

**UNITED STATES OF AMERICA
TRADITIONAL KODOKAN JUDO [®]
RANK REQUIREMENTS
*FOR SENIORS***



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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 Seniors

SHICHI-KYU (White Belt - 7th 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.

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.

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 | lie |
| 7. | Front/Forward | Zempo |
| 8. | Left | Hidari |
| 9. | Right | Migi |

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SHICHI-KYU (White Belt - 7th 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 | Ju-Jitsu |

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



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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

4. Back Roll Breakfalling

Ushiro Kaiten Ukemi



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



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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

- | | |
|-----------------------------------|------------|
| 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:

NAGE WAZA - Throwing Techniques:

1. Advanced Foot Sweep De Ashi Harai



2. Knee Wheel Throw Hiza Guruma



3. Foot Stop Throw Sasae Tsurei 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

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

Combinations:

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

YON-KYU (Green Belt - 4th 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 Go-Kyu, five months.

General Knowledge:

Competition 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



5. Minor Outside Reaping Throw

Ko Soto Gari



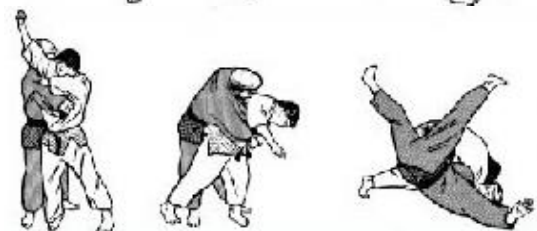
6. Hip Wheel Throw

Koshi Guruma



7. Outside Winding Pulling Throw

Soto Makikomi



NE WAZA - Ground Techniques:

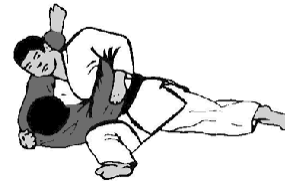
1. Rear Scarf Hold Ushiro Kesa Gatame



2. Upper Quarters Hold Kami Shiho Gatame



3. Modified Scarf Hold Kuzure Kesa Gatame

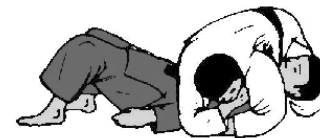


4. Escape from Ushiro Kesa Gatame
5. Escape from Kuzure Kesa Gatame

6. Vertical Upper Quarters Hold Tate Shiho Gatame



7. Chest Hold Mune Gatame



8. Escape from Kami Shiho Gatame
9. Makura Kesa Gatame



10. Escape from Tate Shiho Gatame

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 |

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

- | | |
|--|------------------|
| 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 |

WAZA – Techniques

Students will demonstrate the following techniques:

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

WAZA – Techniques

Students will demonstrate the following techniques:

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

English and Japanese Names for the Judo Katas -

1. Nage No Kata Forms of Throwing
2. Katame No Kata Forms of Grappling

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

3. Ju No Kata Forms of Gentleness

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 |
| 7. | Yodan or Yondan | Black Belt |
| 8. | Sandan | Black Belt |
| 9. | Nidan | Black Belt |
| 10. | Shodan | Black Belt |
| 11. | Ikkyu | Brown Belt |
| 12. | Nikkyu | Purple Belt |
| 13. | Sankyu | Blue Belt |
| 14. | Yonkyu | Green Belt |
| 15. | Gokkyu | Orange Belt |
| 16. | Rokkyu | Yellow Belt |

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 Garamme |
| 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 Kyoei |
| 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

Kaeshi Waza - Defenses and Counters:

1. Step over defense to Tai Otoshi

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

Renraku Waza - Combinations:

1. Ko Uchi Gari to Tai Otoshi
2. Ko Soto Gake to 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.**
5. Minimum time in grade requirement as Yon-Kyu, six 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 | Ritsu 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 |

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

- | | | |
|-----|-----------------------|-------------------|
| 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

Defenses and Counters:

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

Combinations:

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

Students will demonstrate the following techniques:

UKEMI WAZA - Breakfalling Techniques:

Forward Jumping Fall Zempo Tobi 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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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

4. Two Hand Shoulder Throw Morote Seoi Nage



5. Floating Hip Throw Uki Goshi



6. Minor Outside Dash Throw Ko Soto Gake



7. Minor Inside Reaping Throw Ko Uchi Gari



8. 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. 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

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

NE WAZA - Ground Techniques:

11. Kazure Kami Shiho Gatame Modified Top Hold



12. Escape from Tate Shiho Gatame

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

SHIME WAZA - Ground Techniques:

Naked Choke Choke

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, nine months.

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

- | | |
|---------------------------------|-------------------|
| 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 |

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. Gathering Foot Sweep Okuri Ashi Harai



2. Sweeping Hip Throw Harai Goshi



3. Inside Thigh Throw Uchi Mata

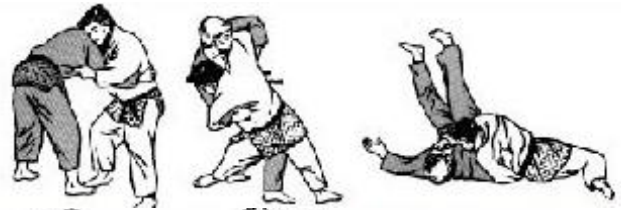


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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

4. Valley Drop Throw

Tani Otoshi



5. Large Outside Winding Throw

Osoto Makikomi



Kaeshi Waza - Defenses and Counters:

1. 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 Choke

Kata-Juji-Jime

From front, hands reversed



2. Reverse Cross Choke

Gyaku-Juji-Jime

From front, palms up



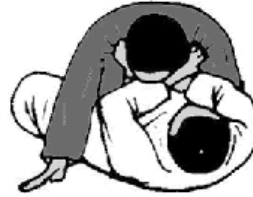
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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

3. Normal Cross Choke

Nami-Juji-Jime

From front, palms down



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, twelve months.

General Knowledge:

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

Hansoku Make Penalties -

1. To apply joint lock anywhere other than elbow joint
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

Judo Kata -

- | | |
|-----------------------------------|---------------------------------------|
| 1. Goshinjitsu No Kata | Forms of Self Defense |
| 2. Kime No Kata | Forms of Decision |
| 3. Joshi Goshincho | Forms of Self Defense for Women |
| 4. Itsutsu No Kata | Forms of Five |
| 5. Koshiki No Kata | Forms of Antiquity |
| 6. Seiryoko Zenyo Kokuimim Taiiku | Maximum Efficiency Physical Exercises |
| 4. Goshinjitsu No Kata | Forms of Self Defense |

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

- | | | |
|----|--------------------------------|---------------------------------------|
| 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 |

Nage Waza -

- | | | |
|-----|-------------------------------------|-----------------------|
| 1. | Major Outside Reaping Throw | O Soto Gari |
| 2. | Advancing Foot Sweep | De Ashi Barai |
| 3. | Sliding Foot Sweep | Okuri Ashi Barai |
| 4. | Sweeping Lifting Pulling Foot Sweep | Harai Tsuru Komi Ashi |
| 5. | Body Drop Throw | Tai Otoshi |
| 6. | Valley Drop Throw | Tani Otoshi |
| 7. | Sweeping Hip Throw | Harai Goshi |
| 8. | Springing Hip Throw | Hane Goshi |
| 9. | Inner Thigh Throw | Uchi Mata |
| 11. | Modified Scarf Hold-down | Kuzure Kesa Gatame |
| 12. | Triangle Strangle | Sankaku Jime |
| 13. | Reverse Scarf Hold-down | Ushiro Kesa Gatame |
| 14. | Reverse Hip Throw | Ushiro Goshi |
| 15. | Switching Hip Throw | Utsuri Goshi |
| 16. | Circle Throw | Tomoe Nage |
| 17. | Backwards Throw | Ura Nage |
| 18. | Mountain Storm Throw | Yama Arashi |
| 19. | Sleeve Lifting Pulling Hip Throw | Sode Tsuru Komi Goshi |
| 20. | Inner Thigh Counter Throw | Uchi Mata Sukashi |
| 21. | Armpit Lock | Waki Gatame |
| 22. | 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



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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

2. Leg Wheel Throw

Ashi Guruma



3. Outside Wheel Throw

O Soto Guruma



4. Circle Throw

Tomoe Nage



5. Springing Hip Throw

Hane Goshi



6. Sweeping Lifting Pulling Foot Throw

Harai Tsuru Komi Ashi



7. Shoulder Wheel Throw

Kata Guruma



8. Sleeve Lifting Pulling Hip

Sode Tsuru Komi Goshi



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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

9. 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

Shime Waza - Ground Techniques:

All previous techniques.

1. Single Wing Choke

Kataha-Jime



2. Sliding Lapel Choke

Okuri-Eri-Jime



3. Triangular Neck Choke

Sankaku-Jime

Ashi-Gatame-Jime / Sankaku-Jime



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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

4. Side Triangular Neck Choke Yoko Sankaku-Jime



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