP FIGHTING AND DEMONSTRATE EFFECTIVE, FUNCTIONAL AND REALISTIC GRIPPING SKILLS WHEN DEMONSTRATING THE FOLLOWING TECHNIQUES LISTED.**

**APPLICANT MUST DEMONSTRATE AND UNDERSTAND CONCEPT OF:**

KUZUSHI/UNBALANCE  
TSUKURI/FIT IN  
KAKE/EXECUTE TECHNIQUE

#### **DEMONSTRATION OF NAGE WAZA (THROWING TECHNIQUES)**

- 1-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI IKKYO.
- 2-APPLICANT SELECTS AND DEMONSTRATES THREE (3) TECHNIQUES FROM THE DAI NIKYO.
- 3-APPLICANT SELECTS AND DEMONSTRATES THREE (3) TECHNIQUES FROM THE DAI SANKYO.
- 4-APPLICANT SELECTS AND DEMONSTRATES TWO (2) TECHNIQUES FROM THE DAI YONKYU.
- 5-APPLICANT SELECTS AND DEMONSTRATES ONE (1) TECHNIQUES FROM THE DAI GOKYO.
- 6-APPLICANT SELECTS AND DEMONSTRATES ONE (1) TECHNIQUES FROM THE HABUKARETA WAZA.
- 7-APPLICANT SELECTS AND DEMONSTRATES ONE (1) TECHNIQUES FROM THE SHINMEISHO NO WAZA.

#### **RENRAKU WAZA/ CONTINUATION OR COMBINATION TECHNIQUES**

**GOAL-DEMONSTRATE A REALISTIC CONTINUATION OR COMBINATION OF ONE THROWING SKILL TO ANOTHER.**

- 1-DEMONSTRATE A FOOT THROW TO ANY OTHER THROW.
- 2-DEMONSTRATE A FORWARD THROW TO ANY OTHER THROW.

#### **RENRAKU WAZA/ CONTINUATION OR COMBINATION TRANSITION FROM STANDING TO GROUND FIGHTING TECHNIQUES**

**GOAL-DEMONSTRATE REALISTIC TRANSITION FROM A THROW TO GROUND FIGHTING.**

- 1-DEMONSTRATE ANY THROW TO ANY OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY THROW TO ANY KANSETSU WAZA.
- 3-DEMONSTRATE ANY THROW TO ANY SHIME WAZA.

### **RENRAKU WAZA/CONTINUATION OR COMBINATION TECHNIQUES FROM ONE GROUND FIGHTING SKILL TO ANOTHER GROUND FIGHTING SKILL**

#### **GOAL-DEMONSTRATE HOW TO LINK ONE GROUND FIGHTING SKILL TO ANOTHER, KEEPING CONTROL OF OPPONENT.**

- 1-DEMONSTRATE MUNE GATAME TO ANY OTHER OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY OTHER OSAEKOMI WAZA.
- 3-DEMONSTRATE A REALISTIC AND FUNCTIONAL CONTINUATION OF 3 OR MORE OSAEKOMI WAZA.
- 4-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY KANSETSU WAZA (PIN TO ARMLOCK).
- 4-DEMONSTRATE ANY KANSETSU WAZA TO ANY OSAEKOMI WAZA (ARMLOCK TO PIN).
- 5-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY SHIME WAZA (PIN TO CHOKE).

### **FUSEGI/DEFENSE AND KAESHI WAZA/COUNTER TECHNIQUES FOR NAGE WAZA (THROWING TECHNIQUES)**

#### **GOAL-DEMONSTRATE REALISTIC DEFENSIVE SKILLS AND COUNTER ATTACKS.**

- 1-DEMONSTRATE HIP BLOCK AND CUT-AWAY AGAINST ANY THROW (TAISABAKI).

### **KATAME WAZA (GRAPPLING TECHNIQUES)**

**THE KATAME WAZA OF KODOKAN JUDO ARE THE GROUND FIGHTING OR GRAPPLING TECHNIQUES AND SKILLS.**

### **OSAEKOMI WAZA/IMMOBILIZATION (HOLDING OR PINNING) TECHNIQUES**

**GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.**

#### **APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.**

- 1-MUNE GATAME/CHEST HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 2-KESA GATAME/SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 3-KATA GATAME/SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 4-YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 5-KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 6-TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) (AND NOGARE KATA) ESCAPE FORM

### **GENERAL NEWAZA SKILLS**

GENERAL SKILLS AT NEWAZA/GROUND FIGHTING POSITION, BREAKDOWNS, TURNOVERS, OFFENSE AND DEFENSE WHEN OPPONENT IS POSITIONED ON HANDS AND KNEES, PRONE (OR LYING ON THE FRONT) OR SUPINE (POSITIONED ON THE BUTTOCKS OR BACKSIDE).

**GOALS-STUDENT MUST POSSESS EXCELLENT FUNCTIONAL ABILITY AT CONTROLLING OPPONENT'S POSITION TO APPLY PINS OR SUBMISSION TECHNIQUES. DEMONSTRATE EXCELLENT ABILITY AT LEG CONTROL, HIP CONTROL AND HAND CONTROL AND HOW THESE SKILLS CONTROL AN OPPONENT. EFFECTIVE JUDO (IN THIS CASE, GROUND FIGHTING) IS A SERIES OF CONTROLLING POSITIONS THAT ULTIMATELY LEADS TO DEFEATING HIM. IMPORTANT- (WHEN DEMONSTRATING ALL BREAKDOWNS, GUARD PASSES OR GUARD SWEEPS, APPLICANT MUST IMMEDIATELY AND EFFECTIVELY MOVE INTO ANY PIN, CHOKE OR ARMLOCK OF HIS CHOICE.)**

#### **DEMONSTRATION OF BREAKDOWNS OR TURNOVERS WHEN OPPONENT IS ON ALL FOURS OR PRONE AND LYING FLAT ON FRONT**

- 1-DEMONSTRATE THREE (3) BREAKDOWNS OR TURNOVERS TO PLACE OPPONENT ON HIS/HER BACK FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

#### **APPLICANT IS POSITIONED ON HIS/HER BUTTOCKS OR BACKSIDE IN A SUPINE POSITION (NEWAZA OR "GUARD")**

- 1-DEMONSTRATE AT LEAST THREE (3) METHODS OF SWEEPING, ROLLING OR TURNING OPPONENT OVER OR ONTO HIS/HER BACK TO CONTROL FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

#### **IF APPLICANT IS POSITIONED BETWEEN HIS/HER OPPONENT'S LEGS WHO IS IN A POSITION SEATED ON HIS/HER BUTTOCKS OR BACK (NEWAZA OR COMMONLY CALLED THE "GUARD").**

- 1-DEMONSTRATE AT LEAST THREE (3) METHODS TO CONTROL OPPONENT'S LEG(S) TO GET PAST HIS/HER LEGS OR GUARD TO INITIATE OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

### **KANSETSU WAZA/JOINT OR ARMLOCK TECHNIQUES**

**GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.**

- 1-UDEHISHIGI JUJI GATAME (JUJI GATAME)/CROSS-BODY ARMLOCK  
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF JUJI GATAME.
- 2-UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)  
A-BASIC FROM TOP IN THE "UP" POSITION.  
B-BASIC FROM TOP IN THE "DOWN" POSITION.
- 3-WAKI GATAME/ARMPIT LOCK  
APPLICANT MUST DEMONSTRATE THE BASIC APPLICATION OF WAKI GATAME.
- 4-UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)  
1-DEMONSTRATE THE BASIC FIGURE-4 VARIATION.  
2-DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.

### **SHIME WAZA/STRANGLING AND CHOKING TECHNIQUES**

**GOAL-HAVE FUNCTIONAL SKILL IN STRANGLES AND CHOKES, KNOW THE IMPORTANCE OF SAFETY WHEN USING CHOKES AND ABILITY TO USE POSITION TO SET UP THE STRANGLE OR CHOKE.**

**APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST ONE (1) FUNCTIONAL VARIATION OF EACH.**

- 1-HADAKA JIME/NAKED CHOKE (SQUARE GRIP)
  - 2-HADAKA JIME/FIGURE 4 VERSION NAKED STRANGLE
  - 3-JUJI JIME/CROSS CHOKE FROM BOTTOM
  - 4-JUJI JIME/CROSS CHOKE FROM TOP
- ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1-NAMI (NORMAL) POSITION. 2-GYAKU (REVERSE) POSITION. 3-KATA (HALF AND HALF OR CROSSED) POSITION.
- 5-OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)
  - 6-KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)
  - 8-SANKAKU JIME /TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)

### **SANKYU (3<sup>rd</sup> Class Brown Belt)**

#### **GENERAL REQUIREMENTS FOR SANKYU**

- 1-APPLICANT MUST BE A MINIMUM AGE OF 14 YEARS OLD.
- 2-APPLICANT MUST HAVE EXCELLENT ATTENDANCE IN ALL CLASSES, WORKOUTS, CLINICS AND SEMINARS IS REQUIRED.
- 3-APPLICANT MUST HAVE A FUNCTIONAL, WORKING KNOWLEDGE OF THE JAPANESE TERMINOLOGY USED IN JUDO.
- 4-APPLICANT MUST HAVE A WORKING, FUNCTIONAL KNOWLEDGE OF THE HISTORY OF KODOKAN JUDO.
- 5-APPLICANT MUST BE CURRENTLY CERTIFIED OR ACCREDITED IN CPR WITH A VALID, RECOGNIZED AGENCY.
- 6-APPLICANT MUST HAVE A MINIMUM TIME IN GRADE AS YONKYU OF ONE (1) YEAR. (THIS IS A MINIMUM-NOT STANDARD TIME IN GRADE.)
- 7-APPLICANT MUST DEMONSTRATE SKILLFUL JUDO IN BOTH STANDING AND GROUND FIGHTING DURING RANDORI.
- 8-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN A MINIMUM OF TEN (10) PROMOTION POINTS OR WIN THE PROMOTION BY BATSUGAN (SEE EXPLANATION BELOW).
- 9-APPLICANT MUST KNOW BOTH THE JAPANESE AND ENGLISH TERMINOLOGY FOR ALL THE TECHNIQUES HE OR SHE IS REQUIRED TO DEMONSTRATE AS WELL AS KNOW THE REQUIRED JAPANESE TERMINOLOGY AS USED IN JUDO AND LISTED IN THIS SYLLABUS.

#### **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

- 1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO YONKYU. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:  
2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.

#### **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

- 1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO YONYU. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:  
2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.  
1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.  
½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.
  - 2-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SANKYU).
  - 3-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SANKYU).
- TIME IN GRADE SCALE**

10 promotion points earned	1 years' time in grade as Yonkyu
7 promotion points earned	1 ½ years' time in grade as Yonkyu
5 promotion points earned	2 years' time in grade as Yonkyu
3 promotion points earned	2 ½ years' time in grade as Yonkyu
2 or less promotion points earned	3 years' time in grade as Yonkyu

### **NAGE WAZA (THROWING TECHNIQUES)**

**GOALS-EXCELLENT FUNCTIONAL SKILL AND UNDERSTANDING OF THROWING TECHNIQUES. APPLICANT MUST HAVE A GOOD, FUNCTIONAL UNDERSTANDING AND ABILITY AT GRIP FIGHTING AND DEMONSTRATE EFFECTIVE, FUNCTIONAL AND REALISTIC GRIPPING SKILLS WHEN DEMONSTRATING THE FOLLOWING TECHNIQUES LISTED.**

**APPLICANT MUST DEMONSTRATE AND UNDERSTAND CONCEPT OF:**

KUZUSHI/UNBALANCE  
TSUKURI/FIT IN  
KAKE/EXECUTE TECHNIQUE

### **DEMONSTRATION OF NAGE WAZA (THROWING TECHNIQUES)**

- 1-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI IKKYO.
- 2-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI NIKYO.
- 3-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI SANKYO.
- 4-APPLICANT SELECTS AND DEMONSTRATES THREE (3) TECHNIQUES FROM THE DAI YONKYU.
- 5-APPLICANT SELECTS AND DEMONSTRATES THREE (3) TECHNIQUES FROM THE DAI GOKYO.
- 6-APPLICANT SELECTS AND DEMONSTRATES THREE (3) TECHNIQUES FROM THE HABUKARETA WAZA.
- 7-APPLICANT SELECTS AND DEMONSTRATES THREE (3) TECHNIQUES FROM THE SHINMEISHO NO WAZA.

### **RENRAKU WAZA/ CONTINUATION OR COMBINATION TECHNIQUES**

**GOAL-DEMONSTRATE A REALISTIC CONTINUATION OR COMBINATION OF ONE THROWING SKILL TO ANOTHER.**

- 1-DEMONSTRATE A FOOT THROW TO ANY OTHER THROW.
- 2-DEMONSTRATE A FORWARD THROW TO ANY OTHER THROW.

### **RENRAKU WAZA/ CONTINUATION OR COMBINATION TRANSITION FROM STANDING TO GROUND FIGHTING TECHNIQUES**

**GOAL-DEMONSTRATE REALISTIC TRANSITION FROM A THROW TO GROUND FIGHTING.**

- 1-DEMONSTRATE ANY FORWARD THROW TO ANY OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY FORWARD THROW TO ANY KANSETSU WAZA.
- 3-DEMONSTRATE ANY FORWARD THROW TO ANY SHIME WAZA.
- 3-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY OSAEKOMI WAZA.
- 4-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY KANSETSU WAZA.
- 5-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY SHIME WAZA.

### **RENRAKU WAZA/CONTINUATION OR COMBINATION TECHNIQUES FROM ONE GROUND FIGHTING SKILL TO ANOTHER GROUND FIGHTING SKILL**

**GOAL-DEMONSTRATE HOW TO LINK ONE GROUND FIGHTING SKILL TO ANOTHER, KEEPING CONTROL OF OPPONENT.**

- 1-DEMONSTRATE MUNE GATAME TO ANY OTHER OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY OTHER OSAEKOMI WAZA.
- 3-DEMONSTRATE A REALISTIC AND FUNCTIONAL CONTINUATION OF 3 OR MORE OSAEKOMI WAZA.
- 4-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY KANSETSU WAZA (PIN TO ARMLOCK).
- 4-DEMONSTRATE ANY KANSETSU WAZA TO ANY OSAEKOMI WAZA (ARMLOCK TO PIN).
- 5-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY SHIME WAZA (PIN TO CHOKE).
- 6-DEMONSTRATE ANY SHIME WAZA TO ANY OSAEKOMI WAZA (CHOKE TO PIN).
- 7-DEMONSTRATE ANY KANSETSU WAZA TO ANY SHIME WAZA (ARMLOCK TO CHOKE).
- 8-DEMONSTRATE ANY SHIME WAZA TO ANY KANSETSU WAZA (CHOKE TO ARMLOCK).

### **FUSEGI/DEFENSE AND KAESHI WAZA/COUNTER TECHNIQUES FOR NAGE WAZA (THROWING TECHNIQUES)**

**GOAL-DEMONSTRATE REALISTIC DEFENSIVE SKILLS AND COUNTER ATTACKS.**

- 1-DEMONSTRATE HIP BLOCK AND CUT-AWAY AGAINST ANY THROW (TAISABAKI).
- 2-DEMONSTRATE HOP-AROUND DEFENSE AGAINST ANY THROW (TAISABAKI).

### **KATAME WAZA (GRAPPLING TECHNIQUES)**

**THE KATAME WAZA OF KODOKAN JUDO ARE THE GROUND FIGHTING OR GRAPPLING TECHNIQUES AND SKILLS.**

### **OSAEKOMI WAZA/IMMOBILIZATION (HOLDING OR PINNING) TECHNIQUES**

**GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.**

**APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.**

- 1-MUNE GATAME/CHEST HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 2-KESA GATAME/SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 3-KATA GATAME/SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 4-YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 5-KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 6-TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) (AND NOGARE KATA) ESCAPE FORM

**GENERAL NEWAZA SKILLS**

GENERAL SKILLS AT NEWAZA/GROUNDFIGHTING POSITION, BREAKDOWNS, TURNOVERS, OFFENSE AND DEFENSE WHEN OPPONENT IS POSITIONED ON HANDS AND KNEES, PRONE (OR LYING ON THE FRONT) OR SUPINE (POSITIONED ON THE BUTTOCKS OR BACKSIDE).

**GOALS-STUDENT MUST POSSESS EXCELLENT FUNCTIONAL ABILITY AT CONTROLLING OPPONENT'S POSITION TO APPLY PINS OR SUBMISSION TECHNIQUES. DEMONSTRATE EXCELLENT ABILITY AT LEG CONTROL, HIP CONTROL AND HAND CONTROL AND HOW THESE SKILLS CONTROL AN OPPONENT. EFFECTIVE JUDO (IN THIS CASE, GROUNDFIGHTING) IS A SERIES OF CONTROLLING POSITIONS THAT ULTIMATELY LEADS TO DEFEATING HIM. IMPORTANT- (WHEN DEMONSTRATING ALL BREAKDOWNS, GUARD PASSES OR GUARD SWEEPS, APPLICANT MUST IMMEDIATELY AND EFFECTIVELY MOVE INTO ANY PIN, CHOKE OR ARMLOCK OF HIS CHOICE.)**

**DEMONSTRATION OF BREAKDOWNS OR TURNOVERS WHEN OPPONENT IS ON ALL FOURS OR PRONE AND LYING FLAT ON FRONT**

1-DEMONSTRATE SEVEN (7) BREAKDOWNS OR TURNOVERS TO PLACE OPPONENT ON HIS/HER BACK FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

**APPLICANT IS POSITIONED ON HIS/HER BUTTOCKS OR BACKSIDE IN A SUPINE POSITION (NEWAZA OR "GUARD")**

1-DEMONSTRATE AT LEAST SEVEN (7) METHODS OF SWEEPING, ROLLING OR TURNING OPPONENT OVER OR ONTO HIS/HER BACK TO CONTROL FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

**IF APPLICANT IS POSITIONED BETWEEN HIS/HER OPPONENT'S LEGS WHO IS IN A POSITION SEATED ON HIS.HER BUTTOCKS OR BACK (NEWAZA OR COMMONLY CALLED THE "GUARD").**

1-DEMONSTRATE AT LEAST FIVE (5) METHODS TO CONTROL OPPONENT'S LEG(S) TO GET PAST HIS/HER LEGS OR GUARD TO INITIATE OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

**KANSETSU WAZA/JOINT OR ARMLOCK TECHNIQUES**

**GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.**

1-UDEHISHIGI JUJI GATAME (JUJI GATAME)/CROSS-BODY ARMLOCK

APPLICANT MUST DEMONSTRATE FOUR (4) FUNCTIONAL APPLICATIONS OF JUJI GATAME.

2-UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)

A-BASIC FROM TOP IN THE "UP" POSITION.

B-BASIC FROM TOP IN THE "DOWN" POSITION.

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.

3-WAKI GATAME/ARMPIT LOCK

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF WAKI GATAME.

4-UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)

1-DEMONSTRATE THE BASIC FIGURE-4 VARIATION.

2-DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GATAME.

**APPLICANT MUST DEMONSTRATE AT LEAST ONE (1) NOGARE KATA (DEFENSE FORM) FOR EACH OF THE FOUR CORE KANSETSU WAZA OF JUJI GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME.**

**SHIME WAZA/STRANGLING AND CHOKING TECHNIQUES**

**GOAL-HAVE FUNCTIONAL SKILL IN STRANGLES AND CHOKES, KNOW THE IMPORTANCE OF SAFETY WHEN USING CHOKES AND ABILITY TO USE POSITION TO SET UP THE STRANGLE OR CHOKE.**

**APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST ONE (1) FUNCTIONAL VARIATION OF EACH.**

1-HADAKA JIME/NAKED CHOKE (SQUARE GRIP)

2-HADAKA JIME/FIGURE 4 VERSION NAKED STRANGLE

3-JUJI JIME/CROSS CHOKE FROM BOTTOM

4-JUJI JIME/CROSS CHOKE FROM TOP

ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1-NAMI (NORMAL) POSITION. 2-GYAKU (REVERSE) POSITION. 3-KATA (HALF AND HALF OR CROSSED) POSITION.

5-OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)

6-KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)

7-KATA JIME/SHOULDER CHOKE

8-SANKAKU JIME /TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)

**APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY TWO SHIME WAZA OF HIS/HER CHOICE.**

## **NIKYU (2<sup>nd</sup> Class Brown Belt)**

### **GENERAL REQUIREMENTS FOR NIKYU**

1-APPLICANT MUST BE A MINIMUM AGE OF 14 YEARS OLD.

2-APPLICANT MUST HAVE EXCELLENT ATTENDANCE IN ALL CLASSES, WORKOUTS, CLINICS AND SEMINARS IS REQUIRED.

3-APPLICANT MUST HAVE A FUNCTIONAL, WORKING KNOWLEDGE OF THE JAPANESE TERMINOLOGY USED IN JUDO.

4-APPLICANT MUST HAVE A WORKING, FUNCTIONAL KNOWLEDGE OF THE HISTORY OF KODOKAN JUDO.

5-APPLICANT MUST HAVE A MINIMUM TIME IN GRADE AS SANKKYU OF ONE (1) YEAR. (THIS IS A MINIMUM-NOT STANDARD TIME IN GRADE.)

6-APPLICANT MUST DEMONSTRATE SKILLFUL JUDO IN BOTH STANDING AND GROUND FIGHTING DURING RANDORI.

7-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN A MINIMUM OF TEN (10) PROMOTION POINTS OR WIN THE PROMOTION BY BATSUGAN (SEE EXPLANATION BELOW).

8-APPLICANT MUST KNOW BOTH THE JAPANESE AND ENGLISH TERMINOLOGY FOR ALL THE TECHNIQUES HE OR SHE IS REQUIRED TO DEMONSTRATE AS WELL AS KNOW THE REQUIRED JAPANESE TERMINOLOGY AS USED IN JUDO AND LISTED IN THIS SYLLABUS.

### **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO YONKYU. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:

2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.

### **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO YONYU. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:

2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.

1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.

½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.

2-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE NIKYU).

3-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE NIKYU).

### **TIME IN GRADE SCALE**

10 promotion points earned	1 years' time in grade as Sankyu
7 promotion points earned	1 ½ years' time in grade as Sankyu
5 promotion points earned	2 years' time in grade as Sankyu
3 promotion points earned	2 ½ years' time in grade as Sankyu
2 or less promotion points earned	3 years' time in grade as Sankyu

### **NAGE WAZA (THROWING TECHNIQUES)**

**GOALS-EXCELLENT FUNCTIONAL SKILL AND UNDERSTANDING OF THROWING TECHNIQUES.**

**APPLICANT MUST HAVE A GOOD, FUNCTIONAL UNDERSTANDING AND ABILITY AT GRIP FIGHTING AND DEMONSTRATE EFFECTIVE, FUNCTIONAL AND REALISTIC GRIPPING SKILLS WHEN DEMONSTRATING THE FOLLOWING TECHNIQUES LISTED.**

**APPLICANT MUST DEMONSTRATE AND UNDERSTAND CONCEPT OF:**

KUZUSHI/UNBALANCE

TSUKURI/FIT IN

KAKE/EXECUTE TECHNIQUE

### **DEMONSTRATION OF NAGE WAZA (THROWING TECHNIQUES)**

1-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI IKKYO.

- 2-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI NIKYO.
- 3-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI SANKYO.
- 4-APPLICANT SELECTS AND DEMONSTRATES THREE (4) TECHNIQUES FROM THE DAI YONKYO.
- 5-APPLICANT SELECTS AND DEMONSTRATES THREE (4) TECHNIQUES FROM THE DAI GOKYO.
- 6-APPLICANT SELECTS AND DEMONSTRATES THREE (4) TECHNIQUES FROM THE HABUKARETA WAZA.
- 7-APPLICANT SELECTS AND DEMONSTRATES THREE (4) TECHNIQUES FROM THE SHINMEISHO NO WAZA.

#### **RENRAKU WAZA/ CONTINUATION OR COMBINATION TECHNIQUES**

**GOAL-DEMONSTRATE A REALISTIC CONTINUATION OR COMBINATION OF ONE THROWING SKILL TO ANOTHER.**

- 1-DEMONSTRATE A FOOT THROW TO ANY OTHER THROW.
- 2-DEMONSTRATE A FORWARD THROW TO ANY OTHER THROW.

#### **RENRAKU WAZA/ CONTINUATION OR COMBINATION TRANSITION FROM STANDING TO GROUND FIGHTING TECHNIQUES**

**GOAL-DEMONSTRATE REALISTIC TRANSITION FROM A THROW TO GROUND FIGHTING.**

- 1-DEMONSTRATE ANY FORWARD THROW TO ANY OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY FORWARD THROW TO ANY KANSETSU WAZA.
- 3-DEMONSTRATE ANY FORWARD THROW TO ANY SHIME WAZA.
- 3-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY OSAEKOMI WAZA.
- 4-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY KANSETSU WAZA.
- 5-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY SHIME WAZA.

#### **RENRAKU WAZA/CONTINUATION OR COMBINATION TECHNIQUES FROM ONE GROUND FIGHTING SKILL TO ANOTHER GROUND FIGHTING SKILL**

**GOAL-DEMONSTRATE HOW TO LINK ONE GROUND FIGHTING SKILL TO ANOTHER, KEEPING CONTROL OF OPPONENT.**

- 1-DEMONSTRATE MUNE GATAME TO ANY OTHER OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY OTHER OSAEKOMI WAZA.
- 3-DEMONSTRATE A REALISTIC AND FUNCTIONAL CONTINUATION OF 3 OR MORE OSAEKOMI WAZA.
- 4-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY KANSETSU WAZA (PIN TO ARMLOCK).
- 4-DEMONSTRATE ANY KANSETSU WAZA TO ANY OSAEKOMI WAZA (ARMLOCK TO PIN).
- 5-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY SHIME WAZA (PIN TO CHOKE).
- 6-DEMONSTRATE ANY SHIME WAZA TO ANY OSAEKOMI WAZA (CHOKE TO PIN).
- 7-DEMONSTRATE ANY KANSETSU WAZA TO ANY SHIME WAZA (ARMLOCK TO CHOKE).
- 8-DEMONSTRATE ANY SHIME WAZA TO ANY KANSETSU WAZA (CHOKE TO ARMLOCK).

#### **FUSEGI/DEFENSE AND KAESHI WAZA/COUNTER TECHNIQUES FOR NAGE WAZA (THROWING TECHNIQUES)**

**GOAL-DEMONSTRATE REALISTIC DEFENSIVE SKILLS AND COUNTER ATTACKS.**

- 1-DEMONSTRATE HIP BLOCK AND CUT-AWAY AGAINST ANY THROW (TAISABAKI).
- 2-DEMONSTRATE HOP-AROUND DEFENSE AGAINST ANY THROW (TAISABAKI).
- 3-DEMONSTRATE HOW TO BLOCK FORWARD THROW AND USE A KAESHI WAZA (COUNTER ATTACK).

#### **KATAME WAZA (GRAPPLING TECHNIQUES)**

**THE KATAME WAZA OF KODOKAN JUDO ARE THE GROUND FIGHTING OR GRAPPLING TECHNIQUES AND SKILLS.**

#### **OSAEKOMI WAZA/IMMOBILIZATION (HOLDING OR PINNING) TECHNIQUES**

**GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.**

**APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.**

- 1-MUNE GATAME/CHEST HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 2-KESA GATAME/SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 3-KATA GATAME/SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 4-YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 5-KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 6-TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) (AND NOGARE KATA) ESCAPE FORM

#### **GENERAL NEWAZA SKILLS**

GENERAL SKILLS AT NEWAZA/GROUND FIGHTING POSITION, BREAKDOWNS, TURNOVERS, OFFENSE AND DEFENSE WHEN OPPONENT IS POSITIONED ON HANDS AND KNEES, PRONE (OR LYING ON THE FRONT) OR SUPINE (POSITIONED ON THE BUTTOCKS OR BACKSIDE).

**GOALS-STUDENT MUST POSSESS EXCELLENT FUNCTIONAL ABILITY AT CONTROLLING OPPONENT'S POSITION TO APPLY PINS OR SUBMISSION TECHNIQUES. DEMONSTRATE EXCELLENT ABILITY AT LEG CONTROL, HIP CONTROL AND HAND CONTROL AND HOW THESE SKILLS CONTROL AN OPPONENT. EFFECTIVE JUDO (IN THIS CASE, GROUND FIGHTING) IS A SERIES OF CONTROLLING POSITIONS THAT ULTIMATELY LEADS TO DEFEATING HIM. IMPORTANT- (WHEN DEMONSTRATING ALL BREAKDOWNS, GUARD PASSES OR GUARD SWEEPS, APPLICANT MUST IMMEDIATELY AND EFFECTIVELY MOVE INTO ANY PIN, CHOKE OR ARMLOCK OF HIS CHOICE.)**

**DEMONSTRATION OF BREAKDOWNS OR TURNOVERS WHEN OPPONENT IS ON ALL FOURS OR PRONE AND LYING FLAT ON FRONT**

1-DEMONSTRATE FIVE (5) BREAKDOWNS OR TURNOVERS TO PLACE OPPONENT ON HIS/HER BACK FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

**APPLICANT IS POSITIONED ON HIS/HER BUTTOCKS OR BACKSIDE IN A SUPINE POSITION (NEWAZA OR “GUARD”)**

1-DEMONSTRATE AT LEAST FIVE (5) METHODS OF SWEEPING, ROLLING OR TURNING OPPONENT OVER OR ONTO HIS/HER BACK TO CONTROL FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

**IF APPLICANT IS POSITIONED BETWEEN HIS/HER OPPONENT’S LEGS WHO IS IN A POSITION SEATED ON HIS.HER BUTTOCKS OR BACK (NEWAZA OR COMMONLY CALLED THE “GUARD”).**

1-DEMONSTRATE AT LEAST FIVE (5) METHODS TO CONTROL OPPONENT’S LEG(S) TO GET PAST HIS/HER LEGS OR GUARD TO INITIATE OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

**KANSETSU WAZA/JOINT OR ARMLOCK TECHNIQUES**

**GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.**

1-UDEHISHIGI JUJI GATAME (JUJI GATAME)/CROSS-BODY ARMLOCK

APPLICANT MUST DEMONSTRATE FOUR (4) FUNCTIONAL APPLICATIONS OF JUJI GATAME.

2-UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)

A-BASIC FROM TOP IN THE “UP” POSITION.

B-BASIC FROM TOP IN THE “DOWN” POSITION.

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.

3-WAKI GATAME/ARMPIT LOCK

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF WAKI GATAME.

4-UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)

1-DEMONSTRATE THE BASIC FIGURE-4 VARIATION.

2-DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GATAME.

**APPLICANT MUST DEMONSTRATE AT LEAST ONE (1) NOGARE KATA (DEFENSE FORM) FOR EACH OF THE FOUR CORE KANSETSU WAZA OF JUJI GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME.**

**SHIME WAZA/STRANGLING AND CHOKING TECHNIQUES**

**GOAL-HAVE FUNCTIONAL SKILL IN STRANGLES AND CHOKES, KNOW THE IMPORTANCE OF SAFETY WHEN USING CHOKES AND ABILITY TO USE POSITION TO SET UP THE STRANGLE OR CHOKE.**

**APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST ONE (1) FUNCTIONAL VARIATION OF EACH.**

1-HADAKA JIME/NAKED CHOKE (SQUARE GRIP)

2-HADAKA JIME/FIGURE 4 VERSION NAKED STRANGLE

3-JUJI JIME/CROSS CHOKE FROM BOTTOM

4-JUJI JIME/CROSS CHOKE FROM TOP

ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1-NAMI (NORMAL) POSITION. 2-GYAKU (REVERSE) POSITION. 3-KATA (HALF AND HALF OR CROSSED) POSITION.

5-OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)

6-KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)

7-KATA JIME/SHOULDER CHOKE

8-SANKAKU JIME /TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)

**APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY TWO SHIME WAZA OF HIS/HER CHOICE.**

**IKKYU (1<sup>st</sup> Class Brown Belt)**

**GENERAL REQUIREMENTS FOR IKKYU**

1-APPLICANT MUST BE A MINIMUM AGE OF 14 YEARS OLD.

2-APPLICANT MUST HAVE EXCELLENT ATTENDANCE IN ALL CLASSES, WORKOUTS, CLINICS AND SEMINARS IS REQUIRED.

3-APPLICANT MUST HAVE A FUNCTIONAL, WORKING KNOWLEDGE OF THE JAPANESE TERMINOLOGY USED IN JUDO.

4-APPLICANT MUST HAVE A WORKING, FUNCTIONAL KNOWLEDGE OF THE HISTORY OF KODOKAN JUDO.

5-APPLICANT MUST BE CURRENTLY CERTIFIED OR ACCREDITED IN CPR WITH A VALID, RECOGNIZED AGENCY.

6-APPLICANT MUST HAVE A MINIMUM TIME IN GRADE AS YONKYU OF ONE (1) YEAR. (THIS IS A MINIMUM-NOT STANDARD TIME IN GRADE.)

7-APPLICANT MUST DEMONSTRATE SKILLFUL JUDO IN BOTH STANDING AND GROUND FIGHTING DURING RANDORI.



8-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN A MINIMUM OF TEN (10) PROMOTION POINTS OR WIN THE PROMOTION BY BATSUGAN (SEE EXPLANATION BELOW).  
9-APPLICANT MUST KNOW BOTH THE JAPANESE AND ENGLISH TERMINOLOGY FOR ALL THE TECHNIQUES HE OR SHE IS REQUIRED TO DEMONSTRATE AS WELL AS KNOW THE REQUIRED JAPANESE TERMINOLOGY AS USED IN JUDO AND LISTED IN THIS SYLLABUS.

### **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO YONKYU. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:  
2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.

### **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO YONYU. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:  
2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.  
1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.  
½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.  
2-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE IKKYU).  
3-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE IKKYU).

### **TIME IN GRADE SCALE**

10 promotion points earned	1 years' time in grade as Nikyu
7 promotion points earned	1 ½ years' time in grade as Nikyu
5 promotion points earned	2 years' time in grade as Nikyu
3 promotion points earned	2 ½ years' time in grade as Nikyu
2 or less promotion points earned	3 years' time in grade as Nikyu

### **NAGE WAZA (THROWING TECHNIQUES)**

**GOALS-EXCELLENT FUNCTIONAL SKILL AND UNDERSTANDING OF THROWING TECHNIQUES.  
APPLICANT MUST HAVE A GOOD, FUNCTIONAL UNDERSTANDING AND ABILITY AT GRIP FIGHTING AND DEMONSTRATE EFFECTIVE, FUNCTIONAL AND REALISTIC GRIPPING SKILLS WHEN DEMONSTRATING THE FOLLOWING TECHNIQUES LISTED.**

### **APPLICANT MUST DEMONSTRATE AND UNDERSTAND CONCEPT OF:**

KUZUSHI/UNBALANCE  
TSUKURI/FIT IN  
KAKE/EXECUTE TECHNIQUE

### **DEMONSTRATION OF NAGE WAZA (THROWING TECHNIQUES)**

1-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI IKKYU.  
2-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI NIKYO.  
3-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI SANKYO.  
4-APPLICANT SELECTS AND DEMONSTRATES THREE (5) TECHNIQUES FROM THE DAI YONKYU.  
5-APPLICANT SELECTS AND DEMONSTRATES THREE (5) TECHNIQUES FROM THE DAI GOKYO.  
6-APPLICANT SELECTS AND DEMONSTRATES THREE (5) TECHNIQUES FROM THE HABUKARETA WAZA.  
7-APPLICANT SELECTS AND DEMONSTRATES THREE (5) TECHNIQUES FROM THE SHINMEISHO NO WAZA.

### **RENRAKU WAZA/ CONTINUATION OR COMBINATION TECHNIQUES**

**GOAL-DEMONSTRATE A REALISTIC CONTINUATION OR COMBINATION OF ONE THROWING SKILL TO ANOTHER.**

1-DEMONSTRATE A FOOT THROW TO ANY OTHER THROW.  
2-DEMONSTRATE A FORWARD THROW TO ANY OTHER THROW.

### **RENRAKU WAZA/ CONTINUATION OR COMBINATION TRANSITION FROM STANDING TO GROUND FIGHTING TECHNIQUES**

**GOAL-DEMONSTRATE REALISTIC TRANSITION FROM A THROW TO GROUND FIGHTING.**

1-DEMONSTRATE ANY FORWARD THROW TO ANY OSAEKOMI WAZA.  
2-DEMONSTRATE ANY FORWARD THROW TO ANY KANSETSU WAZA.  
3-DEMONSTRATE ANY FORWARD THROW TO ANY SHIME WAZA.  
3-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY OSAEKOMI WAZA.  
4-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY KANSETSU WAZA.  
5-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY SHIME WAZA.

**RENRAKU WAZA/CONTINUATION OR COMBINATION TECHNIQUES FROM ONE GROUND FIGHTING SKILL TO ANOTHER GROUND FIGHTING SKILL  
GOAL-DEMONSTRATE HOW TO LINK ONE GROUND FIGHTING SKILL TO ANOTHER, KEEPING CONTROL OF OPPONENT.**

- 1-DEMONSTRATE MUNE GATAME TO ANY OTHER OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY OTHER OSAEKOMI WAZA.
- 3-DEMONSTRATE A REALISTIC AND FUNCTIONAL CONTINUATION OF 3 OR MORE OSAEKOMI WAZA.
- 4-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY KANSETSU WAZA (PIN TO ARMLOCK).
- 4-DEMONSTRATE ANY KANSETSU WAZA TO ANY OSAEKOMI WAZA (ARMLOCK TO PIN).
- 5-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY SHIME WAZA (PIN TO CHOKE).
- 6-DEMONSTRATE ANY SHIME WAZA TO ANY OSAEKOMI WAZA (CHOKE TO PIN).
- 7-DEMONSTRATE ANY KANSETSU WAZA TO ANY SHIME WAZA (ARMLOCK TO CHOKE).
- 8-DEMONSTRATE ANY SHIME WAZA TO ANY KANSETSU WAZA (CHOKE TO ARMLOCK).

**FUSEGI/DEFENSE AND KAESHI WAZA/COUNTER TECHNIQUES FOR NAGE WAZA (THROWING TECHNIQUES)  
GOAL-DEMONSTRATE REALISTIC DEFENSIVE SKILLS AND COUNTER ATTACKS.**

- 1-DEMONSTRATE HIP BLOCK AND CUT-AWAY AGAINST ANY THROW (TAISABAKI).
- 2-DEMONSTRATE HOP-AROUND DEFENSE AGAINST ANY THROW (TAISABAKI).
- 3-DEMONSTRATE HOW TO BLOCK FORWARD THROW AND USE A KAESHI WAZA (COUNTER ATTACK).
- 4-DEMONSTRATE "SUKASHI" AVOIDANCE OF A FORWARD THROW AND COUNTER ATTACK.

**KATAME WAZA (GRAPPLING TECHNIQUES)**

**THE KATAME WAZA OF KODOKAN JUDO ARE THE GROUND FIGHTING OR GRAPPLING TECHNIQUES AND SKILLS.**

**OSA EKOMI WAZA/IMMOBILIZATION (HOLDING OR PINNING) TECHNIQUES**

**GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.**

**APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.**

- 1-MUNE GATAME/CHEST HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 2-KESA GATAME/SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 3-KATA GATAME/SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 4-YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 5-KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 6-TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) (AND NOGARE KATA) ESCAPE FORM

**GENERAL NEWAZA SKILLS**

GENERAL SKILLS AT NEWAZA/GROUND FIGHTING POSITION, BREAKDOWNS, TURNOVERS, OFFENSE AND DEFENSE WHEN OPPONENT IS POSITIONED ON HANDS AND KNEES, PRONE (OR LYING ON THE FRONT) OR SUPINE (POSITIONED ON THE BUTTOCKS OR BACKSIDE).

**GOALS-STUDENT MUST POSSESS EXCELLENT FUNCTIONAL ABILITY AT CONTROLLING OPPONENT'S POSITION TO APPLY PINS OR SUBMISSION TECHNIQUES. DEMONSTRATE EXCELLENT ABILITY AT LEG CONTROL, HIP CONTROL AND HAND CONTROL AND HOW THESE SKILLS CONTROL AN OPPONENT. EFFECTIVE JUDO (IN THIS CASE, GROUND FIGHTING) IS A SERIES OF CONTROLLING POSITIONS THAT ULTIMATELY LEADS TO DEFEATING HIM. IMPORTANT- (WHEN DEMONSTRATING ALL BREAKDOWNS, GUARD PASSES OR GUARD SWEEPS, APPLICANT MUST IMMEDIATELY AND EFFECTIVELY MOVE INTO ANY PIN, CHOKE OR ARMLOCK OF HIS CHOICE.)**

**DEMONSTRATION OF BREAKDOWNS OR TURNOVERS WHEN OPPONENT IS ON ALL FOURS OR PRONE AND LYING FLAT ON FRONT**

1-DEMONSTRATE SEVEN (7) BREAKDOWNS OR TURNOVERS TO PLACE OPPONENT ON HIS/HER BACK FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

**APPLICANT IS POSITIONED ON HIS/HER BUTTOCKS OR BACKSIDE IN A SUPINE POSITION (NEWAZA OR "GUARD")**

1-DEMONSTRATE AT LEAST SEVEN (7) METHODS OF SWEEPING, ROLLING OR TURNING OPPONENT OVER OR ONTO HIS/HER BACK TO CONTROL FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

**IF APPLICANT IS POSITIONED BETWEEN HIS/HER OPPONENT'S LEGS WHO IS IN A POSITION SEATED ON HIS/HER BUTTOCKS OR BACK (NEWAZA OR COMMONLY CALLED THE "GUARD").**

1-DEMONSTRATE AT LEAST FIVE (5) METHODS TO CONTROL OPPONENT'S LEG(S) TO GET PAST HIS/HER LEGS OR GUARD TO INITIATE OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

**KANSETSU WAZA/JOINT OR ARMLOCK TECHNIQUES**

**GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.**

1-UDEHISHIGI JUJI GATAME (JUJI GATAME)/CROSS-BODY ARMLOCK  
APPLICANT MUST DEMONSTRATE FOUR (4) FUNCTIONAL APPLICATIONS OF JUJI GATAME.  
2-UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)  
A-BASIC FROM TOP IN THE "UP" POSITION.  
B-BASIC FROM TOP IN THE "DOWN" POSITION.  
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.  
3-WAKI GATAME/ARMPIT LOCK  
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF WAKI GATAME.  
4-UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)  
1-DEMONSTRATE THE BASIC FIGURE-4 VARIATION.  
2-DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.  
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GATAME.

**APPLICANT MUST DEMONSTRATE AT LEAST ONE (1) NOGARE KATA (DEFENSE FORM) FOR EACH OF THE FOUR CORE KANSETSU WAZA OF JUJI GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME.**

### **SHIME WAZA/STRANGLING AND CHOKING TECHNIQUES**

**GOAL-HAVE FUNCTIONAL SKILL IN STRANGLES AND CHOKES, KNOW THE IMPORTANCE OF SAFETY WHEN USING CHOKES AND ABILITY TO USE POSITION TO SET UP THE STRANGLE OR CHOKE.**

**APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST ONE (1) FUNCTIONAL VARIATION OF EACH.**

- 1-HADAKA JIME/NAKED CHOKE (SQUARE GRIP)
- 2-HADAKA JIME/FIGURE 4 VERSION NAKED STRANGLE
- 3-JUJI JIME/CROSS CHOKE FROM BOTTOM
- 4-JUJI JIME/CROSS CHOKE FROM TOP

ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1-NAMI (NORMAL) POSITION. 2-GYAKU (REVERSE) POSITION. 3-KATA (HALF AND HALF OR CROSSED) POSITION.

- 5-OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)
- 6-KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)
- 7-KATA JIME/SHOULDER CHOKE
- 8-SANKAKU JIME /TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)

**APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY TWO SHIME WAZA OF HIS/HER CHOICE.**

## **SHODAN (1<sup>st</sup> Grade Black Belt)**

Earning a black belt in judo is similar to earning a bachelor's degree from a university. This Shodan Syllabus is designed so that the person who earns the rank of Shodan has a solid foundation and can further his skills and abilities in judo. Shodan means "Initial Grade, Step or Level" and this syllabus reflects that. It normally takes anywhere from 4 (at a minimum) to 6 years of hard work to achieve the rank of Shodan. When earning the rank of Shodan, one is a "Yudansha" or "graded" judoka and is entitled to wear the black belt. Anyone who has not achieved the rank of Shodan is considered a "Mudansha" or "ungraded" judoka. As stated before, one should consider earning the Shodan as the same as earning a bachelor's degree from a university. In a judo sense, advancing through the black belt ranks is equivalent to further advancing one's education in a college or university.

### **GENERAL REQUIREMENTS FOR SHODAN**

- 1-APPLICANT MUST BE A MINIMUM AGE OF 16 YEARS OLD.
- 2-APPLICANT MUST BE A CURRENT AAU MEMBER AND PASS THE AAU BACKGROUND CHECK.
- 3-APPLICANT MUST HAVE EXCELLENT ATTENDANCE IN ALL CLASSES, WORKOUTS, CLINICS AND SEMINARS IS REQUIRED.
- 4-APPLICANT MUST HAVE A FUNCTIONAL, WORKING KNOWLEDGE OF THE JAPANESE TERMINOLOGY USED IN JUDO.
- 5-APPLICANT MUST HAVE A WORKING, FUNCTIONAL KNOWLEDGE OF THE HISTORY OF KODOKAN JUDO.
- 6-APPLICANT MUST BE CURRENTLY CERTIFIED OR ACCREDITED IN CPR WITH A VALID, RECOGNIZED AGENCY.
- 7-APPLICANT MUST HAVE A MINIMUM TIME IN GRADE AS IKKYU OF ONE (1) YEAR. (THIS IS A MINIMUM-NOT STANDARD TIME IN GRADE.)
- 8-APPLICANT MUST ASSIST A SENIOR COACH IN TEACHING OR COACHING DUTIES.
- 9-APPLICANT MUST DEMONSTRATE SKILLFUL JUDO IN BOTH STANDING AND GROUND FIGHTING DURING RANDORI.
- 10-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN A MINIMUM OF TEN (10) PROMOTION POINTS OR WIN THE PROMOTION BY BATSUGAN (SEE EXPLANATION BELOW).
- 11-IF THE APPLICANT IS NOT A COMPETITIVE ATHLETE, HE MUST HAVE ACTIVELY TRAINED AS A JUDO REFEREE AND HAVE EARNED A REFEREE'S ACCREDITATION IN THE AMATEUR ATHLETIC UNION (AAU) OR OTHER VALID ORGANIZATION.
- 12-APPLICANT MUST KNOW BOTH THE JAPANESE AND ENGLISH TERMINOLOGY FOR ALL THE TECHNIQUES HE OR SHE IS REQUIRED TO DEMONSTRATE AS WELL AS KNOW THE REQUIRED JAPANESE TERMINOLOGY AS USED IN JUDO AND LISTED IN THIS SYLLABUS.

### **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

- 1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO IKKYU. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:
  - 2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.
  - 1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.
  - ½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.
- 2-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SHODAN).
- 3-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SHODAN).

#### **TIME IN GRADE SCALE**

10 promotion points earned	1 years' time in grade as Ikkyu
7 promotion points earned	2 years' time in grade as Ikkyu
5 promotion points earned	3 years' time in grade as Ikkyu
3 promotion points earned	4 years' time in grade as Ikkyu
2 or less promotion points earned	5 years' time in grade as Ikkyu

**IMPORTANT: 1-IT IS ESSENTIAL AND FUNDAMENTALLY IMPORTANT THAT WHEN DEMONSTRATING ALL TECHNICAL SKILLS FOR ANY AND ALL RANK PROMOTIONS, THE APPLICANT MUST DEMONSTRATE ALL TECHNIQUES IN A FUNCTIONAL, REALISTIC AND DYNAMIC MANNER, AND WHEN APPLICABLE (AS, FOR EXAMPLE, IN THE DEMONSTRATION OF THROWING TECHNIQUES) IN A MOVING AND REALISTIC MANNER.**

**2-BASED ON A SCALE OF 1 (BEING THE LOWEST) UP TO AND INCLUDING 10 (BEING THE BEST), THE APPLICANT MUST DEMONSTRATE A SKILL LEVEL OF AT LEAST A "7." THIS IS IF THE APPLICANT IS TAKING A TEST AND BEING EXAMINED BY SENIOR COACHES FOR RANK PROMOTION, BUT IS IMPORTANT FOR THE APPLICANT TO DEMONSTRATE THIS LEVEL OF SKILL ON A REGULAR BASIS.**

### **NAGE WAZA (THROWING TECHNIQUES)**

**GOALS-EXCELLENT FUNCTIONAL SKILL AND UNDERSTANDING OF THROWING TECHNIQUES.**

**APPLICANT MUST HAVE A GOOD, FUNCTIONAL UNDERSTANDING AND ABILITY AT GRIP FIGHTING AND DEMONSTRATE EFFECTIVE, FUNCTIONAL AND REALISTIC GRIPPING SKILLS WHEN DEMONSTRATING THE FOLLOWING TECHNIQUES LISTED.**

**APPLICANT MUST DEMONSTRATE AND UNDERSTAND CONCEPT OF:**

KUZUSHI/UNBALANCE  
TSUKURI/FIT IN  
KAKE/EXECUTE TECHNIQUE

**DEMONSTRATION OF NAGE WAZA (THROWING TECHNIQUES)**

- 1-APPLICANT SELECTS AND DEMONSTRATES EIGHT (8) TECHNIQUES FROM THE DAI IKKYO.
- 2-APPLICANT SELECTS AND DEMONSTRATES EIGHT (8) TECHNIQUES FROM THE DAI NIKYO.
- 3-APPLICANT SELECTS AND DEMONSTRATES EIGHT (8) TECHNIQUES FROM THE DAI SANKYO.
- 4-APPLICANT SELECTS AND DEMONSTRATES THREE (5) TECHNIQUES FROM THE DAI YONKYO.
- 5-APPLICANT SELECTS AND DEMONSTRATES THREE (5) TECHNIQUES FROM THE DAI GOKYO.
- 6-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE HABUKARETA WAZA.
- 7-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE SHINMEISHO NO WAZA.

**RENRAKU WAZA/ CONTINUATION OR COMBINATION TECHNIQUES**

**GOAL-DEMONSTRATE A REALISTIC CONTINUATION OR COMBINATION OF ONE THROWING SKILL TO ANOTHER.**

- 1-DEMONSTRATE A FOOT THROW TO ANY OTHER THROW.
- 2-DEMONSTRATE A FORWARD THROW TO ANY OTHER THROW.

**RENRAKU WAZA/ CONTINUATION OR COMBINATION TRANSITION FROM STANDING TO GROUND FIGHTING TECHNIQUES**

**GOAL-DEMONSTRATE REALISTIC TRANSITION FROM A THROW TO GROUND FIGHTING.**

- 1-DEMONSTRATE ANY FORWARD THROW TO ANY OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY FORWARD THROW TO ANY KANSETSU WAZA.
- 3-DEMONSTRATE ANY FORWARD THROW TO ANY SHIME WAZA.
- 3-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY OSAEKOMI WAZA.
- 4-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY KANSETSU WAZA.
- 5-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY SHIME WAZA.

**RENRAKU WAZA/CONTINUATION OR COMBINATION TECHNIQUES FROM ONE GROUND FIGHTING SKILL TO ANOTHER GROUND FIGHTING SKILL**

**GOAL-DEMONSTRATE HOW TO LINK ONE GROUND FIGHTING SKILL TO ANOTHER, KEEPING CONTROL OF OPPONENT.**

- 1-DEMONSTRATE MUNE GATAME TO ANY OTHER OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY OTHER OSAEKOMI WAZA.
- 3-DEMONSTRATE A REALISTIC AND FUNCTIONAL CONTINUATION OF 3 OR MORE OSAEKOMI WAZA.
- 4-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY KANSETSU WAZA (PIN TO ARMLOCK).
- 4-DEMONSTRATE ANY KANSETSU WAZA TO ANY OSAEKOMI WAZA (ARMLOCK TO PIN).
- 5-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY SHIME WAZA (PIN TO CHOKE).
- 6-DEMONSTRATE ANY SHIME WAZA TO ANY OSAEKOMI WAZA (CHOKE TO PIN).
- 7-DEMONSTRATE ANY KANSETSU WAZA TO ANY SHIME WAZA (ARMLOCK TO CHOKE).
- 8-DEMONSTRATE ANY SHIME WAZA TO ANY KANSETSU WAZA (CHOKE TO ARMLOCK).

**FUSEGI/DEFENSE AND KAESHI WAZA/COUNTER TECHNIQUES FOR NAGE WAZA (THROWING TECHNIQUES)**

**GOAL-DEMONSTRATE REALISTIC DEFENSIVE SKILLS AND COUNTER ATTACKS.**

- 1-DEMONSTRATE HIP BLOCK AND CUT-AWAY AGAINST ANY THROW (TAISABAKI).
- 2-DEMONSTRATE HOP-AROUND DEFENSE AGAINST ANY THROW (TAISABAKI).
- 3-DEMONSTRATE HOW TO BLOCK FORWARD THROW AND USE A KAESHI WAZA (COUNTER ATTACK).
- 4-DEMONSTRATE "SUKASHI" AVOIDANCE OF A FORWARD THROW AND COUNTER ATTACK.

**KATAME WAZA (GRAPPLING TECHNIQUES)**

**THE KATAME WAZA OF KODOKAN JUDO ARE THE GROUND FIGHTING OR GRAPPLING TECHNIQUES AND SKILLS.**

**OSAEKOMI WAZA/IMMOBILIZATION (HOLDING OR PINNING) TECHNIQUES**

**GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.**

**APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.**

- 1-MUNE GATAME/CHEST HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 2-KESA GATAME/SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 3-KATA GATAME/SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 4-YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 5-KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 6-TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) (AND NOGARE KATA) ESCAPE FORM

## **GENERAL NEWAZA SKILLS**

GENERAL SKILLS AT NEWAZA/GROUNDFIGHTING POSITION, BREAKDOWNS, TURNOVERS, OFFENSE AND DEFENSE WHEN OPPONENT IS POSITIONED ON HANDS AND KNEES, PRONE (OR LYING ON THE FRONT) OR SUPINE (POSITIONED ON THE BUTTOCKS OR BACKSIDE).

**GOALS-STUDENT MUST POSSESS EXCELLENT FUNCTIONAL ABILITY AT CONTROLLING OPPONENT'S POSITION TO APPLY PINS OR SUBMISSION TECHNIQUES. DEMONSTRATE EXCELLENT ABILITY AT LEG CONTROL, HIP CONTROL AND HAND CONTROL AND HOW THESE SKILLS CONTROL AN OPPONENT. EFFECTIVE JUDO (IN THIS CASE, GROUNDFIGHTING) IS A SERIES OF CONTROLLING POSITIONS THAT ULTIMATELY LEADS TO DEFEATING HIM. IMPORTANT- (WHEN DEMONSTRATING ALL BREAKDOWNS, GUARD PASSES OR GUARD SWEEPS, APPLICANT MUST IMMEDIATELY AND EFFECTIVELY MOVE INTO ANY PIN, CHOKE OR ARMLOCK OF HIS CHOICE.)**

### **DEMONSTRATION OF BREAKDOWNS OR TURNOVERS WHEN OPPONENT IS ON ALL FOURS OR PRONE AND LYING FLAT ON FRONT**

1-DEMONSTRATE SEVEN (7) BREAKDOWNS OR TURNOVERS TO PLACE OPPONENT ON HIS/HER BACK FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

### **APPLICANT IS POSITIONED ON HIS/HER BUTTOCKS OR BACKSIDE IN A SUPINE POSITION (NEWAZA OR "GUARD")**

1-DEMONSTRATE AT LEAST SEVEN (7) METHODS OF SWEEPING, ROLLING OR TURNING OPPONENT OVER OR ONTO HIS/HER BACK TO CONTROL FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

### **IF APPLICANT IS POSITIONED BETWEEN HIS/HER OPPONENT'S LEGS WHO IS IN A POSITION SEATED ON HIS/HER BUTTOCKS OR BACK (NEWAZA OR COMMONLY CALLED THE "GUARD").**

1-DEMONSTRATE AT LEAST FIVE (5) METHODS TO CONTROL OPPONENT'S LEG(S) TO GET PAST HIS/HER LEGS OR GUARD TO INITIATE OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

## **KANSETSU WAZA/JOINT OR ARMLOCK TECHNIQUES**

**GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.**

### **1-UDEHISHIGI JUJI GATAME (JUJI GATAME)/CROSS-BODY ARMLOCK**

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF JUJI GATAME.

### **2-UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)**

A-BASIC FROM TOP IN THE "UP" POSITION.

B-BASIC FROM TOP IN THE "DOWN" POSITION.

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.

### **3-WAKI GATAME/ARMPIT LOCK**

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF WAKI GATAME.

### **4-UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)**

1-DEMONSTRATE THE BASIC FIGURE-4 VARIATION.

2-DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GATAME.

**APPLICANT MUST DEMONSTRATE AT LEAST ONE (1) NOGARE KATA (DEFENSE FORM) FOR EACH OF THE FOUR CORE KANSETSU WAZA OF JUJI GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME.**

## **SHIME WAZA/STRANGLING AND CHOKING TECHNIQUES**

**GOAL-HAVE FUNCTIONAL SKILL IN STRANGLES AND CHOKES, KNOW THE IMPORTANCE OF SAFETY WHEN USING CHOKES AND ABILITY TO USE POSITION TO SET UP THE STRANGLE OR CHOKE.**

**APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST ONE (1) FUNCTIONAL VARIATION OF EACH.**

### **1-HADAKA JIME/NAKED CHOKE (SQUARE GRIP)**

### **2-HADAKA JIME/FIGURE 4 VERSION NAKED STRANGLE**

### **3-JUJI JIME/CROSS CHOKE FROM BOTTOM**

### **4-JUJI JIME/CROSS CHOKE FROM TOP**

ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1-NAMI (NORMAL) POSITION. 2-GYAKU (REVERSE) POSITION. 3-KATA (HALF AND HALF OR CROSSED) POSITION.

### **5-OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)**

### **6-KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)**

### **7-KATA JIME/SHOULDER CHOKE**

### **8-SANKAKU JIME /TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)**

**APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY TWO SHIME WAZA OF HIS/HER CHOICE.**

## KATA/DEMONSTRATION OF TECHNIQUE

**Goal-Demonstrate functional skill in selected Kodokan Judo Kata.**

DEMONSTRATE ENTIRE NAGE NO KATA (FORM OF THROWING) AS TORI PERFORMING TECHNIQUES ON APPLICANT'S FAVORITE SIDE (RIGHT OR LEFT).

Kata is structured learning. It is considered a form of training in the same way randori (free practice) and shiai (contest) are. If an applicant is a "non-competitor" and has less than 2 promotion points, the demonstration of kata may substitute for promotion points earned in contest.

## TERMINOLOGY AND HISTORY

**Goal-Every activity has its own terminology that helps everyone understand the concepts, theories and actual application of that particular activity. Judo is no different. Japanese terminology is useful in understanding the underlying and foundational concepts and theories of Kodokan Judo. Additionally, the Japanese terminology is used as the common language of judo all over the world. It is essential to understand as much of the Japanese terminology as possible to have a real comprehension of Kodokan Judo. Understanding the history of Kodokan Judo is essential to a more complete comprehension of judo as a method of physical education, sport, self-defense and recreational activity. One must know and appreciate the history of any activity or subject to have a good understanding of how and why that activity thrives. Kodokan Judo is no different.**

**APPLICANT MUST KNOW THE FOLLOWING TERMINOLOGY.**

**Important: Applicant must know both the English and Japanese names for all the techniques required for all ranks. This is especially true for the rank of Shodan. The following are not in alphabetical order.**

**KODOKAN JUDO**-The correct name for what is commonly called judo. Kodokan means "School to learn the way" and Judo means "flexible, yielding, adaptable or gentle way or philosophy." Judo is often called the "gentle way" but the word "ju" means more than simply "gentle" when referring to what is known as judo. Ju means adaptable, functional or having the ability to use your strength to its most efficient abilities and using your opponent's strength against him. Judo is far from gentle in its theory and application. It is functional and adaptable.

**KUZUSHI**-CONTROLLING THE OPPONENT'S BALANCE. UNBALANCING THE OPPONENT.

**KUMI KATA**-NORMAL GRIP. THIS IS THE BASIC GRIP USED IN KODOKAN JUDO.

**TSUKURI**-THE PREPARATORY ACTION OF THE THROWER OR FITTING INTO THE TECHNIQUE.

**TORI**-THE JUDOKA APPLYING THE TECHNIQUE.

**KAKE**-EXECUTING THE TECHNIQUE.

**UKE**-THE JUDOKA RECEIVING THE TECHNIQUE.

**KATA** -STRUCTURE OR FORM. ONE OF THE 3 PRIMARY ASPECTS OF JUDO TRAINING. THE WORD KATA ALSO MEANS "SHOULDER." THERE ARE SEVERAL STANDARDIZED KATA (FORMAL EXERCISES) OF KODOKAN JUDO.

**SENSEI**-A PHRASE THAT IS USED TO DENOTE SOMEONE AS AN "HONORED TEACHER" OR "COACH."

Nage no Kata-Forms of Throwing Gentleness	Ju no Kata-Form of Gentleness
Katame no Kata-Forms of Grappling of Decision	Kime no Kata-Form of Decision
Koshiki no Kata-Form of Antiquity of Five	Itsutsu no Kata-Form of Five
Goshin-ho (or Goshin-jutsu)-Self-Defense Exercises	

**FUSEGI**-DEFENSE

**KAESHI WAZA**-COUNTER TECHNIQUE

**KIAI**-A SPIRIT SHOUT

**MIGI**-RIGHT

**HIDARI**-LEFT

**RANDORI**-FREE PRACTICE. ONE OF THE 3 PRIMARY ASPECTS OF KODOKAN JUDO TRAINING.

**MATTE (OR MATE)**-MEANS "PAUSE" AND IS THE VERBAL COMMAND BY THE REFEREE IN A JUDO MATCH TO STOP THE ACTION.

**SHIAI**-TESTING YOURSELF IN A REAL SITUATION OR COMPETITION. ONE OF THE 3 PRIMARY ASPECTS OF JUDO TRAINING.

**MAITTA**-A PHRASE USED BY A DEFEATED JUDOKA TO EXPRESS DEFEAT. ROUGHLY TRANSLATES TO "I'M BEATEN."

**SHOBU**-CONTEST OR MATCH

**WAZA**-TECHNIQUE

**DOJO**-PRACTICE HALL OR PLACE TO TRAIN OR STUDY KODOKAN JUDO.

**WAZA-ARI**-MEANS "ALMOST A TECHNIQUE" AND IS USED BY THE REFEREE IN JUDO MATCHES TO DENOTE A SCORE OF LESS THAN IPPON (FULL POINT).

**JUDOKA**-JUDO PRACTITIONER

**HAPPO NO KUZUSHI**-THE "EIGHT DIRECTIONS OF UNBALANCING" AN OPPONENT INITIALLY DEVELOPED BY PROF. JIGORO KANO, FOUNDER OF KODOKAN JUDO.

**SHIAIJO**-CONTEST AREA

**TATAMI**-THE MAT USED IN JUDO.

**NAGE WAZA**-THROWING TECHNIQUES. THE WORD "NAGE" MEANS TO "THROW" AND IMPLIES THAT THE OPPONENT'S BODY IS THROWN OVER OF BY THE ATTACKER'S BODY.

**KACHI**-TO WIN

**MAKE**-TO LOSE

**TE WAZA**-HAND TECHNIQUES IN THROWING.

ASHI WAZA-FOOT OR LEG TECHNIQUES IN THROWING.

KOSHI WAZA-HIP TECHNIQUES IN THROWING.

TACHI WAZA-THROWING TECHNIQUES APPLIED IN A STANDING POSITION.

SUTEMI WAZA-SACRIFICE TECHNIQUES IN THROWING. SUTEMI WAZA IS FURTHER DIVIDED INTO MASUTEMI WAZA (BACK SACRIFICE TECHNIQUES) AND YOKO SUTEMI WAZA (SIDE SACRIFICE TECHNIQUES).

KATAME WAZA-GRAPPLING TECHNIQUES. KATAME ACTUALLY MEANS TO "LOCK INTO PLACE" OR "CONTROL," BUT IN THIS SENSE, MEANS THE MORE GENERIC TERM OF GRAPPLING OR GROUND-FIGHTING.

NEWAZA-A GENERIC TERM FOR ALL GROUND GRAPPLING. THE WORD "NE" REFERS TO LYING DOWN OR RECLINING, GENERALLY ON THE BACK OR BACK SIDE. WAZA MEANS "TECHNIQUE." GROUND-FIGHTING OR GROUND-FIGHTING TECHNIQUES IN JUDO ARE OFTEN CALLED NEWAZA.

OSA EKOMI WAZA-HOLDING TECHNIQUES. OSA EKOMI MEANS TO "IMMOBILIZE" OR TO HOLD, PIN OR PRESS THE OPPONENT DOWN TO THE MAT.

SHIME WAZA-STRANGLING OR CHOKING TECHNIQUES. ACTUALLY, "SHIME" MEANS "TO SQUEEZE TOGETHER" AND REFERS TO THE ACTION OF SQUEEZING THE OPPONENT'S NECK, THROAT OR BODY TO DEPRIVE HIM OF OXYGEN OR ADEQUATE BLOOD FLOW.

KANSETSU WAZA-JOINT TECHNIQUES (IN KODOKAN JUDO, THIS REFERS TO ARMLOCKS.)

ATEMI WAZA-STRIKING TECHNIQUES

RENRAKU WAZA-COMBINATION OR CONNECTING TECHNIQUES

MAKIKOMI-WINDING ACTION WHEN THROWING AN OPPONENT

JUDO GI-JUDO UNIFORM. IT IS PROPER TO USE THE ENTIRE TERM "JUDO GI" AND NOT SIMPLY "GI."

UWAGI-JUDO JACKET

OBI-JUDO BELT

ZUBON-JUDO PANTS

ZORI-SANDALS OR FOOTWEAR WHEN OFF OF THE MAT.

SODE-SLEEVE

JUDOKA-PERSON WHO DOES JUDO.

TORI-PERSON PERFORMING THE TECHNIQUE.

UKE-PERSON HAVING THE TECHNIQUE PERFORMED ON HIM.

UKEMI-THE METHOD OF FALLING SAFELY USED IN JUDO; OFTEN CALLED BREAKFALLS.

TOKUI WAZA-THE WORD TOKUI MEANS "PROFICIENT" AND THIS IS A PHRASE TO REFER TO A JUDOKA'S FAVORITE OR PREFERRED TECHNIQUE.

KIYOTSUKE-MEANS "ATTENTION" AND IS USED TO CALL STUDENTS TO ATTENTION WHEN BOWING IN OR OUT OF JUDO PRACTICE.

REI-ETIQUETTE-BOW (RITSU REI-STANDING BOW) (ZAREI-KNEELING BOW)

HARAI-SWEEPING ACTION

O-MAJOR

KO-MINOR

SOTO-OUTER

UCHI-INNER

DAN-GRADE OR STEP IN THE BLACK BELT RANKS.

KYU-CLASS OR DEGREE IN THE RANKS UNDER BLACK BELT.

THE APPLICANT MUST HAVE A GOOD KNOWLEDGE OF THE JAPANESE TERMINOLOGY FOR EACH OF THE RANKS USED IN KODOKAN JUDO.

Shihan-Title reserved for Prof. Jigoro Kano, the founder of Kodokan Judo. Shihan means "past master."

Judan-10 Grade

Kudan-9 Grade

Hachidan-8 Grade

Shichidan-7 Grade

Rokudan-6 Grade

Godan-5 Grade

Yondan-4 Grade

Sandan-3 Grade

Nidan-2 Grade

Shodan-1 Grade (actually means "initial grade.")

Ikkyu-1 Class

Nikyu-2 Class

Sankyu-3 Class

Yonkyu-4 Class

Gokyu-5 Class

Rokkyu-6 Class

### **BASIC KODOKAN JUDO HISTORY AND PHILOSOPHY**

Prof. Jigoro Kano founded Kodokan Judo in 1882 in Tokyo, Japan. Prof. Kano studied various forms of Jujutsu (primarily Tenshin Shinyo-ryu and Kito-ryu forms of jujutsu) starting in 1877. From these sources, he developed the theories and practical application of Kodokan Judo. Judo became an Olympic sport in 1964 for men and in 1988 for women and is practiced worldwide.

Kodokan Judo, as expressed by Prof. Jigoro Kano, is "The principle of the maximum-efficient use of mind and body. In studying judo, it is essential to train the body and to cultivate the mind through the methods of attack and defense. Thereby, perfecting oneself and contributing to the welfare of the world." Prof. Kano summarized the above by using the slogans "Maximum efficiency with minimum effort" and "Mutual welfare and benefit." These two slogans define the two primary goals of the theory and philosophy of Kodokan Judo.

There are many good resources to find out more information on the history of judo and everyone is encouraged to learn more about the history and philosophy of Kodokan Judo.



## **NIDAN (2<sup>nd</sup> Grade Black Belt)**

The rank of Nidan is an extension of Shodan and the judoka is expected to continue his progress and refine the fundamental skills he has learned for Shodan. Time in grade is important as the judoka matures and continues in his study of judo. This is a time when the judoka also “makes his/her judo work for him” and applies the basic skills so that they best suit his strength, size and any other factors. This is also a time when the judoka assists a senior coach or starts teaching on his own so that he has a better understanding of as many aspects of judo as possible. The student is required to attend as many IFJA clinics, seminars, workshops and classes as possible to improve his skill level. The student is also required to go through coach education and become accredited or certified as an AAU or IFJA Judo Coach (this applies to everyone, including competitive judo athletes).

There are few additional technical requirements for Nidan other than the fact that the judoka must progress in the quality of his technical skills and understanding of judo. If the judoka’s technical skill was a “7” on a scale of 1 to 10 (with 10 as the best), then he should improve it to as close to “10” as possible to be a Nidan. The judoka is expected to broaden his functional knowledge base as much as possible. It’s best to have the judoka work under the supervision of a senior coach so his skill level can be better assessed and suggestions on individual improvement can be made. The minimum age requirement for Nidan is 18 years of age. Time in grade is a minimum of 2 years and more often, it’s anywhere from 2 to 6 years. The student must also be current in his CPR certification and he is expected to continue to improve as a judo referee. When testing for this rank, the applicant will be required to undergo the same test as that for Shodan and meet all the requirements as listed for Shodan.

- 1-APPLICANT MUST BE A MINIMUM AGE OF 18 YEARS OLD.
- 2-APPLICANT MUST BE A CURRENT AAU MEMBER AND PASS THE AAU BACKGROUND CHECK.
- 3-APPLICANT MUST HAVE EXCELLENT ATTENDANCE IN ALL CLASSES, WORKOUTS, CLINICS AND SEMINARS IS REQUIRED.
- 4-APPLICANT MUST HAVE A FUNCTIONAL, WORKING KNOWLEDGE OF THE JAPANESE TERMINOLOGY USED IN JUDO.
- 5-APPLICANT MUST HAVE A WORKING, FUNCTIONAL KNOWLEDGE OF THE HISTORY OF KODOKAN JUDO.
- 6-APPLICANT MUST BE CURRENTLY CERTIFIED OR ACCREDITED IN CPR WITH A VALID, RECOGNIZED AGENCY.
- 7-APPLICANT MUST HAVE A MINIMUM TIME IN GRADE AS SHODAN OF TWO (2) YEARS. (THIS IS A MINIMUM-NOT STANDARD TIME IN GRADE.
- 8-APPLICANT MUST ASSIST A SENIOR COACH IN TEACHING OR COACHING DUTIES.
- 9-APPLICANT MUST DEMONSTRATE SKILLFUL JUDO IN BOTH STANDING AND GROUND FIGHTING DURING RANDORI.
- 10-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN A MINIMUM OF TEN (10) PROMOTION POINTS OR WIN THE PROMOTION BY BATSUGAN (SEE EXPLANATION BELOW).
- 11-IF THE APPLICANT IS NOT A COMPETITIVE ATHLETE, HE MUST HAVE ACTIVELY TRAINED AS A JUDO REFEREE AND HAVE EARNED A REFEREE’S ACCREDITATION IN THE AMATEUR ATHLETIC UNION (AAU) OR OTHER VALID ORGANIZATION.
- 12-APPLICANT MUST KNOW BOTH THE JAPANESE AND ENGLISH TERMINOLOGY FOR ALL THE TECHNIQUES HE OR SHE IS REQUIRED TO DEMONSTRATE AS WELL AS KNOW THE REQUIRED JAPANESE TERMINOLOGY AS USED IN JUDO AND LISTED IN THIS SYLLABUS.

## **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

- 1-PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:
- 2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.
- 1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.
- ½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.
- 2-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SHODAN).
- 3-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE NIDAN).
- 4-ONE (1) POINT FOR EACH YEAR APPLICANT IS A CERTIFIED AAU JUDO COACH.
- 5-ONE (1) POINT FOR EACH YEAR APPLICANT IS AN ACCREDITED AAU JUDO REFEREE.

### **TIME IN GRADE SCALE**

10 promotion points earned	2 years’ time in grade as Shodan
7 promotion points earned	3 years’ time in grade as Shodan
5 promotion points earned	4 years’ time in grade as Shodan
3 promotion points earned	5 years’ time in grade as Shodan
2 or less promotion points earned	6 years’ time in grade as Shodan

## **KATA/DEMONSTRATION OF TECHNIQUE**

**Goal-Demonstrate functional skill in selected Kodokan Judo Kata.**

DEMONSTRATE ENTIRE NAGE NO KATA (FORM OF THROWING) OR KATA OF APPLICANT’S CHOICE AS TORI PERFORMING TECHNIQUES ON BOTH RIGHT AND LEFT SIDES.

Kata is structured learning. It is considered a form of training in the same way randori (free practice) and shiai (contest) are. If an applicant is a “non-competitor” and has less than 2 promotion points, the demonstration of kata may substitute for promotion points earned in contest.

## **TERMINOLOGY AND HISTORY**

**Goal-Every activity has its own terminology that helps everyone understand the concepts, theories and actual application of that particular activity. Judo is no different. Japanese terminology is useful in understanding the underlying and foundational concepts and theories of Kodokan Judo. Additionally, the Japanese terminology is used as the common language of judo all over the world. It is**

essential to understand as much of the Japanese terminology as possible to have a real comprehension of Kodokan Judo. Understanding the history of Kodokan Judo is essential to a more complete comprehension of judo as a method of physical education, sport, self-defense and recreational activity. One must know and appreciate the history of any activity or subject to have a good understanding of how and why that activity thrives. Kodokan Judo is no different.

#### APPLICANT MUST KNOW THE FOLLOWING TERMINOLOGY.

**Important: Applicant must know both the English and Japanese names for all the techniques required for all ranks. The following are not in alphabetical order.**

RENZOKU WAZA-CONTINUOUS TECHNIQUES (OFTEN A TRANSITION FROM ONE TECHNIQUE IMMEDIATELY TO THE NEXT.)

KAESHI WAZA-COUNTER TECHNIQUES

NAGEKOMI-THROWING PRACTICE

HON-BASIC. THE BASIC APPLICATION OF A TECHNIQUE.

KUZURE-BROKEN. REFERS TO A VARIATION OF THE BASIC TECHNIQUE.

HENKA-VARIATION OR MODIFICATION OF A TECHNIQUE.

MOROTE-MEANS "BOTH HANDS."

IPPON-THE REFEREE'S SIGNAL THAT A WINNING TECHNIQUE HAS BEEN SCORED (FULL POINT). "IPPON" MEANS A VARIETY OF THINGS BUT IT OFTEN MEANS "A SINGLE POINT" OR REFERS TO ANYTHING SINGULAR SUCH AS IN IPPON SEOI NAGE.

MAE-FRONT OR IN FRONT OF SOMETHING.

USHIRO-REAR DIRECTON. ALSO USED IS THE WORD URA, MEANING "REAR OR BEHIND."

GYAKU-REVERSE OR OPPOSITE ACTION. SOMETIMES, GYAKU WAZA (REVERSE TECHNIQUES) REFER TO JOINT LOCKS.

SUKASHI-EVASIVE ACTION

KIHON RENSHU-PRACTICING THE FUNDAMENTALS. "KIHON" MEANS FUNDAMENTAL OR BASIC AND "RENSHU" REFERS TO PRACTICE.

UCHIKOMI/BUTUSUKARI-REPETTIVE FITTING IN PRACTICE. THE TERM "BUTSUKARI" IS AN OLDER TERM THAT WAS USED IN KODOKAN JUDO FOR MANY YEARS THAT IS NOW CALLED UCHIKOMI. BUTUSUKARI IS NOW OFTEN USED TO DENOTE THE REPETTIVE, FITTING-IN MOVEMENT WHEN PRACTICING A THROW WITH THE EMPHASIS ON FOOT PLACEMENT AND FOOT SPEED.

MAKIKOMI-WINDING ACTION WHEN THROWING AN OPPONENT

TAISABAKI-BODY MOVEMENT OR BODY MANAGEMENT BY TURNING THE BODY OR IN ANYTHING OTHER THAN A STRAIGHT LINE. THIS REFERS TO THE MOVEMENT OF THE BODY WHEN THE JUDOKA "LEADS WITH HIS HIPS."

HAVING AN UPRIGHT POSTURE AND USING THE HIPS TO GENERATE MOVEMENT AND POWER ARE WHAT TAISABAKI IS ABOUT.

SHINTAI-FOOTWORK OR BODY MOVEMENT IN A LINEAR FASHION IN ANY DIRECTION. THERE ARE SEVERAL METHODS OF FOOTWORK USED IN JUDO AND THIS IS THE GENERIC TERM FOR THEM. THE MOST COMMON METHODS OF JUDO FOOTWORK ARE; 1-AYMI ASHI/NORMAL STEPPING OR WALKING 2-TSUGI ASHI/SLIDING OR FOLLOW-FOOT MOVEMENT.

SHISEI-POSTURE OR STANCE. THERE ARE SEVERAL BASIC POSTURES USED IN JUDO. 1-SHIZENHONTAI/NATURAL BASIC POSTURE 2-MIGI SHIZENTAI/RIGHT NATURAL POSTURE 3-HIDARI SHIZENTAI/LEFT NATURAL POSTURE 4-JIGOHONTAI/DEFENSIVE OR CROUCHED BASIC POSTURE 5-MIGI JIGOTAI/RIGHT DEFENSIVE POSTURE 6-HIDARI JIGOTAI/LEFT DEFENSIVE POSTURE.

KEIKO-PRACTICE (RENSHU ALSO MEANS "PRACTICE.")

JUNBI UNDO-WARM UP EXERCISE

SHUMASTU UNDO-COOL DOWN EXERCISES

TAISO-EXERCISES OR CALISTHENICS

ASHI-FOOT OR LEG

HIZA-KNEE

TE-HAND

UDE-ARM

HIJI-ELBOW

ATAMA-HEAD

KUBI-NECK

KOSHI-HIP

KATA-SHOULDER

TSURIKOMI-REFERS TO THE LIFTING AND PULLING ACTION USED WHEN THROWING AN OPPONENT.

SANKAKU (SANGAKU)-MEANS "THREE CORNERS" AND REFERS TO A TRIANGLE.

YUDANSHA-PHRASE THAT REFERS TO BLACK BELTS. ACTUALLY MEANS "GRADED OR RANKED" PERSON.

MUDANSHA-PHRASE THAT REFERS TO ALL NON-BLACK BELTS. ACTUALLY MEANS "UNGRADED OR UNRAKED" PERSON.

## **NAGE WAZA (THROWING TECHNIQUES)**

**APPLICANT MUST DEMONSTRATE THE FOLLOWING NAGE WAZA.**

DAI IKKYO  
DEMONSTRATE ENTIRE DAI IKKYO.

DAI NIKYO  
DEMONSTRATE ENTIRE DAI NIKYO.

DAI SANKYO  
DEMONSTRATE ENTIRE DAI SANKYO.

DAI YONKYO  
DEMONSTRATE ENTIRE DAI YONKYO.

DAI GOKYO  
DEMONSTRATE ENTIRE DAI GOKYO.

HABUKARETA WAZA  
DEMONSTRATE FIVE (5) TECHNIQUES OF APPLICANT'S CHOICE.

SHINMEISHO NO WAZA  
DEMONSTRATE FIVE (5) TECHNIQUES OF APPLICANT'S CHOICE.

## **KATAME WAZA (GRAPPLING TECHNIQUES)**

### **OSAEKOMI WAZA (IMMOBILIZATION, HOLDING OR PINNING TECHNIQUES)**

**GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.**

**APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.**

1-MUNE GATAME/CHEST HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM) AND ONE (1) NOGARE KATA (ESCAPE FORM)

2-KESA GATAME/SCARF HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM) AND ONE (1) NOGARE KATA (ESCAPE FORM)

3-KATA GATAME/SHOULDER HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM) AND ONE (1) NOGARE KATA (ESCAPE FORM)

4-YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM) AND ONE (1) NOGARE KATA (ESCAPE FORM)

5-KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM) AND ONE (1) NOGARE KATA (ESCAPE FORM)

6-TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM) AND ONE (1) NOGARE KATA (ESCAPE FORM).

7-UKI GATAME/STRADDLE HOLD AND ONE (1) HAIRI KATA AND ONE (1) NOGARE KATA (ESCAPE FORM).

### **GENERAL NEWAZA SKILLS**

**1-SAME REQUIREMENTS AS SHODAN.**

### **KANSETSU WAZA (ARM JOINT TECHNIQUES)**

**GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.**

1-UDEHISHIGI JUJI GATAME (JUJI GATAME)/CROSS-BODY ARMLOCK  
APPLICANT MUST DEMONSTRATE FOUR (4) FUNCTIONAL APPLICATIONS OF JUJI GATAME.

2-UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)

A-BASIC FROM TOP IN THE "UP" POSITION.

B-BASIC FROM TOP IN THE "DOWN" POSITION.

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.

3-WAKI GATAME/ARMPIT LOCK

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF WAKI GATAME.

4-UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)

1-DEMONSTRATE THE BASIC FIGURE-4 VARIATION.

2-DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GATAME.

**APPLICANT MUST DEMONSTRATE AT LEAST ONE (1) NOGARE KATA (DEFENSE FORM) FOR EACH OF THE FOUR CORE KANSETSU WAZA OF JUJI GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME.**

## **SHIME WAZA (STRANGLING OR CHOKING TECHNIQUES)**

**GOALS-ABILITY OF APPLICANT TO PERFORM STRANGLING TECHNIQUES IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ENTRY FORMS FOR A VARIETY OF STRANGLING TECHNIQUES. APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST ONE (1) FUNCTIONAL VARIATION OF EACH.**

- 1-HADAKA JIME/NAKED CHOKE (SQUARE GRIP)
- 2-HADAKA JIME/FIGURE 4 VERSION NAKED STRANGLE
- 3-JUJI JIME/CROSS CHOKE FROM BOTTOM
- 4-JUJI JIME/CROSS CHOKE FROM TOP

ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1-NAMI (NORMAL) POSITION. 2-GYAKU (REVERSE) POSITION. 3-KATA (HALF AND HALF OR CROSSED) POSITION.

- 5-OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)
- 6-KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)
- 7-KATA JIME/SHOULDER CHOKE
- 8-SANKAKU JIME /TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)
- 9-SANKAKU JIME/TRIANGLE CHOKE (FROM TOP WITH OPPONENT ON ALL FOURS OR FLAT)
- 10-JIGOKU JIME/HELL STRANGLE FROM ANY POSITION APPLICANT CHOOSES.

**APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY TWO SHIME WAZA OF HIS/HER CHOICE.**

## **SANDAN**

The rank of Sandan is considered an advanced rank, and as such, the judoka must possess an excellent skill level and excellent ethical behavior as well as participate fully in IFJA or AAU activities, clinics, tournaments and other events. In addition to fulfilling the requirements for Shodan and Nidan, the judoka must meet the following general requirements.

- 1-Minimum age requirement is 21 years old.
- 2-Applicant must be a current member of the AAU and pass the AAU background check.
- 3-Applicant must be a certified AAU Judo Coach and possess a current CPR certification from a recognized agency.
- 4-Minimum time in grade from Nidan to Sandan is three (3) years. Normal time in grade is 3 to 5 years.
- 5-Applicant must be an accredited AAU Judo Referee and actively referee in local and regional judo AAU tournaments.
- 6-Meet and fulfill all previous rank requirements.

## **TECHNICAL REQUIREMENTS**

**GOAL-APPLICANTS FOR THE RANK OF SANDAN MUST DEMONSTRATE AN ADVANCED LEVEL OF TECHNICAL, THEORETICAL AND FUNCTIONAL SKILL IN ALL PHASES OF JUDO. THE APPLICANT MUST BE ABLE TO DEMONSTRATE ALL TECHNICAL SKILLS IN A FUNCTIONAL, DYNAMIC AND MOVING MANNER.**

1-Applicant must demonstrate all the skills required for Shodan with excellent skill (on a scale of 1 to 10 with 10 being the best, the applicant should demonstrate skill at the "10" level).

## **NAGE WAZA (THROWING TECHNIQUES)**

1-APPLICANT MUST DEMONSTRATE ALL TECHNIQUES FROM THE DAI IKKYO, DAI NIKYO, DAI SANKYO, DAI YONKYO, DAI GOKYO, HABUKARETA WAZA AND TEN (10) TECHNIQUES OF THE APPLICANT'S CHICE FROM THE SHINMEISHO NO WAZA.

## **KATAME WAZA (GRAPPLING TECHNIQUES)**

**GOAL-APPLICANTS FOR THE RANK OF SANDAN MUST DEMONSTRATE AN ADVANCED DEGREE OF TECHNICAL, THEORETICAL AND FUNCTIONAL SKILL IN ALL PHASES OF GROUND FIGHTING. THE APPLICANT HAS THE FREEDOM TO DEMONSTRATE HIS OR HER PERSONAL APPROACH AND APPLICATION OF ALL TECHNIQUES DEMONSTRATED. INNOVATIVE, DYNAMIC THINKING IS ENCOURAGED, BUT ALL SKILLS MUST BE FUNCTIONAL AND REALISTIC.**

## **OSAEKOMI WAZA (IMMOBILIZATION, HOLDING OR PINNING TECHNIQUES)**

**GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT. APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.**

- 1-APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF OSAEKOMI WAZA.
- 2-MUNE GATAME/CHEST HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 3-KESA GATAME/SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 4-KATA GATAME/SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 5-YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 6-KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 7-TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) (AND NOGARE KATA) ESCAPE FORM
- 8-UKI GATAME/STRADDLE HOLD AND NOGARE KATA (ESCAPE FORM)

9-SANAKU GATAME/TRIANGLE PIN AND NOGARE KATA (ESCAPE FORM)  
10-APPLICANT MUST DEMONSTRATE AT LEAST TWO (2) FUNCTIONAL HAIRI KATA (ENTRY FORM) FOR EACH OF THE ABOVE LISTED TECHNIQUES.

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### **GENERAL NEWAZA SKILLS**

1-APPLICANT MUST DEMONSTRATE FUNCTIONAL AND REALISTIC APPLICATIONS OF ALL HAIRI KATA (ENTRY FORMS OR BREAKDOWNS, TURNOVERS, GUARD SWEEP OR GUARD PASSES). IN DOING THIS, APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF NEWAZA.  
2-APPLICANT MUST DEMONSTRATE TEN (10) BREAKDOWNS OR TURNOVERS (HAIRI KATA-ENTRY FORMS) WHEN OPPONENT IS POSITIONED ON HANDS AND KNEES (ALL FOURS) OR LYING ON HIS FRONT SIDE AND IMMEDIATELY TRANSITION INTO AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA OF THE APPLICANT'S CHOICE.  
3-APPLICANT MUST DEMONSTRATE AT LEAST TEN (10) HAIRI KATA (ENTRY FORMS) WHEN ON THE BUTTOCK OR BACK WITH THE OPPONENT BETWEEN THE ATTACKER'S LEGS AND IMMEDIATELY TRANSITION INTO AN OSEKOMI WAZA, KANSETSU WAZE OR SHIME WAZA OF THE APPLICANT'S CHOICE.  
4-APPLICANT MUST DEMONSTRATE AT LEAST TEN (10) HAIRI KATA (ENTRY FORMS) WHEN POSITIONED BETWEEN THE OPPONENT'S LEGS WITH THE OPPONENT POSITIONED ON HIS BUTTOCKS OR BACK AND TRANSITION IMMEDIATELY INTO AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

### **KANSETSU WAZA (ARM JOINT TECHNIQUES)**

**GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.**

1-UDEHISHIGI JUJI GATAME (JUJI GATAME)/CROSS-BODY ARMLOCK  
APPLICANT MUST DEMONSTRATE FOUR (4) FUNCTIONAL APPLICATIONS OF JUJI GATAME.  
2-UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)  
A-BASIC FROM TOP IN THE "UP" POSITION.  
B-BASIC FROM TOP IN THE "DOWN" POSITION.  
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.  
3-WAKI GATAME/ARMPIT LOCK  
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF WAKI GATAME.  
4-UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)  
1-DEMONSTRATE THE BASIC FIGURE-4 VARIATION.  
2-DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.  
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GATAME.  
5-APPLICANT MUST DEMONSTRATE HARA GATAME (BELLY APPLICATION OF STRAIGHT ARMLOCK).  
**APPLICANT MUST DEMONSTRATE AT LEAST ONE (1) NOGARE KATE (DEFENSE FORM) FOR EACH OF THE FOUR CORE KANSETSU WAZA OF JUJI GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME AS WELL AS FOR HARA GATAME.**

### **SHIME WAZA (STRANGLING OR CHOKING TECHNIQUES)**

**APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF SHIME WAZA.  
APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST TWO (2) FUNCTIONAL VARIATIONS OF EACH AND DEMONSTRATE AT LEAST TWO (2) HAIRI KATA (ENTRY FORMS) FOR EACH OF THE FOLLOWING TECHNIQUES.**

1-HADAKA JIME/NAKED CHOKE (SQUARE GRIP)  
2-HADAKA JIME/FIGURE 4 VERSION NAKED STRANGLE  
3-JUJI JIME/CROSS CHOKE FROM BOTTOM  
4-JUJI JIME/CROSS CHOKE FROM TOP  
ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1-NAMI (NORMAL) POSITION. 2-GYAKU (REVERSE) POSITION. 3-KATA (HALF AND HALF OR CROSSED) POSITION.  
5-OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)  
6-KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)  
7-KATA JIME/SHOULDER CHOKE  
8-SANKAKU JIME /TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)  
9-SANKAKU JIME/TRIANGLE CHOKE (FROM TOP WITH OPPONENT ON ALL FOURS OR FLAT)  
10-JIGOKU JIME/HELL STRANGLE FROM ANY POSITION APPLICANT CHOOSES.  
**APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY FOUR (4) SHIME WAZA OF HIS/HER CHOICE.**

### **KATA/DEMONSTRATION OF TECHNIQUE**

**Goal-Demonstrate functional skill in selected Kodokan Judo Kata.  
DEMONSTRATE ENTIRE KATAME NO KATA (FORM OF GRAPPLING) OR KATA OF APPLICANT'S CHOICE AS TORI PERFORMING TECHNIQUES ON TORI'S FAVORITE SIDE (RIGHT OR LEFT).**

Kata is structured learning. It is considered a form of training in the same way randori (free practice) and shiai (contest) are. If an applicant is a “non-competitor” and has less than 2 promotion points, the demonstration of kata may substitute for promotion points earned in contest.

### **TERMINOLOGY AND HISTORY OF KODOKAN JUDO**

THE APPLICANT IS EXPECTED TO CONTINUE IN HIS/HER STUDY AND KNOWLEDGE OF KODOKAN JUDO TERMINOLOGY AND HISTORY AND THE JAPANESE MARTIAL ARTS IN GENERAL, ESPECIALLY AS TO HOW THESE JAPANESE MARTIAL ARTS HAVE INFLUENCED KODOKAN JUDO.

### **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

1-PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:

2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.

1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.

½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.

2-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SHODAN).

3-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE NIDAN).

4-ONE (1) POINT FOR EACH YEAR APPLICANT IS A CERTIFIED AAU JUDO COACH.

5-ONE (1) POINT FOR EACH YEAR APPLICANT IS AN ACCREDITED AAU JUDO REFEREE.

### **TIME IN GRADE SCALE**

10 promotion points earned	3 years' time in grade as Nidan
7 promotion points earned	4 years' time in grade as Nidan
5 promotion points earned	5 years' time in grade as Nidan
3 promotion points earned	6 years' time in grade as Nidan
2 or less promotion points earned	7 years' time in grade as Nidan

### **YONDAN**

The rank of Yondan is considered a senior rank and the person who applies for this level must possess excellent personal skill and unquestionable ethical behavior. Historically, the rank of Yondan has been required to be a recognized teacher, and because of this, a person ranked at Yondan, in addition to being able to demonstrate the required technical skills, must be able to teach others these skills. At the IFJA Promotion Board's discretion, the applicant may be asked to demonstrate how to teach a technical skill at the time of the applicant's rank examination. General requirements for this rank are.

1-Minimum age requirement is 28 years old.

3-Applicant must be a current member of the AAU and pass the AAU background check.

2-At this point in a judoka's career, it is recommended that the applicant for this rank choose an area of expertise, either in coaching, working as a mat official or referee or in some other capacity. If the applicant chooses coaching as his or her area of expertise, the applicant must have successfully completed any coach education course or program endorsed by the AAU or IFJA-or hold a Bachelor's Degree (or its equivalent) in the field of physical education (or related fields) from an accredited university or college. If the applicant chooses as his or her area of expertise the area of judo officiating or refereeing, he or she must have been active as a mat official at AAU sanctioned or endorsed judo tournaments on the national level for a minimum of four (4) years and be currently active as a mat official or referee at national AAU judo tournaments. If the applicant for this rank chooses an area of expertise as that of an athlete, he or she must be active in local, regional and national AAU judo tournaments. If the applicant for this rank chooses another area of expertise of his or her choosing, he or she must consult the JBBA Promotion Board and inform the Board of this area of expertise and coordinate with the Board as to how to proceed to meet established goals that the board may require.

3-Applicant must possess a current CPR certification from a recognized agency.

4-Minimum time in grade from Sandan to Yondan is four (4) years. Normal time in grade is 4 to 8 years.

5-Applicants for the rank of Yondan must apply directly to the JBBA Promotion Board with the approval of the applicant's coach.

6-Meet and fulfill all previous rank requirements.

7-Applicant must write and submit (submit to the JBBA Promotion Board) a thesis or essay on any aspect of Kodokan Judo theory or technique of no less than 750 words.

8-Applicant must undergo a personal interview with the JBBA Promotion Board.

## **TECHNICAL REQUIREMENTS**

**GOAL-IT IS FUNDAMENTALLY IMPORTANT THAT THE APPLICANT DEMONSTRATE ALL TECHNICAL SKILLS IN A FUNCTIONAL AND REALISTIC AND FROM REALISTIC AND MOVING OR DYNAMIC SITUATIONS. THE RANK OF YONDAN IS A SENIOR TEACHING RANK AND THE APPLICANT MUST HAVE THE PRACTICAL TECHNICAL AND THEORETICAL KNOWLEDGE BASED ON EFFECTIVE MOVEMENT TO BETTER APPRECIATE AND TEACH KODOKAN JUDO.**

### **NAGE WAZA (THROWING TECHNIQUES)**

APPLICANT MUST DEMONSTRATE THE ENTIRE 67 NAGE WAZA (THROWING TECHNIQUES) FROM THE GOKYO NO WAZA, HABUKARETA WAZA AND SHINMEISHO NO WAZA OF KODOKAN JUDO WITH EXCELLENT SKILL (ON A SCALE OF 1 TO 10 WITH 10 BEING THE BEST, THE APPLICANT SHOULD DEMONSTRATE SKILL AT THE "10" LEVEL.).

### **KATAME WAZA (GRAPPLING TECHNIQUES)**

**GOAL-APPLICANTS FOR THE RANK OF YONDAN MUST DEMONSTRATE AN ADVANCED DEGREE OF TECHNICAL, THEORETICAL AND FUNCTIONAL SKILL IN ALL PHASES OF GROUND-FIGHTING. THE APPLICANT HAS THE FREEDOM TO DEMONSTRATE HIS OR HER PERSONAL APPROACH AND APPLICATION OF ALL TECHNIQUES DEMONSTRATED. INNOVATIVE, DYNAMIC THINKING IS ENCOURAGED, BUT ALL SKILLS MUST BE FUNCTIONAL AND REALISTIC.**

### **GENERAL NEWAZA SKILLS**

**GOAL-APPLICANT MUST DEMONSTRATE FUNCTIONAL SKILLS IN A DYNAMIC AND REALISTIC MANNER AND EXHIBIT A FLUIDITY OF MOVEMENT.**

1-APPLICANT MUST DEMONSTRATE FUNCTIONAL AND REALISTIC APPLICATIONS OF ALL HAIRI KATA (ENTRY FORMS OR BREAKDOWNS, TURNS, GUARD SWEEP OR GUARD PASSES). IN DOING THIS, APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF NEWAZA.

2-APPLICANT MUST DEMONSTRATE TEN (10) BREAKDOWNS OR TURNS (HAIRI KATA-ENTRY FORMS) WHEN OPPONENT IS POSITIONED ON HANDS AND KNEES (ALL FOURS) OR LYING ON HIS FRONT SIDE AND IMMEDIATELY TRANSITION INTO AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA OF THE APPLICANT'S CHOICE.

3-APPLICANT MUST DEMONSTRATE AT LEAST TEN (10) HAIRI KATA (ENTRY FORMS) WHEN ON THE BUTTOCK OR BACK WITH THE OPPONENT BETWEEN THE ATTACKER'S LEGS AND IMMEDIATELY TRANSITION INTO AN OSEKOMI WAZA, KANSETSU WAZE OR SHIME WAZA OF THE APPLICANT'S CHOICE.

4-APPLICANT MUST DEMONSTRATE AT LEAST TEN (10) KAIRI KATA (ENTRY FORMS) WHEN POSITIONED BETWEEN THE OPPONENT'S LEGS WITH THE OPPONENT POSITIONED ON HIS BUTTOCKS OR BACK AND TRANSITION IMMEDIATELY INTO AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

### **OSAEKOMI WAZA (IMMOBILIZATION, HOLDING OR PINNING TECHNIQUES)**

**GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.**

**APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.**

1-APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF OSAEKOMI WAZA AND DEMONSTRATE AT LEAST FOUR (4) HAIRI KATA (ENTRY FORMS) FOR EACH OF THE FOLLOWING TECHNIQUES.

2-MUNE GATAME/CHEST HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)

3-KESA GATAME/SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)

4-KATA GATAME/SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)

5-YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)

6-KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)

7-TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) (AND NOGARE KATA) ESCAPE FORM

8-UKI GATAME/STRADDLE HOLD AND NOGARE KATA (ESCAPE FORM)

9-SANAKU GATAME/TRIANGLE PIN AND NOGARE KATA (ESCAPE FORM)

10-APPLICANT MUST DEMONSTRATE AT LEAST THREE (3) FUNCTIONAL HAIRI KATA (ENTRY FORM) FOR EACH OF THE ABOVE LISTED TECHNIQUES.

### **KANSETSU WAZA (ARM JOINT TECHNIQUES)**

**GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.**

1-UDEHISHIGI JUJI GATAME (JUJI GATAME)/CROSS-BODY ARMLOCK

APPLICANT MUST DEMONSTRATE FOUR (4) FUNCTIONAL APPLICATIONS OF JUJI GATAME.

2-UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)

A-BASIC FROM TOP IN THE "UP" POSITION.

B-BASIC FROM TOP IN THE "DOWN" POSITION.

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.

3-WAKI GATAME/ARMPIT LOCK

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF WAKI GATAME.

4-UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)

1-DEMONSTRATE THE BASIC FIGURE-4 VARIATION.

2-DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GATAME.

5-APPLICANT MUST DEMONSTRATE HARA GATAME (BELLY APPLICATION OF STRAIGHT ARMLOCK).  
**APPLICANT MUST DEMONSTRATE AT LEAST ONE (1) NOGARE KATA (DEFENSE FORM) FOR EACH OF THE FOUR CORE KANSETSU WAZA OF JUJI GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME AS WELL AS FOR HARA GATAME.**

### **SHIME WAZA (STRANGLING OR CHOKING TECHNIQUES)**

**APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF SHIME WAZA.**

**APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST TWO (2) FUNCTIONAL VARIATIONS OF EACH AND DEMONSTRATE AT LEAST TWO (2) HAIRI KATA (ENTRY FORMS) FOR EACH OF THE FOLLOWING TECHNIQUES.**

1-HADAKA JIME/NAKED CHOKE (SQUARE GRIP)

2-HADAKA JIME/FIGURE 4 VERSION NAKED STRANGLE

3-JUJI JIME/CROSS CHOKE FROM BOTTOM

4-JUJI JIME/CROSS CHOKE FROM TOP

ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1-NAMI (NORMAL) POSITION. 2-GYAKU (REVERSE) POSITION. 3-KATA (HALF AND HALF OR CROSSED) POSITION.

5-OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)

6-KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)

7-KATA JIME/SHOULDER CHOKE

8-SANKAKU JIME /TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)

9-SANKAKU JIME/TRIANGLE CHOKE (FROM TOP WITH OPPONENT ON ALL FOURS OR FLAT)

10-JIGOKU JIME/HELL STRANGLE FROM ANY POSITION APPLICANT CHOOSES.

11-HINERI JIME/TURNING OR TWISTING STRANGLE

**APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY FOUR (4) SHIME WAZA OF HIS/HER CHOICE.**

### **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE/SHE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO SANDAN. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:

2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR AN OPPONENT OF EQUAL RANK IN AN INTERNATIONAL TOURNAMENT.

1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR AN OPPONENT OF LESSER RANK IN AN INTERNATIONAL TOURNAMENT.

½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.

2-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SHODAN).

3-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE YONDAN).

4-ONE (1) POINT FOR EACH YEAR APPLICANT IS A CERTIFIED AAU JUDO COACH.

5-ONE (1) POINT FOR EACH YEAR APPLICANT IS AN ACCREDITED AAU JUDO REFEREE.

### **TIME IN GRADE SCALE**

10 promotion points earned	4 years' time in grade as Sandan
7 promotion points earned	5 years' time in grade as Sandan
5 promotion points earned	6 years' time in grade as Sandan
3 promotion points earned	7 years' time in grade as Sandan
2 or less promotion points earned	8 years' time in grade as Sandan

### **KATA/DEMONSTRATION OF TECHNIQUE**

**Goal-Demonstrate functional skill in selected Kodokan Judo Kata.**

DEMONSTRATE ENTIRE KATAME NO KATA (FORM OF GRAPPLING) OR KATA OF APPLICANT'S CHOICE AS TORI PERFORMING TECHNIQUES ON BOTH RIGHT AND LEFT SIDES.

Kata is structured learning. It is considered a form of training in the same way randori (free practice) and shiai (contest) are. If an applicant is a "non-competitor" and has less than 2 promotion points, the demonstration of kata may substitute for promotion points earned in contest.



## **GODAN**

Applicants for the ranks of Godan must be able to successfully perform all technical skills and meet all criteria for all previous rank requirements as well as be able to successfully teach these technical skills. In addition, applicants for the ranks of Godan or higher must be actively involved in AAU or Freestyle Judo on (at the minimum) a national level. Promotions of Godan must be submitted to the JBBA Promotion Board for approval.

1-Minimum age requirement is 35 years old.

2-Applicant must be a current AAU member and pass the AAU background check.

3-At this point in a judoka's career, it is required that the applicant for this rank choose an area of expertise, either in coaching, working as a mat official or referee or in some other capacity. If the applicant chooses coaching as his or her area of expertise, the applicant must have successfully completed any coach education course or program endorsed by the AAU-or hold a Bachelor's Degree (or its equivalent) in the field of physical education (or related fields) from an accredited university or college. If the applicant chooses as his or her area of expertise the area of judo officiating or refereeing, he or she must have been active as a mat official at AAU or IFJA sanctioned or endorsed judo tournaments on the national level for a minimum of four (4) years and be currently active as a mat official or referee at national AAU or IJFA judo tournaments. If the applicant for this rank chooses an area of expertise as that of an athlete, he or she must be active in local, regional and national AAU and IFJA judo tournaments. If the applicant for this rank chooses another area of expertise of his or her choosing, he or she must consult the JBBA Promotion Board and inform the Board of this area of expertise and coordinate with the Board as to how to proceed to meet established goals that the board may require.

4-Applicant must possess a current CPR certification from a recognized agency.

5-Minimum time in grade from Yondan to Godan is five (5) years. Normal time in grade is 5 to 7 years.

6-Applicants for the rank of Godan must apply directly to the JBBA Promotion Board.

7-Meet and fulfill all previous rank requirements.

8-Applicant must write and submit (submit to the JBBA Promotion Board) a thesis or essay on any aspect of Kodokan Judo theory or technique of no less than 750 words.

9-Applicant must undergo a personal interview with the JBBA Promotion Board.

### **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE/SHE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO YONDAN. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:

2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR AN OPPONENT OF EQUAL RANK IN AN INTERNATIONAL TOURNAMENT.

1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR AN OPPONENT OF LESSER RANK IN AN INTERNATIONAL TOURNAMENT.

½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.

2-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SHODAN).

3-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE YONDAN).

4-ONE (1) POINT FOR EACH YEAR APPLICANT IS A CERTIFIED AAU JUDO COACH.

5-ONE (1) POINT FOR EACH YEAR APPLICANT IS AN ACCREDITED AAU JUDO REFEREE.

### **TIME IN GRADE SCALE**

10 promotion points earned	5 years' time in grade as Yondan
7 promotion points earned	6 years' time in grade as Yondan
5 promotion points earned	7 years' time in grade as Yondan
3 promotion points earned	8 years' time in grade as Yondan
2 or less promotion points earned	9 years' time in grade as Yondan

## **ROKUDAN AND HIGHER**

The ranks of Rokudan and above are analogous to earning a Doctorate from a university. While, in no way, does the JBBA imply, directly or indirectly, that titles such as “Professor,” “Doctor,” or other type of titles associated with that of a Ph.D. or that earning a Rokudan or higher rank in Judo directly equates to a Doctorate. However, within the context of Judo, the ranks of Rokudan or above denote the same level of knowledge, expertise, experience and credibility. A candidate for Rokudan, in addition to being active as a coach or instructor, must also demonstrate the ability to teach other coaches how to teach. In this regard, the JBBA’s syllabus and rank standards reflect this educational approach to these Kodansha (higher Dan grades).

At this level of achievement, the applicant or candidate for ranks of Rokudan and above should have an area of specialty, in addition to being able to demonstrate and teach a wide variety of technical skills. For example, candidates for Rokudan or higher could choose any of these areas (or any others of the candidate’s choosing); Coach Education, Kata, Historical Research, Medical Topics Relating to Judo, Judo for Special Populations, Technical Research, Kinesiology Relating to Judo, etc.

Additionally, applicants for the ranks of Rokudan and higher must have extensive experience on the national and/or international levels of judo in the capacity as an athlete, coach, mat official, or in some way served as a leader or promoter of judo, especially AAU and Freestyle Judo.

**Rank promotions will terminate at Godan unless the applicant demonstrates a proven and exceptional record of participation and achievement at the national and international levels.** At this point in a judoka’s career, it is essential that the applicant for this level of rank possess excellent personal technical skill in judo and have (at the minimum) national credentials, serving in a leadership capacity in AAU Judo.

If an applicant or candidate applies for any rank of Rokudan or higher, he or she must successfully meet all previous rank requirements and criteria and successfully meet and fulfill the JBBA rank requirements and criteria for the rank he or she is applying for.

## **ROKUDAN**

The applicant or candidate for ranks of Rokudan should have an area of specialty, in addition to being able to demonstrate and teach a wide variety of technical skills on an advanced level of expertise. For example, candidates for Rokudan could choose any of these areas (or any others of the candidate’s choosing); Coach Education, Kata, Historical Research, Medical Topics Relating to Judo, Judo for Special Populations, Technical Research, Kinesiology Relating to Judo, etc. Additionally, applicants for the ranks of Rokudan and higher must have extensive experience on the national and/or international levels of judo in the capacity as an athlete, coach, mat official, or in some way served as a leader or promoter of judo, especially AAU and Freestyle Judo. At this point in a judoka’s career, it is essential that the applicant for this level of rank possess excellent personal technical skill in judo and have (at the minimum) national credentials, serving in a leadership capacity in AAU Judo.

Candidates for the rank of Rokudan must successfully fulfill the following requirements.

- 1-Minimum age requirement is 40 years old.
- 2-Applicant must be a current AAU member and pass the AAU background check.
- 3-Applicant must possess a current CPR certification from a recognized agency.
- 4-Minimum time in grade from Godan to Rokudan is five (5) years. Normal time in grade is 5 to 7 years.
- 5-Applicants for the rank of Rokudan must apply directly to the JBBA Promotion Board.
- 6-Meet and fulfill all previous rank requirements.
- 7-Write an original paper on the candidate’s area of specialty and present it online, at a JBBA or SJA coaching conference or other appropriate outlets or audiences.
- 8-Write an original essay or paper of at least 750 words and submit it to the JBBA Promotion Board on the goals of Kodokan Judo as espoused by Jigoro Kano. Specifically, the subjects of; Seiryoku Zenyo, or the principle of the most efficient use of energy. Jita Kyoiei, or the principle of mutual benefit.
- 9-Write an original essay or paper of at least 750 words on the history and development of Judo and submit to the JBBA Promotion Board. The candidate may choose an area of specialty historically or may write a general historical narrative of Judo.
- 10-Candidate must demonstrate the ability to explain and teach the concepts of Shisei (the use of Posture in functional, realistic and dynamic ways), Shintai Linear and General (the linear dynamics of body movement) and Taisabaki (the non-linear and turning movements of the body). This includes factors such as Tempo or Pace (how fast the Judoka move about the mat), Space or Proximity (how close the Judoka are relative to each other and to the area of the mat they are one-also-how the use of gripping the opponent controls the effective use of space), Grip (the most effective grip relative to the opponent’s proximity and the most efficient use of a grip relative to the desired technique to be used).
- 11-Candidate must successfully demonstrate an ability to teach technical skills in functional, realistic situations. Members of the JBBA Promotion Board will observe the candidate actually teaching or coaching a clinic, seminar or class where members of the judo public are involved.
- 12-If the candidate chooses Kata as an area of expertise, he or she must demonstrate any recognized Kodokan Judo Kata of his or her choice or demonstrate a Kata of his or her own design or interpretation.
- 13-Applicant must undergo a personal interview with the JBBA Promotion Board.

## **TIME IN GRADE SCALE**

**5 years as Godan** Active on international level as official U.S. team coach or mat official (Referee) or tournament director at Olympic Games, World Judo Championships, Pan American Games or Championships, or international judo tournaments involving 5 or more nations. Actively involved in the promotion, promulgation and growth of AAU Judo and/or the Shingitai Jujitsu Association (SJA). Active as a coach or mat official (referee) or tournament director for AAU Judo on the national level.

**7 years as Godan** Active on national and/or international levels as listed in the above capacities. Actively support national AAU Judo tournaments, clinics, conferences, seminars, camps and other activities.

**10 years as Godan** Active on the national level serving as a coach or instructor of an active member club of the AAU. Actively serve as an AAU mat official (referee) or promote Freestyle Judo by hosting national tournaments, clinics, seminars, conferences and camps.

