

**UNITED STATES OF AMERICA
TRADITIONAL KODOKAN JUDO ®
RANK REQUIREMENTS
*FOR JUNIORS***



USA-TKJ National Office

3816 Bellingham Drive
Reno, Nevada 89511
Phone: 775.851.8875

Official Website: www.usatkj.org
Email: natlhq.usatkj@gmail.com

KODOKAN JUDO

Kodokan Judo is defined by the Kodokan Judo Institute in Tokyo, Japan as

- ...a martial art formulated by Jigoro Kano based on his reformulation and adaptation of several classical jujutsu systems as well as his own philosophical ideals

Source: *Kodokan New Japanese-English Dictionary of Judo*

TRADITIONAL KODOKAN JUDO

Traditional Kodokan Judo is simply the practice of Kodokan Judo as described in the text *Kodokan Judo* (Kano, Kodansha International), **without** an *overwhelming emphasis* on the sport of Judo. It is about studying the history, etiquette, waza and kata of Kodokan Judo and enjoying them for what they are - *knowledge, skills and a way of life* based on principles taught by Kodokan Judo's Founder, Jigoro Kano.

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USA-TKJ Rank Requirements For Juniors

JU-KYU (White Belt - 10th Kyu)

General Requirements:

1. This rank is assigned to individuals of good moral character who has been accepted as a student by an officially recognized Judo Instructor of the USA-TKJ.
2. No age requirement.
3. Basic knowledge of dojo rules, procedures and hygiene.
4. Regular dojo attendance and training.

KU-KYU (White Belt w/yellow stripe - 9th Kyu)

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with USA-TKJ.**
5. Minimum time in grade requirement as Ju-Kyu, three months.

General Knowledge:

Japanese Counting Numbers: 1 - 10

- | | | |
|----|-------|-------|
| 1. | One | Ichi |
| 2. | Two | Ni |
| 3. | Three | San |
| 4. | Four | Shi |
| 5. | Five | Go |
| 6. | Six | Roku |
| 7. | Seven | Sichi |
| 8. | Eight | Hachi |
| 9. | Nine | Ku |
| 1. | Ten | Ju |

Japanese Terms

- | | | |
|----|---------------|------------|
| 1. | Begin! | Hajime! |
| 2. | Stop! | Matte! |
| 3. | Attention! | Kiyotsuke! |
| 4. | Bow! | Rei! |
| 5. | Yes | Hai |
| 6. | No | Iie |
| 7. | Front/Forward | Zempo |
| 8. | Left | Hidari |
| 9. | Right | Migi |

JU-KYU (White Belt - 10th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

- | | |
|--|-----------------|
| 10. Rear | Koho |
| 11. Practice Hall for Judo | Dojo |
| 12. Teacher (in Judo) | Sensei |
| 13. Judo Player | Judoka |
| 14. Person performing technique | Tori |
| 15. Person receiving technique | Uke |
| 16. Judo Uniform | Judogi |
| 17. Founder of Judo | Dr. Jigoro Kano |
| 18. First Judo School | The Kodokan |
| 19. Year first Judo school was founded | 1882 |
| 20. Martial Art Judo came from | Jujitsu |

WAZA – Techniques

Students will demonstrate the following techniques:

UKEMI WAZA - Breakfalling Techniques:

1. Basic Rear Breakfall Koho Ukemi



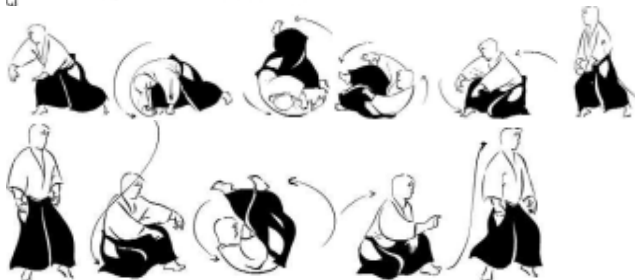
2. Basic side Breakfall Yoko Ukemi



3. Forward Rolling Breakfall Zempo Kaiten Ukemi



4. Back Roll Breakfalling Ushiro Kaiten Ukemi



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JU-KYU (White Belt - 10th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

5. Basic Front Breakfalling Mae Ukemi



NAGE WAZA - Throwing Techniques:

Major Hip Throw O Goshi



Major Outer Reaping Throw O Soto Gari



One Arm Shoulder Throw Ippon Seoi Nage



NE WAZA - Ground Techniques:

1. Scarf Hold Kesa Gatame



2. Shoulder Hold Kata Gatame



3. Escape from Kesa Gatame and Kata Gatame

4. Cross face turnover

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HACHI-KYU (White Belt w/orange stripe - 8th Kyu)

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with USA-TKJ.**
5. Minimum time in grade requirement as Ku-Kyu, three months.

General Knowledge:

Japanese Counting Numbers: 11 - 20

- | | |
|---------------|----------|
| 11. Eleven | Ju Ichi |
| 12. Twelve | Ju Ni |
| 13. Thirteen | Ju San |
| 14. Fourteen | Ju Shi |
| 15. Fifteen | Ju Go |
| 16. Sixteen | Ju Roku |
| 17. Seventeen | Ju Sichi |
| 18. Eighteen | Ju Hachi |
| 19. Nineteen | Ju Ku |
| 20. Twenty | Ni Ju |

Judo Terms

- | | |
|-------------------------------------|----------------|
| 1. Please | Onegai Shimasu |
| 2. Thank You | Domo Arigato |
| 3. Falling Methods | Ukemi |
| 4. Big or Major | O |
| 5. Small or Minor | Ko |
| 6. Outside | Soto |
| 7. Inside | Uchi |
| 8. Reaping action with leg | Gari |
| 9. Sweeping action with leg | Harai/Barai |
| 10. Dashing/hooking action with leg | Gake |
| 11. Winding action with throw | Maki Komi |
| 12. Throwing Techniques | Nage Waza |
| 13. Grappling Techniques | Katame Waza |
| 14. Striking Techniques | Atemi Waza |
| 15. Falling Techniques | Ukemi Waza |
| 16. Free Practice | Randori |
| 17. Formal, pre-arranged practice | Kata |
| 18. Tournament | Shiai |
| 19. Dropping action in throws | Otoshi |
| 20. Favorite Technique | Tokui Waza |

WAZA – Techniques

Students will demonstrate the following techniques:

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NAGE WAZA - Throwing Techniques:

1. Advanced Foot Sweep De Ashi Harai



2. Knee Wheel Throw Hiza Guruma



3. Foot Stop Throw Sasae Tsuri Komi Ashi



4. Neck Throw Kubi Nage

Same as O Goshi except arm is around the neck.

UKEMI WAZA - Breakfalling Techniques:

Students will demonstrate continued improvement in all ukemi.

NE WAZA - Ground Techniques:

1. Side Quarters Hold (& Escape) Yoko Shiho Gatame



2. Escape from Yoko Shiho Gatame
3. Elbow and knee turnover against a flat opponent

Combinations:

1. Kubi Nage to Kesa Gatame
2. O Soto Gari to Kesa Gatame

SHICHI-KYU (White Belt w/green stripe - 7th Kyu)

General Requirements:

JU-KYU (White Belt - 10th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with USA-TKJ.**
5. Minimum time in grade requirement as Hachi-Kyu, three months.

General Knowledge:

Japanese Counting Numbers: 21 - 40

21.	Twenty One	Niju Ichi
22.	Twenty Two	Niju Ni
23.	Twenty Three	Niju San
24.	Twenty Four	Niju Shi
25.	Twenty Five	Niju Go
26.	Twenty Six	Niju Roku
27.	Twenty Seven	Niju Sichi
28.	Twenty Eight	Niju Hachi
29.	Twenty Nine	Niju Ku
30.	Thirty	Sanju
31.	Thirty One	Sanju Ichi
32.	Thirty Two	Sanju Ni
33.	Thirty Three	Sanju San
34.	Thirty Four	Sanju Shi
35.	Thirty Five	Sanju Go
36.	Thirty Six	Sanju Roku
37.	Thirty Seven	Sanju Sichi
38.	Thirty Eight	Sanju Hachi
39.	Thirty Nine	Sanju Ku
40.	Forty	Shiju

Competitive Judo Terms

1.	Full Point	Ippon
2.	Almost Full Point Throw	Waza Ari
3.	Almost Waza Ari	Yuko
4.	Slight Superiority	Koka
5.	Slight Penalty	Shido
6.	Disqualifying Penalty	Hansoku Make
7.	Hold Down (Referee Command)	Osae Komi
8.	Hold Down Broken (Referee Command)	Toketa
9.	Don't Move (Referee Command)	Sono Mama
10.	Continue (Referee Command)	Yoshi
11.	Decision! (Referee Command)	Hantei!
12.	That is All! (Referee Command)	Sore Made!

WAZA – Techniques

Students will demonstrate the following techniques:

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NAGE WAZA - Throwing Techniques:

1. Floating Hip Throw

Uki Goshi



2. Major Inner Reaping Throw

O Uchi Gari



3. Two handed Reap

Morote Gari



4. Pulling Hip Throw

Tsuri Goshi



Defenses and Counters:

1. Defend against Tani Otoshi with Tsuri Goshi.
2. Sprawl against Morote Gari

Combinations:

1. Morote Gari to Yoko Shiho Gatame
2. Tsuri Goshi to Kuzure Kesa Gatame

NE WAZA - Ground Techniques:

1. Rear Scarf Hold

Ushiro Kesa Gatame

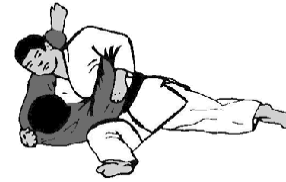


JU-KYU (White Belt - 10th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

2. Upper Quarters Hold Kami Shiho Gatame



3. Modified Scarf Hold Kuzure Kesa Gatame



4. Escape from Ushiro Kesa Gatame
5. Escape from Kuzure Kesa Gatame

ROK-KYU (Yellow Belt - 6th Kyu)

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with USA-TKJ.**
5. Minimum time in grade requirement as Shichi-Kyu, three months.
6. This rank requires a retesting of all previous rank requirements with improved ability on all techniques.

General Knowledge:

Judo Terms

- | | |
|--|------------------|
| 1. Off Balance (Part of Throw) | Kuzushi |
| 2. Entry (Part of Throw) | Tsukuri |
| 3. Execution (Part of Throw) | Kake |
| 4. Sitting on Knees | Seiza |
| 5. Sitting Crossed Legged | Anza |
| 6. Normal Walking | Ayumi Ashi |
| 7. Following Foot Walking | Tsugi Ashi |
| 8. Standing Throwing Techniques | Tachi Waza |
| 9. Hand/Arm Throwing Techniques | Te Waza |
| 10. Hip/Waist Throwing Techniques | Goshi Waza |
| 11. Foot/Leg Throwing Techniques | Ashi Waza |
| 12. Rear Falling Sacrifice Techniques | Ma Sutemi Waza |
| 13. Side Falling Sacrifice Techniques | Yoko Sutemi Waza |
| 14. Hold Down Techniques | Osae Komi |
| 15. Strangling Techniques | Shime Waza |
| 16. Joint Locking Techniques | Kansetsu Waza |
| 17. Forms of Gripping | Kumi Kata |
| 18. Repetition Practice without Throwing | Uchi Komi |
| 19. Warm-up exercises in Judo | Junbi Undo |
| 20. Cooling-off exercises in Judo | Shumatsu Undo |

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WAZA – Techniques

Students will demonstrate the following techniques:

NAGE WAZA - Throwing Techniques:

1. Floating Hip Throw Uki Goshi



2. Minor Outside Dash Throw Ko Soto Gake



3. Minor Inside Reaping Throw Ko Uchi Gari



4. One Arm Shoulder Drop Ippon Seoi Otoshi

Same as Ippon Seoi Nage but blocking the leg as in Tai Otoshi

Kaeshi Waza - Defenses and Counters:

1. O Soto Gaeshi against O Soto Gari
2. Outside Leg Jump Around against Ippon Seoi Nage
3. Sprawl and turnover against Ippon Seoi Otoshi

Renraku Waza - Combinations:

1. Ippon Seoi Otoshi to Kami Shiho Gatame
2. O Uchi Gari to Ko Uchi Gari
3. O Uchi Gari to Ko Soto Gake

NE WAZA - Ground Techniques:

1. Vertical Upper Quarters Hold Tate Shiho Gatame



JU-KYU (White Belt - 10th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

2. Chest Hold

Mune Gatame



3. Escape from Kami Shiho Gatame

GO-KYU (Orange Belt - 5th Kyu)

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Member in good standing with USA-TKJ.**
5. Minimum time in grade requirement as Rok-Kyu, three months.

General Knowledge:

Judo Competition Penalties

1. To hold opponent's sleeve by folding it over at the end
2. To go out of bounds or force opponent out of bounds except in the flow of the contest
3. Intentionally avoid taking a grip in order to prevent action in a contest
4. To pull opponent down to mat work not in accordance to rules
5. To hold opponents foot/feet, leg/legs or trousers without attempting throw
6. Adopting an Excessively Defensive Posture for more than 5 seconds
7. To lift opponent who is lying on Tatami and drive opponent back into Tatami
8. Sticking fingers into opponent's sleeve ends or pants legs
9. To completely encircle any part of opponent's body with belt or jacket
10. To apply Shime Waza using only fingers, or using bottom of jacket, or using the belt
11. To make a False Attack designed to fool the referee
12. To hold a non-normal grip for more than 5 seconds without attacking
13. To put the Judogi (anyone's) in the mouth
14. To kick opponents hand/arm to break grip or to kick leg/ankle without technique
15. To not make any attacking moves after grips for 15-25 seconds
16. To put hand, foot, arm or leg directly in opponent's face
17. To bend back opponent's fingers to break grip
18. To "screw up" sleeve ends or hold sleeves for more than 5 seconds for defensive purpose
19. To hold a pistol grip or cat's paw grip on end of opponent's sleeve
20. To put foot/leg in opponent's belt, collar or lapel
21. To intentionally disarrange Judogi or Obi without referee's permission
22. To apply leg scissors to opponent's trunk, head or neck

Hansoku Make Penalties

1. To apply joint lock anywhere other than elbow joint

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JU-KYU (White Belt - 10th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

2. To fall directly to mat while applying an arm lock
3. To lift opponent who is lying on Tatami and drive opponent back into Tatami
4. To "dive" headfirst when attempting throw, or fall backwards with Kata Guruma
5. To reap supporting leg from inside when opponent is applying technique like Harai Goshi
6. To intentionally fall backwards while opponent clinging to back
7. To make unnecessary calls, remarks or gestures derogatory to opponent or Referee
8. To wear hard metallic or plastic object
9. To disregard Referee's instructions
10. To apply Kawazu Gake
11. To make any action which may endanger neck/spine or is against spirit of Judo

WAZA – Techniques

Students will demonstrate the following techniques:

NAGE WAZA - Throwing Techniques:

- | | | |
|----------------------------------|---------------|--|
| 1. Minor Outside Reaping Throw | Ko Soto Gari |  |
| 2. Hip Wheel Throw | Koshi Guruma |  |
| 3. Outside Winding Pulling Throw | Soto Makikomi |  |

Kaeshi Waza - Defenses and Counters:

1. Inside Cut to left hip throw
2. Step Away against O Uchi gari

Renraku Waza - Combinations:

1. O Soto gari to Kuzuri Kesa Gatame
2. Ko Uchi Gari to O Uchi Gari

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NE WAZA - Ground Techniques:

1. Makura Kesa Gatame



2. Escape from Tate Shiho Gatame

YON-KYU (Green Belt - 4th Kyu)

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Member in good standing with USA-TKJ.**
5. Minimum time in grade requirement as Go-Kyu, four months.

General Knowledge:

English and Japanese Names for the Judo Katas

- | | |
|-----------------------------------|---------------------------------------|
| 1. Nage No Kata | Forms of Throwing |
| 2. Katame No Kata | Forms of Grappling |
| 3. Ju No Kata | Forms of Gentleness |
| 4. Goshinjitsu No Kata | Forms of Self Defense |
| 5. Kime No Kata | Forms of Decision |
| 6. Joshi Goshinjo | Forms of Self Defense for Women |
| 7. Itsutsu No Kata | Forms of Five |
| 8. Koshiki No Kata | Forms of Antiquity |
| 9. Seiryoko Zenyo Kokuimim Taiiku | Maximum Efficiency Physical Exercises |

Adult Judo Ranks, from highest to lowest

- | | |
|--------------------|--------------------------------------|
| 1. Judan | Black Belt or Red Belt |
| 2. Kudan | Black Belt or Red Belt |
| 3. Hachidan | Black Belt or White & Red Panel Belt |
| 4. Sichidan | Black Belt or White & Red Panel Belt |
| 5. Rokudan | Black Belt or White & Red Panel Belt |
| 6. Godan | Black Belt or White & Red Panel Belt |
| 7. Yodan or Yondan | Black Belt or White & Red Panel Belt |
| 8. Sandan | Black Belt |
| 9. Nidan | Black Belt |
| 10. Shodan | Black Belt |
| 11. Ikkyu | Brown Belt |

JU-KYU (White Belt - 10th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

- | | | |
|-----|--------|-------------|
| 12. | Nikkyu | Brown Belt |
| 13. | Sankyu | Brown Belt |
| 14. | Yonkyu | Green Belt |
| 15. | Gokkyu | Orange Belt |
| 16. | Rokkyu | Yellow Belt |

Match up the following terms used in Judo

- | | |
|---------------------------------------|-----------------|
| 1. Judo Uniform Belt | Obi |
| 2. Judo Uniform Jacket | Uwagi |
| 3. Judo Uniform Sleeve | Sode |
| 4. Judo Uniform Lapel | Eri |
| 5. Judo Uniform Pants | Zubon |
| 6. Arm Entanglement | Ude Garame |
| 7. Cross Arm Lock | Juji Ude Gatame |
| 8. Armpit Lock | Wake Gatame |
| 9. Knee | Hiza |
| 10. Wheel (as in throwing) | Guruma |
| 11. Side/Lateral | Yoko |
| 12. Springing Action (as in throwing) | Hane |
| 13. Mutual Benefit and Welfare | Jita Kyohei |
| 14. Maximum Efficiency | Seiryoku Zenyo |
| 15. Gentle Way | Judo |

WAZA – Techniques

Students will demonstrate the following techniques:

UKEMI WAZA - Breakfalling Techniques:

Improved ability in a previous Ukemi

NAGE WAZA - Throwing Techniques:

1. Lifting Pulling Hip Throw Tsuru Komi Goshi



2. Body Drop Throw Tai Otoshi



3. Major Outside Hook O Soto Gake

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JU-KYU (White Belt - 10th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

4. Two Hand Shoulder Throw Morote Seoi Nage



Kaeshi Waza - Defenses and Counters:

1. Step over defense to Tai Otoshi

Renraku Waza - Combinations:

1. Ko Uchi Gari to Tai Otoshi
2. Ko Soto Gake to Tate Shiho Gatame

NE WAZA - Ground Techniques:

3. Kazure Kami Shiho Gatame Modified Top Hold



4. Escape from Tate Shiho Gatame

SAN-KYU (Blue Belt - 3rd Kyu)

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Member in good standing with USA-TKJ.**

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JU-KYU (White Belt - 10th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

5. Minimum time in grade requirement as Yon-Kyu, four months.

General Knowledge:

Judo Terms

- | | |
|---|-------------------|
| 1. (Straw, Japanese) Judo Mats | Tatami |
| 2. Fundamental Natural Posture | Shizen Hontai |
| 3. Fundamental Defensive Posture | Jigo Hontai |
| 4. High Kneeling | Kyoshi |
| 5. Holder of any rank below Black Belt | Mudanshai |
| 6. Holder of any rank above Black Belt | Yudanshai |
| 7. Kneeling Bow | Za Rei |
| 8. Standing Bow | Ristsu Rei |
| 9. Instantaneous Promotion | Batsugan |
| 10. Variation (of technique) | Kuzure |
| 11. Counter Techniques | Kaeshi Waza |
| 12. Combination or Faking Techniques | Renwaku Waza |
| 13. Four Corners (as in pins) | Shiho |
| 14. Twelfth Degree Black Belt (only Dr. Kano) | Junidan |
| 15. Defense (to a technique) | Bogyo |
| 16. Groundwork Entry | Hairi Kata |
| 17. Right Natural Posture | Migi Shizen Tai |
| 18. Left Natural Posture | Hidari Shizen Tai |
| 19. Right Defensive Posture | Migi Jigo Tai |
| 20. Left Defensive Posture | Hidari Jigo Tai |

Match up the following numbers used in Judo

- | | |
|---------------------------|-------------------|
| 1. Fifty | Goju |
| 2. Sixty | Rokuju |
| 3. Seventy | Sichiju |
| 4. Eighty | Hachiju |
| 5. Ninety | Kuju |
| 6. One Hundred | Hyaku |
| 7. Two Hundred | Ni Hyaku |
| 8. One Thousand | Sen or (Is) Sen |
| 9. Three Thousand | San Sen |
| 10. Ten Thousand | (Ichi) Man or Man |
| 11. Forty Thousand | Yon Man |
| 12. One Hundred Thousand | Ju Man |
| 13. Five Hundred Thousand | Goju Man |
| 14. One Million | Hyaku Man |
| 15. Six Million | Roku Hyaku Man |

WAZA – Techniques

Students will demonstrate the following techniques:

UKEMI WAZA - Breakfalling Techniques:

Forward Jumping Fall

Zempo Tobi Ukemi

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NAGE WAZA - Throwing Techniques:

1. Gathering Foot Sweep Okuri Ashi Harai



2. Sweeping Hip Throw Harai Goshi



3. Inside Thigh Throw Uchi Mata



4. Valley Drop Throw Tani Otoshi



5. Large Outside Winding Throw Osoto Makikomi



Kaeshi Waza - Defenses and Counters:

1. Leg grab and O Uchi Gari against Hiza Guruma
2. Tani Otoshi against forward throw

Renraku Waza - Combinations:

1. Ippon Seoi Nage to O Uchi Gari
2. Ippon Seoi Nage to Ko Uchi Gari
3. Soto Makikomi to Ushiro Kesa Gatame
4. Harai Goshi to Kata Gatame

JU-KYU (White Belt - 10th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

NE WAZA - Ground Techniques:

1. Escape from Ushiro Kesa Gatame
2. Clamp and turn from Turtle

SHIME WAZA - Ground Techniques:

Naked Chokelock

Hadaka-Jime



NI-KYU (Purple Belt - 2nd Kyu)

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Member in good standing with USA-TKJ.**
5. Minimum time in grade requirement as San-Kyu, six months.

General Knowledge:

Match the Following English and Japanese Names of Throws and Techniques

- | | |
|---|-----------------------|
| 1. Big Hip Throw | O Goshi |
| 2. Lifting Hip Throw | Tsuri Komi Goshi |
| 3. Hip Wheel/Whirl Throw | Koshi Guruma |
| 4. Scarf Hold-down | Kesa Gatame |
| 5. Side 4-Corners Hold-Down | Yoko Shiho Gatame |
| 6. Upper 4-Corners Hold-Down | Kami Shiho Gatame |
| 7. Naked Strangle | Hadaka Jime |
| 8. Sliding Lapel Strangle | Okuri Eri Jime |
| 9. Normal Crossed Strangle | Nami Juji Jime |
| 10. Cross Arm Lock | Juji Ude Gatame |
| 11. Arm Lock | Ude Gatame |
| 12. Arm Twist | Ude Garami |
| 13. Little Inside Reaping Throw | Ko Uchi Gari |
| 14. Major Inside Reaping Throw | O Uchi Gari |
| 15. Major Outside Reaping Throw | O Soto Gari |
| 16. Advancing Foot Sweep | De Ashi Barai |
| 17. Sliding Foot Sweep | Okuri Ashi Barai |
| 18. Sweeping Lifting Pulling Foot Sweep | Harai Tsuri Komi Ashi |
| 19. Body Drop Throw | Tai Otoshi |
| 20. Valley Drop Throw | Tani Otoshi |
| 21. Sweeping Hip Throw | Harai Goshi |

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JU-KYU (White Belt - 10th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

- | | |
|--------------------------------------|-----------------------|
| 22. Springing Hip Throw | Hane Goshi |
| 23. Inner Thigh Throw | Uchi Mata |
| 24. Modified Scarf Hold-down | Kuzure Kesa Gatame |
| 25. Triangle Strangle | Sankaku Jime |
| 26. Reverse Scarf Hold-down | Ushiro Kesa Gatame |
| 27. Reverse Hip Throw | Ushiro Goshi |
| 28. Switching Hip Throw | Utsuri Goshi |
| 29. Circle Throw | Tomoe Nage |
| 30. Backwards Throw | Ura Nage |
| 31. Mountain Storm Throw | Yama Arashi |
| 32. Sleeve Lifting Pulling Hip Throw | Sode Tsuru Komi Goshi |
| 33. Inner Thigh Counter Throw | Uchi Mata Sukashi |
| 34. Armpit Lock | Waki Gatame |
| 35. Flying Scissors Throw | Kani Basami |

WAZA – Techniques

Students will demonstrate the following techniques:

UKEMI WAZA - Breakfalling Techniques:

Improved ability in all previous Ukemi Waza.
Ability to teach all previous Ukemi Waza.

NAGE WAZA - Throwing Techniques:

- | | |
|------------------------|---------------|
| 1. Corner Throw | Sumi Gaeshi |
| 2. Leg Wheel Throw | Ashi Guruma |
| 3. Outside Wheel Throw | O Soto Guruma |



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JU-KYU (White Belt - 10th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

4. Circle Throw

Tomoe Nage



Kaeshi Waza - Defenses and Counters:

1. Ste over defense against Sasae Tsuru Komi Ashi

Renraku Waza - Combinations:

1. Ippon Seoi Nage to O Soto Gari
2. Kubi Nage to Soto Makikomi

NE WAZA - Ground Techniques:

All previous techniques.

SHIME WAZA - Ground Techniques:

1. Single Cross Lock

Kata-Juji-Jime

From front, hands reversed



2. Reverse Cross Lock

Gyaku-Juji-Jime

From front, palms up

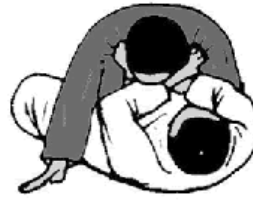


3. Normal Cross Lock

Nami-Juji-Jime

From front, palms down

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IK-KYU (Brown Belt - 1st Kyu)

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Member in good standing with USA-TKJ.**
5. Minimum time in grade requirement as Ni-Kyu, six months.

General Knowledge:

According to Dr. Kano, what is the ultimate purpose of Judo? The harmonious development and eventual perfection of human character.

WAZA – Techniques

Students will demonstrate the following techniques:

UKEMI WAZA - Breakfalling Techniques:

Improved ability in all previous Ukemi.

NAGE WAZA - Throwing Techniques:

1. Springing Hip Throw Hane Goshi



JU-KYU (White Belt - 10th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

2. Sweeping Lifting Pulling Foot Throw

Harai Tsuru Komi Ashi



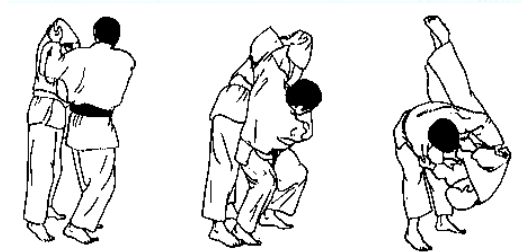
3. Shoulder Wheel Throw

Kata Guruma



4. Sleeve Lifting Pulling Hip

Sode Tsuru Komi Goshi



5. Heel Trip

Kibisu Gaeshi



Kaeshi Waza - Defenses and Counters:

1. Hip block against Morote Seoi
2. Turn in (O or Ko Uchi Gari) against Tani Otoshi
3. Grab foot and pin again Tomoe Nage
4. Head duck against Koshi Guruma

Renraku Waza - Combinations:

Harai Goshi to O Soto Gari

NE WAZA - Ground Techniques:

All previous techniques.

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SHIME WAZA - Choking Techniques:

1. Single Wing Lock Kataha-Jime



2. Sliding Lapel Lock Okuri-Eri-Jime



1. Triangular Necklock Sankaku-Jime

Ashi-Gatame-Jime / Sankaku-Jime



2. Side Triangular Necklock Yoko Sankaku-Jime

