

SEISHIN JUDO

AT SANDIA JUDO CLUB

LINDA YIANNAKIS, 5TH DAN (USA-TKJ); 5TH DAN (USA JUDO)

Requirements for Promotion

The serious study of judo requires regular attendance, much persistence, an understanding of principles both physical and philosophical, and practice, practice, practice. **Seishin Judo** is committed to the study of the larger judo: judo as a way of life and a path as well as a powerful martial way. Classes focus on the principles that drive techniques and their application in various contexts.

Students may advance in rank by meeting time in grade criteria and by demonstrating technical competence and theoretical and background knowledge. Randori, kata (formal and informal) and competition are the three main areas of judo application. Expectations and requirements in all three areas are stated at each grade level. In addition, attending clinics and seminars and providing supervised teaching (when appropriate) are required.

Each test below includes a representative sampling of principles and techniques from judo. The tests do not represent a complete syllabus of judo. They also include techniques that are outside of the standard Kodokan program. This document is intended as a reference and study guide for the student.

GOKYU (5th Kyu)

Yellow Belt (All Testing is from Japanese Terminology)

1. Sound character and maturity
2. Minimum age of 14 years
3. Minimum time practicing Judo: 3 months
4. Regular dojo attendance
5. Good dojo hygiene
6. Good Judo/Jujutsu etiquette
7. **Demonstrate** competence in basic breakfalls
8. **Demonstrate** kiai and understanding of Judo spirit
9. Proper wearing and folding of the Judogi
10. **Demonstrate** standing and kneeling bows (ritsurei and zarei)
11. Pass the Oral and/or Written Exam
12. **Fundamentals of:**
 - a. Proper Grasping (kumi kata)
 - b. Posture (shisei)
 - c. Natural Posture (shizentai)
 - d. Defensive Posture (jigotai)
 - e. Body Movement forward and back (shintai)
 - f. Body Management (tai sabaki): Pivoting 90 degrees
 - g. Normal Walking (ayumi ashi); follow foot walking (tsugi ashi)

All techniques on both right and left sides from Japanese terminology except where noted:

13. **Throwing Techniques (Nage Waza)**, right and left; demonstrate from Japanese terminology:

- a. Advancing Foot Sweep (De Ashi Barai)
- b. Knee Wheel (Hiza Guruma)
- c. Major Hip (Ogoshi)
- d. One-arm Back Carry Throw (Ippon Seoinage) (Shinmeisho)
- e. Two-arm Back Carry Throw (Morote Seoinage)
- f. Major Outer Reaping (Osoto Gari)

14. **Continuous Techniques (Renzoku Waza):**

- a. Deashi Barai-Osoto Gari
- b. Hiza Guruma-Osoto Gari
- c. Hiza Guruma-Seoinage

15. **Immobilization holds and escapes (Osaekomi Waza):**

- a. Scarf Hold (Kesa Gatame); 2 escapes
- b. Side Four Corners Hold (Yokoshiho Gatame); 1 escape
- c. Upper Four Corners Hold (Kamishihogatame); 1 escape
- d. Irregular/Broken Scarf Hold (Kuzure Kesa Gatame); 1 escape

16. **Strangulation Techniques (Shime Waza):**

- a. Naked Strangle (Hadaka Jime); 2 forms. Defense & escape

17. **Joint Lock Techniques (Kansetsu Waza): (Randori)**

- a. Ude Gatame: 2 forms: Cross body; Against uke on his side pushing up
- b. Ude Garami (Form I – uke's arm is bent upwards)
- c. Waki Gatame

18. **Kodokan Goshin Jutsu:**

- a. Ryote Dori (Both Hands Grab) – kote hinieri
- b. Hidari Eri Dori (Left Lapel Grab) – ude hishigi ude gatame

19. Participate in *in-class* **randori and shiai**

YONKYU (4th Kyu)

Green Belt (All Testing is from Japanese Terminology)

1. Sound character and maturity
2. Minimum Age of 14 years
3. Minimum time in grade: 5 months
4. Regular dojo attendance
5. Excellent Judo Hygiene and Etiquette
6. *All previous requirements with improved ability*
7. Pass the Oral/Written Exam
8. Knowledge of the Origins, History, and Development of Judo
9. Japanese Terminology, Color, and Order of the Judo Belt Ranking System
10. **Demonstrate Forms of Off-Balancing (Happo-no-kuzushi)**
11. **Demonstrate the three major components of throws (kuzushi, tsukuri, kake)**
12. **Demonstrate 2 escapes from kumi-kata (grip breaks)**

All techniques on both right and left sides from Japanese terminology except where noted:

13. Throwing Techniques (Nage Waza):

- a. Propping Drawing Ankle (Sasae Tsurikomi Ashi)
- b. Floating Hip (Uki Goshi)
- c. Minor Outer Reaping (Kosoto Gari)
- d. Minor Inner Reaping (Kouchi Gari)
- e. Hip Wheel (Koshi Guruma)
- f. Drawing/Lift-Pull Hip – kata style (Kata Tsurikomi Goshi)
- g. Major Inner Reaping (O Uchi Gari)
- h. Osoto (Gari) Gaeshi (Shinmeisho)
- i. Tsubame Gaeshi (Shinmeisho)
- j. Demonstrate throws from previous requirements while moving

- k. Demonstrate good **breakfalls** as Uke for all Dai Ikkyo throws

14. Counter-throwing Techniques (Kaeshi Waza):

- a. Counter Ogoshi with Ogoshi
- b. Counter Seoinage with Tani Otoshi
- c. Counter Hiza Guruma with Ouchi Gari
- d. Counter Osoto Gari with Osoto Gari Gaeshi

15. Combination Techniques (Renzoku or Renraku Waza) (any 8 of these):

- (1.) Uki Goshi-Ouchi Gari
- (2.) Osoto Gari-Seoinage
- (3.) Osoto Gari-Ouchi Gari
- (4.) Ogoshi-Ouchi Gari
- (5.) Ouchi Gari-Osoto Gari
- (6.) Ouchi Gari-Seoinage
- (7.) Ouchi Gari-Uki Goshi
- (8.) Ouchi Gari-Sasae Tsurikomi Ashi

- (9.) Seoinage-Ouchi Gari
- (10.) Hiza Guruma-Kouchi Gari
- (11.) Hiza Guruma-Koshi Guruma
- (12.) Osoto Gari-Tsurikomi Goshi
- (13.) Ouchi Gari-Kouchi Gari
- (14.) Kouchi Gari-Ouchi Gari
- (15.) Seoinage-Kouchi Gari
- (16.) Kouchi Gari-Seoinage
- (17.) Kouchi Gari-Tsurikomi Goshi
- (18.) Kouchi Gari-Koshi Guruma
- (19.) Koshi Guruma-Ouchi Gari
- (20.) Three different throws into holds

16. Immobilization Holds (Osaekomi Waza), Transitions and Escapes (Nigeru Waza):

- a. Irregular Side Four Corners Hold (Kuzure Yokoshiho Gatame) and 1 escape
- b. Irregular Upper Four Corners Hold (Kuzure Kamishiho Gatame) and 1 escape
- c. Kuzure Yoko Shiho Gatame to Kuzure Kami Shiho Gatame
- d. Kuzure Yoko Shiho Gatame to Kuzure Kesa Gatame
- e. Kuzure Kami Shiho Gatame to Kami Shiho Gatame
- f. Kami Shiho Gatame to Kuzure to Yoko Shiho Gatame

17. Matwork Entries (Hairi Kata)

- a. Half-Nelson Entry
- b. Reverse (head-to-head) Half-Nelson Entry

18. Strangulation Techniques (Shime Waza):

- a. Natural-Cross Choke (Nami Juji Jime)
- b. Reverse-Cross Choke (Gyaku Juji Jime)
- c. Half-Cross Choke (Kata Juji Jime)
- d. Okurieri Jime (Sliding Lapel Choke)
- e. Kataha Jime (Sliding Lapel Choke)

19. Joint-Lock Techniques (Kansetsu Waza) (Randori)

- a. Ude Hishigi Juji Gatame (Cross Arm Crush, Reclining)
- b. Hantai Ude Hishigi Juji Gatame (Cross Arm Crush, Face Down)
- c. Ude Hishigi Ude Gatame Oroshi (Arm Crush pushing down); Standing

20. Kodokan Goshin Jutsu:

- a. Ryote Dori (Both Hands Grab); with 1 variation
- b. Hidari Eri Dori (Left Lapel Grab); with 1 variation
- c. Migi Eri Dori (Right Lapel Grab); with 1 variation
- d. Kata Ude Dori (Single Arm Grab); with 1 variation
- e. Ushiro Eri Dori (Rear Collar Grab); with 1 variation
- f. Kakae Dori (Rear Bear Hug); with 1 variation

21. Participation in **randori**. Visits to other clubs are encouraged.

22. **Competition Experience** (may be waived for noncompetitors):
- a. One tournament since last promotion, OR
 - b. An in-class or local club contest
23. **Participate in at least one judo or other martial art clinic or workshop** since last promotion.

SANKYU (3rd Kyu)

Brown Belt Third Degree (All Testing is from Japanese Terminology)

1. Sound character and maturity
2. Minimum Age of 14 years
3. Minimum time in grade: 6 months
4. Regular dojo attendance
5. Excellent Judo Hygiene and Etiquette
6. *All previous requirements with improved ability*
7. Pass the Oral/Written Exam
8. All techniques on both right and left sides from Japanese terminology except where noted
9. **Demonstrate Tai Sabaki**
 - a. Forward and back 45 degrees (turning in toward the line)
 - b. Stepping back 45 degrees (turning out from the line)
 - c. Stepping/pivoting forward/back 180 degrees (second foot behind first on the line)
 - d. Pivoting forward/back 180 degrees (both feet straddling the line, as if doing an entry)
10. **Throwing Techniques (Nage Waza):**
 - a. High Drawing Hip (Taka Tsurikomi Goshi)
 - b. Sleeve Drawing Hip (Sode Tsurikomi Goshi) (Shinmeisho)
 - c. Body Drop (Tai Otoshi)
 - d. Sliding Foot Sweep (Okuriashi Harai)
 - e. Sweeping Hip (Harai Goshi)
 - f. Inner Thigh (Uchi Mata)
 - g. Osoto Otoshi (Habukareta)
 - h. Seoi Otoshi (Habukareta)
 - i. Demonstrate some of the earlier requirements while moving and on both sides
 - j. Demonstrate good **breakfalls** as uke for all Dai Nikyo throws.
11. **Counter-throwing Techniques (Kaeshi Waza):**
 - a. Counter Ouchi Gari with Ouchi Gari Gaeshi
 - b. Counter Deashi Barai with Tsubame Gaeshi
 - c. Counter Uki Goshi with Tani Otoshi
 - d. Counter Sasae Tsurikomi Ashi with Sasae Tsurikomi Ashi
12. **Combination Techniques (Renzoku or Renraku Waza) (any 10 of these):**
 - (1) Kouchi Gari to Ippon Seoinage
 - (2) Hiza Guruma-Tai Otoshi
 - (3) Hiza Guruma-Harai Goshi
 - (4) Deashi Barai-Harai Goshi
 - (5) Deashi Barai-Okuriashi Barai
 - (6) Sasae Tsurikomi Ashi-Harai Goshi
 - (7) Sasae Tsurikomi Ashi-Okuriashi Barai
 - (8) Osoto Gari-Harai Goshi
 - (9) Osoto Gari-Uchi Mata
 - (10) Ouchi Gari-Tai Otoshi
 - (11) Ouchi Gari-Uchi Mata

- (12) Ouchi Gari-Sasae Okuriashi Barai
- (13) Uki Goshi-Harai Goshi
- (14) Kouchi Gari-Harai Goshi
- (15) Kouchi Gari-Uchi Mata
- (16) Kouchi Gari-Yoko Tai Otoshi
- (17) Tai Otoshi-Ouchi Gari
- (18) Tai Otoshi-Tai Otoshi
- (19) Tai Otoshi-Kouchi Gari
- (20) Uchimata-Tai Otoshi
- (21) Uchimata-Ouchi Gari
- (22) Uchimata-Kouchi Gari
- (23) Uchimata-Harai Goshi
- (24) Uchimata-Sasae Tsurikomi Ashi
- (25) Harai Goshi-Osoto Gari
- (26) Okuriashi Barai-Harai Goshi
- (27) Okuriashi Barai-Tai Otoshi
- (28) Okuriashi Barai-Osoto Gari
- (29) Three throws from Dai Nikyo into holds

13. Gripping Techniques (Kumi Kata):

- a. Demonstrate two hip throws from non-standard grip
- b. Demonstrate cross gripping to a throw (2 different throws)

14. Immobilization Holds (Osaekomi Waza), Transitions and Escapes (Nigeru Waza):

- a. Backward Scarf Hold (Ushiro Kesa Gatame); 1 escape
- b. Shoulder hold (Kata Gatame); 1 escape
- c. Mune gatame

15. Defense (Fusegi) and Escapes (Nigeru Waza) for all earlier Osaekomi requirements

16. Entries to Mat Work (Hairi Kata):

- a. Belt grab over back; pull over across leg
- b. Pulling legs to side entry
- c. Sleeve pull entry
- d. One turnover from uke on all 4s
- e. One turnover from uke in turtle position

17. Strangulation Techniques (Shime Waza)

- a. Katate Jime
- b. Sode guruma jime from in front of uke
- c. Sode guruma jime from behind uke
- d. Tsukikomi Jime

18. Joint Lock Techniques (Kansetsu Waza) (Randori)

- a. Waki Empi Gatame
- b. Two entries into Waki Gatame

- c. Ude Hishigi Hiza Gatame
- d. Yokoshiho Fusegi Ude Gatame Oroshi

19. **Kodokan Goshin Jutsu:**

- a. Naname Uchi (Slanting blow to temple); with 1 variation
- b. Ago Tsuki (Chin Strike/upper cut); with 1 variation
- c. Ganmen Tsuki (Face Punch/Straight Punch); with 1 variation
- d. Mae Geri (Front Kick); with 1 variation
- e. Yoko Geri (Side Kick); with 1 variation

20. **Atemi and Other Goshin Waza**

- a. Uke-Waza (Blocking Techniques)
 - 1. Gedan barai uke – 1 technique
 - 2. Sukui uke – 1 technique
- b. Kosaho attack/defend method – 1 technique
- c. Seiryoku Zenyo Kokumin Taiiku; Goho Ate (Five Directions Strikes)
 - 1. Hidari Mae Naname Ate (Strike obliquely to left/(Naname Tsuki)
 - 2. Migi Ate (Right Strike/Tettsui)
 - 3. Ushiro Ate (Rear Strike/Ushiro Hiji Ate)
 - 4. Mae Ate (Front Strike/Choku Tsuki)
 - 5. Ue Ate (High Strike/Age Tsuki)
- d. Seiryoku Zenyo Kokumin Taiiku: O Goho Ate (Stepping Five Directions Strikes)
 - 1. O Hidari Mae Naname Ate (Strike obliquely to left/(Naname Tsuki)
 - 2. O Migi Ate (Right Strike/Tettsui)
 - 3. O Ushiro Ate (Rear Strike/Ushiro Hiji Ate)
 - 4. O Mae Ate (Front Strike/Choku Tsuki)
 - 5. O Ue Ate (High Strike/Age Tsuki)
- e. Kote gaeshi (1 application)

21. **Nage-No-Kata:** Uke for first three groups (te, koshi, ashi)

22. Regular participation in **randori**. Visits to other clubs are encouraged.

23. **Competition Experience** (may be waived for noncompetitors):

- a. Two tournaments, OR
- b. One tournament and an in-house or local club shiai

24. **Participate in at least one judo or other martial art clinic or workshop** since last promotion.

Non-competitors: Participate in at least 2 such clinics.

NIKYU (2rd Kyu)

Brown Belt Second Degree (All Testing is from Japanese Terminology)

1. Sound character and maturity
2. Minimum Age of 15 years
3. Minimum time in grade: 8 months
4. Regular dojo attendance
5. Excellent Judo Hygiene and Etiquette
6. *All previous requirements with improved ability*
7. Pass the Oral/Written Exam
8. All techniques on both right and left sides from Japanese terminology except where noted
9. **Throwing Techniques (Nage-Waza)**
 - a. Entire Dai Nikyo of Gokyo no Waza moving and on both sides
 - b. Entire Dai Sankyo of Gokyo no Waza
 - c. Harai Goshi Gaeshi (Shinmeisho)
 - d. Morote Gari (Shinmeisho)
 - e. Direct Hip Wheel (Omote Koshi Guruma)
 - f. Direct Major Hip (Omote Ogoshi)
 - g. Demonstrate good **breakfalls** as Uke for Dai Sankyo throws
10. **Counter Throwing Techniques (Kaeshi Waza)**
 - a. Counter Kouchi Gari with Hiza Guruma
 - b. Counter Koshi Guruma with Taniotoshi
 - c. Counter Okuriashi Harai with Sasae Tsurikomi Ashi
 - d. Counter Harai Goshi with Harai Goshi Gaeshi
11. **Combination Techniques (Renzoku or Renraku Waza) (any 10 of these):**
 - (1) Hiza Guruma-Harai Tsurikomi Ashi
 - (2) Deashi Barai-Ashi Guruma
 - (3) Osoto Gari-Hane Goshi
 - (4) Osoto Gari-Ashi Guruma
 - (5) Osoto Gari-Tomoe Nage
 - (6) Osoto Gari-Yoko Otoshi
 - (7) Osoto Gari-Kosoto Gake
 - (8) Uchi Gari-Hane Goshi
 - (9) Uchi Gari-Tsuri Goshi
 - (10) Uki Goshi-Yoko Otoshi
 - (11) Uki Goshi-Kosoto Gake
 - (12) Seoinage-Kosoto Gake
 - (13) Kouchi Gari-Yoko Otoshi
 - (14) Kouchi Gari-Ashi Guruma
 - (15) Kouchi Gari-Hane Goshi
 - (16) Kouchi Gari-Harai Tsurikomi Ashi
 - (17) Kouchi Gari-Tomoe Nage
 - (18) Kouchi Gari-Kata Guruma
 - (19) Kosoto Gari-Ashi Guruma
 - (20) Okuriashi Barai-Harai Tsurikomi Ashi

- (21) Okuriashi Barai-Yoko Otoshi
- (22) Hane Goshi-Osoto Gari
- (23) Hane Goshi-Ouchi Gari
- (24) Hane Goshi-Kouchi Gari
- (25) Tomoe Nage-Osoto Gari
- (26) Tomoe Nage-Ouchi Gari
- (27) Tomoe Nage-Kouchi Gari
- (28) Three throws from Dai Sankyo into holds

12. **Kumi kata:**

- a. Demonstrate 2 methods for throwing without gripping the gi
- b. Demonstrate defenses against a high (over the shoulder) grip and double lapel grip

13. **Immobilization Holds (Osaekomi Waza) and Escapes (Nigeru Waza)**

- a. Vertical Four Corners Holding (Tateshiho Gatame) and escape
- b. Pillow Scarf Hold (Makura Kesagatame)
- c. Uki gatame I (knee on chest) & II (roll up from juji gatame position)
- d. Escapes from all previous holds

14. **Entries into Matwork (Hairi Kata)**

- a. From inside legs: knee-in entry
- b. From inside legs: somersault entry
- c. Tsuru principle turnover for uke on stomach
- d. Two turnovers from uke on all 4s
- e. Two turnovers from uke in turtle position

15. **Strangulation Techniques (Shime Waza)**

- a. Sankaku jime (Triangle Choke)
- b. Katate Ashi Garami Jime (Leg Coil Kamishiho Choke)
- c. Yokoshiho Osae Jime (Side Four Corners Press Choke)
- d. Ryote Jime
- e. Escapes and defenses from chokes

16. **Joint-Locking Techniques (Kansetsu Waza) (Randori)**

- a. Ude Hishigi Ashi Gatame
- b. Kesa Gatame Ude Gatame
- c. Four applications of Waki Gatame

17. **Kodokan Goshin Jutsu:**

- a. Tsukkake (Knife Drawing); with variations
- b. Choku Tsuki (Knife Straight Thrust); with variations
- c. Naname Tsuki (Knife Oblique Slash); with variations

18. **Atemi and Other Goshin Waza**

- a. Uke waza:
 - 1. Juji uke – 2 techniques

2. Age uke – 1 technique
- b. Seiryoku Zenyo Kokumin Taiiku: Goho Geri (Five Directions Kicks)
 1. Mae Geri (Front Kick)
 2. Ushiro Geri (Back Kick)
 3. Hidari Mae Naname Geri/Uchi Kansetsu Geri (Left Front Angle Kick/Inner Joint Kick)
 4. Migi Mae Naname Geri/Yoko Geri/Soto Kansetsu Geri
 5. Taka Geri (High Kick)

19. **Nage no Kata:** Uke and Tori for first three sets (te, koshi, ashi)
20. Demonstrated ability to achieve techniques in **randori** with those of equal or lesser rank.
21. **Competition Experience** (may be waived for noncompetitors):
 - a. Two tournaments, OR
 - b. One tournament and an in-house or local club contest.

22. **Participate in one judo or other martial art clinic or workshop** since last promotion.
Non-competitors: Participate in at least 2 such clinics.

IKKYU (First Kyu)

Brown Belt First Degree (All Testing is from Japanese Terminology)

1. Sound character and maturity
2. Minimum Age of 16 years
3. Minimum time in grade: 10 months
4. Regular dojo attendance
5. Excellent Judo Hygiene and Etiquette
6. *All previous requirements with improved ability*
7. Pass the Oral/Written Exam
8. All techniques on both right and left sides from Japanese terminology except where noted
9. **Throwing Techniques (Nage-Waza)**
 - a. Entire Dai Sankyo of Gokyo no Waza moving and on both sides
 - b. Entire Dai Yonkyo of Gokyo no Waza
 - c. Two techniques from Dai Gokyo of Gokyo no Waza
 - d. Obi Otoshi (form of Sukui Nage) (Habukareta)
 - e. Ude Gaeshi

 - f. Demonstrate good **breakfalls** as Uke for Dai Yonkyo throws
10. **Counter Throwing Techniques (Kaeshi Waza); 2 each:**
 - a. Counters for Tai Otoshi
 - b. Counters for Uchimata
 - c. Counters for Kosoto Gake
 - d. Counters for Tsuru Goshi
11. **Combination Techniques (Renzoku or Renraku Waza) (any 10 of these):**
 - (1) Osoto Gari-Tani Otoshi
 - (2) Osoto Gari-Hane Makikomi
 - (3) Osoto Gari-Soto Makikomi
 - (4) Uki Goshi-Tani Otoshi
 - (5) Uki Goshi-Utsuri Goshi
 - (6) Ouchi Gari-Sumi Gaeshi
 - (7) Ouchi Gari-Tani Otoshi
 - (8) Ouchi Gari-Hane Makikomi
 - (9) Ouchi Gari-O Guruma
 - (10) Seoinage-Tani Otoshi
 - (11) Seoinage-Sukui Nage
 - (12) Seoinage-Uki Otoshi
 - (13) Kouchi Gari-Hane Makikomi
 - (14) Kouchi Gari-Tani Otoshi
 - (15) Kosoto Gari-O Guruma
 - (16) Okuriashi Barai-Tani Otoshi
 - (17) Tai Otoshi-Uki Otoshi
 - (18) Uchi Mata-Sukui Nage
 - (19) Kosoto Gake -Utsuri Goshi
 - (20) Hane Goshi-Hane Makikomi

(21) Three throws from Dai Yonkyo into holds

12. **Kumi Kata** (gripping):
 - a. Demonstrate 3 methods of throwing without gripping the gi
 - b. Demonstrate 3 defenses against stiff-arming or posting
13. **Immobilization Holds (Osaekomi Waza)**
 - a. Irregular Vertical Four Corners Hold (Kuzure Tateshiho Gatame) and escapes
 - b. Ushiro yoko shiho gatame
 - c. KeyLock Variant of Ushiro Kesagatame (using gi)
14. **Entries into Matwork (Hairi Kata)**
 - a. Turnover from below (Sumi Gaeshi style)
 - b. Turnover from below – reach over one side to back
 - c. Hip turnover for uke on stomach
15. **Joint Lock Techniques (Kansetsu Waza) (Randori)**
 - a. Hara Gatame
 - b. Ude garami – 2 applications (Ude Garami II - arm bent down; Ude Garami III - arm in back)
 - c. Ude Hishigi Tachi Juji Gatame (Cross Arm Crush, Standing)
16. **Strangulation Techniques (Shime Waza)**
 - a. Koshi Jime
 - b. Kata (gatame) jime
 - c. Kubi Jime (a reversed Hadaka Jime)
 - d. Ebi Garami Jime (Reversed Hadaka Jime with arm coil)
 - e. Sode Jime
17. **Kodokan Goshin Jutsu**
 - a. Furi Age (Swinging Up); with variations
 - b. Furi Oroshi (Swinging Down); with variations
 - c. Morote-Tsuki (Two hand Thrust); with variations
18. **Atemi and Other Goshin Waza**
 - a. Uke waza
 1. Mawashi uke – 2 techniques
 2. Nagashi uke – 1 technique
 - b. Mukaite – 1 technique
 - c. Seiryoku Zenyo Kokumin Taiiku:
 1. Kagami Migaki (Polishing Mirror)
 2. Sayu uchi; Zengo Tsuki; Ryote Ue Tsuki; O Ryote Ue Tsuki; Sayu Kogo; Ryote shita tsuki
19. **Nage no Kata:** Reasonable ability as Uke and Tori for entire kata
20. Ability to achieve techniques in **randori** with those of equal and lesser rank.

21. **Competition Experience** (may be waived for noncompetitors):
 - a. Two tournaments, OR
 - b. Any combination of shiai and kata competition (2 events)
22. **Participate in one judo or other martial art clinic since last promotion**
Non-competitors: Participate in at least 2 such clinics.

SHODAN (First Dan)

Black Belt First Degree (All Testing is from Japanese Terminology)

1. Sound character and maturity
2. Minimum Age of 16 years
3. Minimum time in grade: 1 year
4. Regular dojo attendance
5. Excellent Judo Hygiene and Etiquette
6. *All previous requirements with improved ability*
7. Pass the oral/written exam
8. All techniques on both right and left sides from Japanese terminology except where noted
9. **Throwing Techniques (Nage-Waza)**
 - a. Entire Gokyo no Waza
 - b. Hanmi Hantachi Uchi Mata
 - c. Hanmi Hantachi Hiza Guruma
 - d. Hanmi Hantachi Osoto Gari
 - e. Ken-Ken Osoto Gari
 - f. Nidan Kosoto Gari
 - g. Ryoashi Tomoenage
- Shinmeisho no waza:**
 - h. Kuchiki Taoshi
 - i. Osoto Makikomi
 - j. Ouchi (Gari) Gaeshi
 - k. Dakiage (Embracing Lift)
- l. Demonstrate good **breakfalls** as Uke for Dai Gokyo throws.
10. **Tokui waza:** Demonstrate and explain yoten for your tokui waza.
11. **Counter Throwing Techniques (Kaeshi Waza):** Counters to all Gokyo techniques.
12. **Combination Techniques (Renzoku or Renraku waza)**
 - a. Ten renzoku or renraku waza using the techniques required for Shodan
 - b. Any five throws into holds
13. **Immobilization Holds (Osaekomi Waza)**
 - a. All previous holds, entries, and escapes
 - b. Demonstrate ability to control uke efficiently in a dynamic ne-waza situation (moderate resistance)
14. **Joint Lock Techniques (Kansetsu Waza) (Randori)**
 - a. Kesa Gatame Ude Garami
 - b. Randori applications of all previous locks

15. **Strangulation Techniques (Shime Waza)**
 - a. Tawara Jime
 - b. Kata Eri Jime
 - c. Dojime (prohibited technique)

16. **Kodokan Goshin Jutsu:** Uke and Tori for entire form

17. **Seiryoku Zenyo Kokumin Taiiku:** Entire Tandoku Renshu

18. **Atemi and Other Goshin Waza**
 - a. Shotei Ate (palm heel strike) – 2 applications
 - b. Ushiro (Empi) Ate – 2 applications
 - c. Kihon Oshi Taoshi Ude Gatame (takedown with ude gatame)
 - d. Seoi Ude Gatame (from seoinage)
 - e. Demonstrate specific attacks to 3 kyusho
 - f. Demonstrate responses to striking/kicking attacks (6)

19. **Nage no Kata:** Uke and Tori for entire kata

20. Ability to achieve techniques in **randori** with those of equal or lesser rank/experience.
21. **Competition Experience** (may be waived for noncompetitors):
 - a. Three tournaments, OR
 - b. Any combination of shiai and kata competition (3 events)
22. **Participate in two judo or other martial art clinics or workshops** since last promotion.
Non-competitors: Participate in 3 such clinics.
23. **Teaching experience** under supervision
24. **Good ability to explain the philosophical foundations** of Judo and Jujutsu, especially aspects of the physical, psychological, and spiritual contributions to self-actualization.
25. **Recommended:** First Aid/ Sport Safety Certification

NIDAN (Second Dan)

Black Belt Second Degree (All Testing is from Japanese Terminology)

1. Sound character and maturity
2. Minimum Age of 21 years
3. Minimum time in grade: 2 years
4. Regular dojo attendance
5. Excellent Judo Hygiene and Etiquette
6. *All previous requirements with improved ability*
7. Pass the Oral/Written Exam
8. All techniques on both right and left sides from Japanese terminology except where noted
9. **Throwing Techniques (Nage-Waza)**
 - a. Entire Gokyo no Waza from memory
 - b. Yoko Tomoenage
 - c. “Wrong leg” Tomoenage
 - d. Kataude Tomoenage
 - e. “Wrong leg” Sumi Gaeshi

- Shinmeisho no waza:**
 - g. Kibisu Gaeshi
 - h. Uchi Mata Sukashi
 - i. Uchi Mata Gaeshi
 - j. Ko Uchi Gaeshi
10. **Tokui waza:** Demonstrate your tokui waza in a moving situation against moderate resistance. Explain the timing and positioning for entering when moving.
11. **Counter Techniques (Kaeshi waza):** Counters to Shinmeisho techniques.
12. **Combination Techniques (Renzoku or Renraku Waza)**
 - a. Eight renzoku or renraku waza from Nidan Waza
13. **Immobilization Holds (Osaekomi Waza)**
 - a. All previous holds, entries, and escapes
 - b. Ude Gaeshi into holds (3)
 - c. Demonstrate ability in a ne-waza situation to control uke and maintain control while continuously transitioning to new osae or submissions (against moderate resistance).
14. **Joint Lock Techniques (Goshin)**
 - a. All previous locks with self-defense applications
 - b. Yubi Nage
15. **Strangulation Techniques (Shime Waza):**
 - a. Ebi jime
 - b. Koshi Osae Jime (Thigh Press Choke)
 - c. Ura juji jime
 - d. Jigoku Jime

16. **Atemi and Other Goshin Waza:**

- a. Tegatana Ate – 2 applications
- b. Ryokuhi – 2 applications
- c. Demonstrate specific attacks to 5 kyusho
- d. Demonstrate 8 attack-defense kaho (pre-planned attack and defense) using these and other waza.

17. **Kata**

- a. Nage no Kata: Improved ability as Uke and Tori for entire kata
- b. Kodokan Goshin Jutsu: Improved ability as Uke and Tori for entire kata
- c. Seiryoku Zenyo Kokumin Taiiku: Basic skill for Tandoku Renshu

18. Proficiency in **randori**

19. **Competition Experience** (may be waived for noncompetitors):

- a. Three tournaments, OR
- b. Any combination of tournaments and kata competition (3 events)

20. **Participate in three judo or other martial art clinics or workshops** since last promotion

Non-competitors: Participate in 4 such clinics.

21. **Regular teaching experience** under supervision; Demonstrate understanding of basic learning/teaching principles.

22. **Good ability to explain the philosophical foundations of Judo and Jujutsu**, especially the physical, psychological, and spiritual contributions to self-actualization.

23. Demonstrate **leadership at the club level**, including activities that contribute to the growth and development of the club

24. **Recommended:**

- a. First aid/Sport safety certification
- b. Coach Certification: Any USJx course

Rank System

Rank (English)	Rank (Japanese)	Belt Color
Beginner		white
6 th level	rokkyu	yellow or white
5 th level	gokyu	yellow or orange
4 th level	yonkyu	green or white
3 rd level	sankyu	brown
2 nd level	nikyu	brown
1 st level	ikkyu	brown
1 st grade	shodan	black
2 nd grade	nidan	black
3 rd grade	sandan	black
4 th grade	yodan	black
5 th grade	godan	black
6 th grade	rokudan	black or red-and-white
7 th grade	shichidan	black or red-and-white
8 th grade	hachidan	black or red-and-white
9 th grade	kudan	black or red
10 th grade	judan	black or red