



Elkhorn JUDO Requirements

Rank	Name	Min. Age	Min. Classes	Test Fee
Juichikyu	White			
Jukyu	White/Yellow	5	7	\$40.00
Kyukyu	Yellow	6	14	\$50.00
Hachikyu	Green Stripe	6	20	\$50.00
Nanakyu	Green	7	20	\$60.00
Rokkyu	Blue Stripe	7	20	\$60.00
Gokyu	Blue	8	32	\$70.00
Yonkyu	Brown Stripe	9	40	\$70.00
Sankyu	Brown III	10	40	\$80.00
Nikyu	Brown II	11	52	\$80.00
Ikkyu	Brown I	12	52	\$80.00
Shodan	Black	13	52	\$375.00

- Eligibility for promotion shall be based upon the following general requirements, not necessarily in this order:
- a) Moral character, attitude, and maturity
 - b) Competitive ability
 - c) Technical proficiency
 - d) General experience, contributions, and time in grade
 - e) Recommendation by candidate’s instructor
 - f) Must have knowledge and demonstrate the skills of the previous rank
 - g) Participate in class activities
 - h) Basic Judo etiquette
 - i) Basic Judo hygiene

REDUCTIONS OF TIME IN GRADE BY CONTRIBUTION (FOR COMPETITORS AND NON- COMPETITORS)

A student may reduce their time in grade buy participating Judo special events. A maximum of 30% reduction will be allowed. Reductions will be as follows:

- 5% for participation in a Judo seminar
- 5% for participation in a Judo tournament
- 5% for winning in Judo tournament over an opponent of equal rank
- 10% for winning in Judo tournament over an opponent of higher rank

White - 11th Kyu (Juichikyu)

十一級

MINIMUMS Age: 5

Number of classes: 7

BASICS

- A. Demonstrate posture - Shizentai (natural posture)
- B. Demonstrate adequate body control (Taisabaki)
Changing direction and position while maintaining a balanced and controlled posture
 - 1. Ritsurei - standing bow
 - 2. Zarei - kneeling bow
 - 3. Suriashi - moving by sliding on the balls of your feet
 - 4. Ayumiashi - normal walking steps
 - 5. Tsugiashi - shuffling feet
 - 6. Kumi Kata - gripping
- C. Referee commands – define the following
 - 1. Mate
 - 2. Hajime

UKEMI (Falling Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Ushiro Ukemi – falling backwards
- B. Yoko Ukemi – falling sideways
- C. Mae Ukemi – falling straight forward
- D. Mae Mawari Ukemi / Zenpo Kaiten Ukemi – falling and rolling / tumbling forward

TACHIWAZA (Standing Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Osoto-gari - major outer reap
- B. O-goshi - major hip throw
- C. Ippon Seoinage – one arm shoulder throw

NEWAZA (Ground Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Kesa-gatame - scarf hold
- B. Yoko-shiho-gatame - side four corner hold
- C. Escape from Kesa-gatame

HISTORY & PHILOSOPHY

- A. Know how to spell Judo
- B. Define the word Judo
- C. Where was Judo founded

White/Yellow - 10th Kyu (Jukyu)

十級

MINIMUMS

Age: 6

Number of classes since Juichikyu: 14

BASICS

- A. Be able to tie your own Obi on your judogi
- B. Demonstrate postures
 - 1. Shizentai (natural posture)
 - 2. Jigotai (defensive posture)
- C. Demonstrate proper Reiho (respectful movements)
 - 1. Ritsurei - standing bow
 - 2. Zarei - kneeling bow
- D. Demonstrate adequate body control (Taisabaki)
Changing direction and position while maintaining a balanced and controlled posture
 - 1. Mae Sabaki - front movement control
 - 2. Ushiro Sabaki - back movement control
 - 3. Mae Mawari Sabaki - forward turn movement control
- E. Demonstrate Uchikomi
Entry and proper fitting of your body into the position used prior to executing a throwing technique
 - 1. Kuzushi - breaking opponent's balance
 - 2. Tsukuri - putting your body in proper position to execute technique
- F. Demonstrate the Happa no Kuzushi (eight directions of Kuzushi)
Putting your opponent into an unbalanced position
- G. Referee commands – Define the following
 - 1. Osaekomi
 - 2. Toketa
 - 3. Soremade

UKEMI (Falling Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Ushiro Ukemi – falling backwards
- B. Yoko Ukemi – falling sideways
- C. Mae Ukemi – falling straight forward
- D. Mae Mawari Ukemi / Zenpo Kaiten Ukemi – falling and rolling / tumbling forward

TACHIWAZA (Standing Techniques)

Must be able to proficiently demonstrate the following techniques

- A. O-goshi - major hip throw
- B. Ippon Seoinage – one arm shoulder throw
- C. Koshi-guruma – hip wheel
- D. O-soto-gari - major outer reap

NEWAZA (Ground Techniques)

Must be able to proficiently demonstrate the following

- A. Kesa-gatame - scarf hold
- B. Kuzure Kesa-gatame – modified scarf hold
- C. Yoko-shiho-gatame – side four corner hold
- D. Escape from Kesa-gatame

HISTORY & PHILOSOPHY

- A. Name the founder of judo?
- B. What year was it founded?
- C. In what country was judo founded?
- D. What was the name of the first judo school?

Yellow - 9th Kyu (Kyukyu)

九級

MINIMUMS

Age: 6

Number of classes since Jukyu: 20

BASICS

- A. Be able to tie your own Obi
- B. Demonstrate postures
 - 1. Shizentai (natural posture)
 - 2. Jigotai (defensive posture)
- C. Demonstrate proper Reiho (respectful movements)
 - 1. Ritsurei - Standing bow
 - 2. Zarei - Kneeling bow
- D. Demonstrate correct body control (taisabaki) - changing direction and position while maintaining a balanced and controlled posture :
 - 1. Mae Sabaki - front movement control
 - 2. Ushiro Sabaki - back movement control
 - 3. Mae Mawari Sabaki - forward turn movement control
- E. Be able to demonstrate the following:
 - 1. Proper moving – Suriashi, Ayumiashi, Tsugiashi
 - 2. Demonstrate Uchikomi
 - Entry and proper fitting of your body into the position used prior to executing a throwing technique
 - a. Kuzushi - breaking opponent's balance
 - b. Tsukuri - putting your body in proper position to execute technique
 - 3. Demonstrate the Happo no Kuzushi (8 directions of Kuzushi)
 - Putting your opponent into an unbalanced position
- F. Rules & Refereeing – Define the following
 - 1. Sonomama
 - 2. Yoshi

UKEMI (Falling Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Ushiro Ukemi – falling backwards
- B. Yoko Ukemi – falling sideways
- C. Mae Ukemi – falling straight forward
- D. Mae Mawari Ukemi / Zenpo Kaiten Ukemi – falling and rolling / tumbling forward

TACHIWAZA (Standing Techniques)

Must be able to proficiently demonstrate the following techniques

- A. O-goshi - major hip throw
- B. Ippon Seoinage – single arm should
- C. Koshi-guruma – hip wheel
- D. O-soto-gari - major outer reap
- E. De-ashi-barai - advancing foot sweep

NEWAZA (Ground Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Kesa-gatame - scarf hold
- B. Kuzure Kesa-gatame – modified scarf hold
- C. Yoko-shiho-gatame – side four corner hold
- D. Escape from Kesa-gatame
- E. Escape from Kuzure Kesa-gatame

HISTORY & PHILOSOPHY

- A. Who is the tori?
- B. Who is the uki?
- C. What does Sensei mean?
- D. What is the slogan of Professor Kano?

八級

Age: 7

BASICS

- ## UKEMI (Falling Techniques)

Must be able to proficiently demonstrate the following techniques

- ## TACHIWAZA (Standing Techniques)

Must be able to proficiently demonstrate the following techniques

- ## NEWAZA (Ground Techniques)

Must be able to proficiently demonstrate the following techniques

- SHIMEWAZA (Strangulation Techniques) For judoka 12 years or older

- A. Okuri-eri-jime – sliding lapel/collar choke

- What is Nage-waza?
- What is Te-waza?
- What is Ashi-waza?

Green - 7th Kyu (Nanakyu)



MINIMUMS

Age: 7

Number of classes since Hachikyu: 20

BASICS

- A. Able to properly fold their judogi
- B. Demonstrate postures
 - 1. Shizentai (natural posture)
 - 2. Jigotai (defensive posture)
- C. Demonstrate adequate body control (Taisabaki)
Changing direction and position while maintaining a balanced and controlled posture
 - 1. Maesabaki - front movement control
 - 2. Ushirosabaki - back movement control
 - 3. Maemawarisabaki - forward turn movement control
- D. Ground movements
 - 1. Ebi (shrimp)
- E. Be able to demonstrate the following:
 - 1. Proper moving – Taisabaki 180 degree
 - 2. Demonstrate Uchikomi
Entry and proper fitting of your body into the position used prior to executing a throwing technique
 - a. Kuzushi - breaking opponent's balance
 - b. Tsukuri - putting your body in proper position to execute technique
 - 3. Demonstrate the Happo no Kuzushi (eight directions of Kuzushi)
Putting your opponent into an unbalanced position
 - a. Demonstrate uchikomi (kuzushi and tsukuri) - entry and proper fitting of your body into the position used prior to executing a throwing technique.
 - b. Demonstrate the eight directions of kuzushi (happo no kuzushi)- forcing your opponent into an unbalanced position.
- F. Rules & Refereeing – Demonstrate the following and explain what it means
 - 1. Shido
 - 2. Hansoku Make
 - 3. Sonomama
 - 4. Joshi

UKEMI (Falling Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Ushiro Ukemi – falling backwards
- B. Yoko Ukemi – falling sideways
- C. Mae Ukemi – falling straight forward
- D. Mae Mawari Ukemi / Zenpo Kaiten Ukemi – falling and rolling / tumbling forward

TACHIWAZA (Standing Techniques)

Must be able to proficiently demonstrate the following techniques

- A. O-soto-gari - Major outer reap
- B. O-goshi - Major hip
- C. Tsurikomi-goshi – Lifting pulling Hip
- D. Tai-otoshi – Body drop
- E. Ouchi-gari – Major inner reap
- F. Morote Seoi-nage – Two arm shoulder throw
- G. One combination technique

NEWAZA (Ground Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Kata-gatame - Shoulder lock
- B. Kami-shiho-gatame – Upper four corner hold
- C. One escape form Yoko-shiho-gatame
- D. One escape from Kami-shiho-gatame

SHIMEWAZA (Strangulation Techniques) For judoka 12 years or older

- A. Okuri-eri-jime – Sliding lapel/collar choke
- B. Hadaka-jime – Naked hand choke

HISTORY & PHILOSOPHY

- A. What is Koshi-waza?
- B. What is Shime-waza?
- C. What is Tachi-waza?

Blue Stripe - 6th Kyu (Rokkyu)

六級

MINIMUMS

Age: 8

Number of classes since Nanakyu: 32

BASICS

- A. Consistently has a clean judogi and helps keep the dojo maintained
- B. Demonstrate postures
 - 1. Shizentai (natural posture, Right & Left)
 - 2. Jigotai (defensive posture, Right & Left)
- C. Demonstrate adequate body control (Taisabaki)
Changing direction and position while maintaining a balanced and controlled posture
 - 1. Maesabaki - front movement control
 - 2. Ushirosabaki - back movement control
 - 3. Maemawarisabaki - forward turn movement control
- D. Ground movements
 - 1. Ebi (shrimp forward, backward & side)
- E. Be able to demonstrate the following:
 - 1. Proper moving – Taisabaki 180 degree
 - 2. Demonstrate Uchikomi
Entry and proper fitting of your body into the position used prior to executing a throwing technique
 - a. Kuzushi - breaking opponent's balance
 - b. Tsukuri - putting your body in proper position to execute technique
 - 3. Demonstrate the Happo no Kuzushi (eight directions of Kuzushi)
Putting your opponent into an unbalanced position
 - a. Demonstrate uchikomi (kuzushi and tsukuri) - entry and proper fitting of your body into the position used prior to executing a throwing technique.
 - b. Demonstrate the eight directions of kuzushi (happo no kuzushi)- forcing your opponent into an unbalanced position.
- F. Rules & Refereeing – Demonstrate the following and explain what it means
 - 1. Provide 1 example of how someone gets Hansoku Make
 - 2. State 2 Shido penalties
 - 3. Demonstrate proper entry into the Shiaijo

UKEMI (Falling Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Ushiro Ukemi – falling backwards
- B. Yoko Ukemi – falling sideways
- C. Mae Ukemi – falling straight forward
- D. Mae Mawari Ukemi / Zenpo Kaiten Ukemi – falling and rolling / tumbling forward

TACHIWAZA (Standing Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Harai-goshi – Sweeping hip
- B. Sode-tsurikomi-goshi – Sleeve pulling lifting hip
- C. Sasae-tsurikomi-ashi – Supporting foot lift pull throw
- D. One Nagewaza technique to both left and right

NEWAZA (Ground Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Kuzure Kami-shiho-gatame
- B. Tate-shiho-gatame – Vertical four corner hold
- C. One escape from Tate-shiho-gatame
- D. One escape from Kata-gatame
- E. Two turnovers from Uke back
- F. One entry from Uke legs

SHIMEWAZA (Strangulation Techniques) For judoka 12 years or older

- A. Kataha Jime – Single wing choke
- B. Okuri Juji Jime – Sliding collar choke
- C. One escape from Okuri Eri Jime

HISTORY & PHILOSOPHY

- A. What is Osae-komi-waza?
- B. What is Katame-waza/Ne-waza?
- C. What is Kansetsu-waza?

Blue - 5th Kyu (Gokyu)



MINIMUMS

Age: 9

Number of classes since Rokkyu: 40

BASICS

- A. Consistently has a clean judogi and helps keep the dojo maintained
- B. Demonstrate postures
 - 1. Shizentai (natural posture, Right & Left)
 - 2. Jigotai (defensive posture, Right & Left)
- C. Demonstrate adequate body control (Taisabaki)
Changing direction and position while maintaining a balanced and controlled posture
 - 1. Maesabaki - front movement control
 - 2. Ushirosabaki - back movement control
 - 3. Maemawarisabaki - forward turn movement control
- D. Ground movements
 - 1. Ebi (shrimp forward, backward & side)
- E. Be able to demonstrate the following:
 - 1. Proper moving – Taisabaki 180 degree
 - 2. Demonstrate Uchikomi
Entry and proper fitting of your body into the position used prior to executing a throwing technique
 - a. Kuzushi - breaking opponent's balance
 - b. Tsukuri - putting your body in proper position to execute technique
 - 3. Demonstrate the Happo no Kuzushi (eight directions of Kuzushi)
Putting your opponent into an unbalanced position
 - a. Demonstrate uchikomi (kuzushi and tsukuri) - entry and proper fitting of your body into the position used prior to executing a throwing technique.
 - b. Demonstrate the eight directions of kuzushi (happo no kuzushi)- forcing your opponent into an unbalanced position.
- F. Rules & Refereeing – Demonstrate the following and explain what it means
 - 1. Define Hikiwake
 - 2. Practice refereeing within the dojo

UKEMI (Falling Techniques)

- Must be able to proficiently demonstrate the following techniques
- A. Ushiro Ukemi – falling backwards
 - B. Yoko Ukemi – falling sideways
 - C. Mae Ukemi – falling straight forward
 - D. Mae Mawari Ukemi / Zenpo Kaiten Ukemi – falling and rolling / tumbling forward

TACHIWAZA (Standing Techniques)

- Must be able to proficiently demonstrate the following techniques
- A. Harai-goshi – Sweeping hip
 - B. Sode-tsurikomi-goshi – Sleeve pulling lifting hip
 - C. Sasae-tsurikomi-ashi – Supporting foot lift pull throw
 - D. 2 Nagewaza techniques to both left and right side

NEWAZA (Ground Techniques)

- Must be able to proficiently demonstrate the following techniques
- A. Kuzure Kami-shiho-gatame
 - B. Tate-shiho-gatame – Vertical four corner hold
 - C. An escape from Kuzure Kami Shiho Gatame
 - D. Sankaku turnover
 - E. One turnover starting from uke's side (uke face down)
 - F. 1st entry from Uke's legs
 - G. 2nd entry from Uke's legs

SHIMEWAZA (Strangulation Techniques) For judoka 12 years or older

- A. Kata Juji Jime – Single wing choke
- B. One escape from Kataha Jime
- C. One escape from Kata Juji Jime

HISTORY & PHILOSOPHY

- A. What is the difference between judo and ju-jitsu?
- B. Your Tokuiwaza _____

Brown Stripe - 4th Kyu (Yonkyu)



MINIMUMS

Age: 10

Number of classes since Gokyu: 40

BASICS

- A. Consistently has a clean judogi and helps keep the dojo maintained
- B. Demonstrate postures
 - 1. Shizentai (natural posture, Right & Left)
 - 2. Jigotai (defensive posture, Right & Left)
- C. Demonstrate adequate body control (Taisabaki)
Changing direction and position while maintaining a balanced and controlled posture
 - 1. Maesabaki - front movement control
 - 2. Ushirosabaki - back movement control
 - 3. Maemawarisabaki - forward turn movement control
- D. Ground movements
 - 1. Ebi (shrimp forward, backward & side)
- E. Be able to demonstrate the following:
 - 1. Proper moving – Taisabaki 180 degree
 - 2. Demonstrate Uchikomi
Entry and proper fitting of your body into the position used prior to executing a throwing technique
 - a. Kuzushi - breaking opponent's balance
 - b. Tsukuri - putting your body in proper position to execute technique
 - 3. Demonstrate the Happo no Kuzushi (eight directions of Kuzushi)
Putting your opponent into an unbalanced position
 - a. Demonstrate uchikomi (kuzushi and tsukuri) - entry and proper fitting of your body into the position used prior to executing a throwing technique.
 - b. Demonstrate the eight directions of kuzushi (happo no kuzushi)- forcing your opponent into an unbalanced position.
- F. Rules & Refereeing – Demonstrate the following and explain what it means
 - 1. Define Hikiwake
 - 2. Practice refereeing within the dojo

UKEMI (Falling Techniques)

- Must be able to proficiently demonstrate the following techniques
- A. Ushiro Ukemi – falling backwards
 - B. Yoko Ukemi – falling sideways
 - C. Mae Ukemi – falling straight forward
 - D. Mae Mawari Ukemi / Zenpo Kaiten Ukemi – falling and rolling / tumbling forward

TACHIWAZA (Standing Techniques)

- Must be able to proficiently demonstrate the following techniques
- A. Ko Uchi Gari - Minor inner reap
 - B. Uki Goshi - Floating hip
 - C. Hane Goshi – Springing hip
 - D. Hidari Okuri Ashi Harai – left side foot sweep
 - E. Migi Okuri Ashi Harai – right side foot sweep
 - F. Migi De Ashi Harai – right side advancing foot sweep
 - G. Hidari De Ashi Harai – left side advancing foot sweep
 - H. Two Renrakuwaza
 - I. Two Kaeshiwaza

NEWAZA (Ground Techniques)

- Must be able to proficiently demonstrate the following techniques
- A. Osaekomi exercise – all holds
 - B. One turnover from bottom
 - C. Tokuiwaza – Nage Waza
 - D. Tokuiwaza – Osae Waza
 - E. Tokuiwaza – turn over
 - F. Tokuiwaza –Entry from leg

SHIMEWAZA (Strangulation Techniques) For judoka 12 years or older

- A. Nami Juji Jime - Normal cross choke
- B. Gyaku Juji Jime - Reverse cross choke
- C. One escape from Nami Juji Jime
- D. One escape from Gyaku Jime Jime

Brown III - 3rd Kyu (Sankyu)



MINIMUMS

Age: 11

Number of classes since Yonkyu: 52

BASICS

- A. Consistently has a clean judogi and helps keep the dojo maintained
- B. Demonstrate postures
 - 1. Shizentai (natural posture, Right & Left)
 - 2. Jigotai (defensive posture, Right & Left)
- C. Demonstrate adequate body control (Taisabaki)
Changing direction and position while maintaining a balanced and controlled posture
 - 1. Maesabaki - front movement control
 - 2. Ushirosabaki - back movement control
 - 3. Maemawarisabaki - forward turn movement control
- D. Ground movements
 - 1. Ebi (shrimp forward, backward & side)
- E. Be able to demonstrate the following:
 - 1. Proper moving – Taisabaki 180 degree
 - 2. Demonstrate Uchikomi
Entry and proper fitting of your body into the position used prior to executing a throwing technique
 - a. Kuzushi - breaking opponent's balance
 - b. Tsukuri - putting your body in proper position to execute technique
 - 3. Demonstrate the Happa no Kuzushi (eight directions of Kuzushi)
Putting your opponent into an unbalanced position
 - a. Demonstrate uchikomi (kuzushi and tsukuri) - entry and proper fitting of your body into the position used prior to executing a throwing technique.
 - b. Demonstrate the eight directions of kuzushi (happa no kuzushi)- forcing your opponent into an unbalanced position.
- F. Rules & Refereeing – Demonstrate the following and explain what it means
 - 1. Must participate or assist in a tournament or other Judo event

UKEMI (Falling Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Ushiro Ukemi – falling backwards
- B. Yoko Ukemi – falling sideways
- C. Mae Ukemi – falling straight forward
- D. Mae Mawari Ukemi / Zenpo Kaiten Ukemi – falling and rolling / tumbling forward

TACHIWAZA (Standing Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Uchi Mata – Inner thigh
- B. Harai/Sasae Tsuru Komi Ashi – Lifting pulling foot sweep
- C. Tomoe Nage – Stomach throw
- D. Tsubame Gaeshi – Swallow counter
- E. Hane Goshi – Springing hip

NEWAZA (Ground Techniques)

Must be able to proficiently demonstrate the following techniques

- A. All Osae Waza
– examiner picks 3 osae waza – demonstrator show how to hold and how to escape
- B. 1st way getting leg out of uke's coil on tori's leg
- C. 2nd way getting leg out of uke's coil on tori's leg

SHIMEWAZA (Strangulation Techniques) For judoka 12 years or older

- A. Morote Jime – Two hand choke

Brown II - 2nd Kyu (Nikyu)



MINIMUMS

Age: 12

Number of classes since Sankyu: 52

BASICS

- A. Consistently has a clean judogi and helps keep the dojo maintained
- B. Demonstrate postures
 - 1. Shizentai (natural posture, Right & Left)
 - 2. Jigotai (defensive posture, Right & Left)
- C. Demonstrate adequate body control (Taisabaki)
Changing direction and position while maintaining a balanced and controlled posture
 - 1. Maesabaki - front movement control
 - 2. Ushirosabaki - back movement control
 - 3. Maemawarisabaki - forward turn movement control
- D. Ground movements
 - 1. Ebi (shrimp forward, backward & side)
- E. Be able to demonstrate the following:
 - 1. Proper moving – Taisabaki 180 degree
 - 2. Demonstrate Uchikomi
Entry and proper fitting of your body into the position used prior to executing a throwing technique
 - a. Kuzushi - breaking opponent's balance
 - b. Tsukuri - putting your body in proper position to execute technique
 - 3. Demonstrate the Happo no Kuzushi (eight directions of Kuzushi)
Putting your opponent into an unbalanced position
 - a. Demonstrate uchikomi (kuzushi and tsukuri) - entry and proper fitting of your body into the position used prior to executing a throwing technique.
 - b. Demonstrate the eight directions of kuzushi (happo no kuzushi)- forcing your opponent into an unbalanced position.
- F. Rules & Refereeing – Demonstrate the following and explain what it means
 - 1. Must participate or assist in a tournament or other Judo event

UKEMI (Falling Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Ushiro Ukemi – falling backwards
- B. Yoko Ukemi – falling sideways
- C. Mae Ukemi – falling straight forward
- D. Mae Mawari Ukemi / Zenpo Kaiten Ukemi – falling and rolling / tumbling forward

TACHIWAZA (Standing Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Uchi Mata – Inner thigh
- B. Ko Soto Gari – Minor outer reap
- C. Tsubame Gaeshi – Swallow counter
- D. Harai Tsurikomi Ashi – Lifting pulling sweeping
- E. Ushiro Goshi – Back hip throw
- F. Kata Guruma – Shoulder throw
- G. Soto Maki Komi – Outer wraparound throw
- H. Osoto Gaeshi – Major outer reap throw counter
- I. Ouchi Gaeshi – Major inner reaping throw counter
- J. Must perform techniques from Nage No Kata
 - 1. 1st set – Tewaza (hand techniques)
 - 2. 2nd set – Koshiwaza (hip techniques)

NEWAZA (Ground Techniques)

Must be able to proficiently demonstrate the following techniques

- A. All Osae Waza
– examiner picks 3 osae waza – demonstrator show how to hold and how to escape
- B. Demonstrate proper application and multiple escapes from same technique

SHIMEWAZA (Strangulation Techniques) For judoka 12 years or older

- A. Sode Guruma Jime – Sleeve wheel choke
- B. In the event the judoka has not learned SHIMEWAZA yet, the following needs to be performed
 - 1. Nami Juji Jime
 - 2. Kata Juji Jime
 - 3. Hadaka Jime
 - 4. Okuri Eri Jime
 - 5. Gyaku Juji Jime
- C. Morote Jime – Two hand choke
- D. One escape from Nami Juji Jime
- E. One escape from Gyaku Jime Jime
- F. One escape from Kataha Jime
- G. One escape from Kata Juji Jime

Brown I - 1st Kyu (Ikkyu)



MINIMUMS

Age: 13

Number of classes since Nikyu: 52

BASICS

- A. Consistently has a clean judogi and helps keep the dojo maintained
- B. Demonstrate postures
 - 1. Shizentai (natural posture, Right & Left)
 - 2. Jigotai (defensive posture, Right & Left)
- C. Demonstrate adequate body control (Taisabaki)
Changing direction and position while maintaining a balanced and controlled posture
 - 1. Maesabaki - front movement control
 - 2. Ushirosabaki - back movement control
 - 3. Maemawarisabaki - forward turn movement control
- D. Ground movements
 - 1. Ebi (shrimp forward, backward & side)
- E. Be able to demonstrate the following:
 - 1. Proper moving – Taisabaki 180 degree
 - 2. Demonstrate Uchikomi
Entry and proper fitting of your body into the position used prior to executing a throwing technique
 - a. Kuzushi - breaking opponent's balance
 - b. Tsukuri - putting your body in proper position to execute technique
 - 3. Demonstrate the Happo no Kuzushi (eight directions of Kuzushi)
Putting your opponent into an unbalanced position
 - a. Demonstrate uchikomi (kuzushi and tsukuri) - entry and proper fitting of your body into the position used prior to executing a throwing technique.
 - b. Demonstrate the eight directions of kuzushi (happo no kuzushi)- forcing your opponent into an unbalanced position.
- F. Rules & Refereeing – Demonstrate the following and explain what it means
 - 1. Must participate or assist in a tournament or other Judo event

UKEMI (Falling Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Ushiro Ukemi – falling backwards
- B. Yoko Ukemi – falling sideways
- C. Mae Ukemi – falling straight forward
- D. Mae Mawari Ukemi / Zenpo Kaiten Ukemi – falling and rolling / tumbling forward

TACHIWAZA (Standing Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Uki Otoshi – Floating drop
- B. Uki Waza – Floating throw
- C. Ashi Guruma – Leg wheel
- D. Hikikomi Gaeshi – Pulling down sacrifice
- E. Sumi Gaeshi - Corner sacrifice
- F. Uchimata Sukashi – Inner thigh reaping throw slip
- G. Utsuri Goshi – Hip shift
- H. Oguruma – Large wheel
- I. Must perform techniques from Nage No Kata
 - 1. 1st set – Tewaza (hand techniques)
 - 2. 2nd set – Koshiwaza (hip techniques)

NEWAZA (Ground Techniques)

Must be able to proficiently demonstrate the following techniques

- A. All Osae Waza
– examiner picks 3 osae waza – demonstrator show how to hold and how to escape
- B. Demonstrate proper application and multiple escapes from same technique

SHIMEWAZA (Strangulation Techniques) For judoka 12 years or older

- A. Sode Guruma Jime – Sleeve wheel choke
 - B. In the event the judoka has not learned SHIMEWAZA yet, the following needs to be performed
 - 1. Nami Juji Jime
 - 2. Kata Juji Jime
 - 3. Hadaka Jime
 - 4. Okuri Eri Jime
 - 5. Gyaku Juji Jime
 - C. Morote Jime – Two hand choke
 - D. One escape from Nami Juji Jime
 - E. One escape from Gyaku Jime Jime
 - F. One escape from Kataha Jime
 - G. One escape from Kata Juji Jime
- VII. KANSETSUWAZA (Arm Lock Techniques) Primarily for judoka above the age of 14.
- A. Ude Garami – Entangled arm lock
 - B. Juji Gatame – Cross arm lock
 - C. Ude Gatame – Arm lock
 - D. Hiza Gatame – Knee lock
 - E. Hara Gatame – Stomach lock
 - F. Waki Gatame – Arm pit lock

SHODAN

GENERAL REQUIREMENTS:

- 1. Unquestioned moral character and maturity
- 2. Continued practice and interest
- 3. Increased proficiency in all lower rank requirements
- 4. Terminology required for lower ranks
- 5. Names, colors and order of junior and senior belt ranking system
- 7. Minimum age of 14 years
- 8. Time-in-grade as Ikkyu:
 - Non-competitor 3 years
 - 5 points 2 years
 - 10 points 1 year
 - 15 points 9 months
 - 20 points 6 months

ABILITY TO DEMONSTRATE:

- 1. Throwing Techniques
 - Uki-otoshi floating drop
 - Uki-waza floating throw
 - Koshi-guruma..... waist wheel throw
 - Harai-tsuru-komi-ashi lifting-pulling foot sweep
 - Yoko-guruma..... side wheel throw
- 2. General Techniques
 - Demonstrate three throws to the left and right side
 - Demonstrate three combination techniques
 - Demonstrate three counter techniques
- 3. Nage-no-Kata
 - Competitor: First three sets of Kata
 - Non-competitor: Complete Kata

NIDAN

GENERAL REQUIREMENTS:

- 1. Unquestioned moral character and maturity
- 2. Continued practice and interest
- 3. Increased proficiency in all lower rank requirements
- 4. Terminology required for lower ranks
- 5. Names, colors and order of junior and senior belt ranking system
- 7. Minimum age of 16 years
- 8. Time-in-grade as Shodan:
 - Non-competitor 4 years
 - 5 points 3 years
 - 10 points 2 year
 - 15 points 18 months
 - 20 points 12 months

ABILITY TO DEMONSTRATE:

- 1. Throwing Techniques
 - Yoko-gake side body drop
 - Sumi-gaeshi corner throw
 - Ura-nage rear throw
 - Yoko-otoshi side drop
 - Ko-soto-gake minor outer hooking ankle throw
- 2. General Techniques
 - Demonstrate three throws to the left and right side
 - Demonstrate three combination techniques
 - Demonstrate three counter techniques
- 3. Nage-no-Kata
 - Competitor: Complete Nage no Kata (**tori**)
 - Non-competitor: Complete Nage no Kata (**tori & uke**) and Katame no Kata (**tori**)