

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



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.

USA-TKJ TECHNICAL COMMITTEE

Chairman - Roger A. Jarrett

Members – Clif Norgaard, Toshiaki Takikawa, Jim Harrison, Ben Bergwerf, Gene LeBell, James R. Webb, Bruce R. Bethers, Patrick Hickey, Andrew Yiannakis, William Cooley, Linda Yiannakis, Jorge R. Delgado, Robert M. Carver, Tom Reiff, Billy L. Sharp, Shiro Kinmoku, David Parritt, Thomas Reiff, Ernest McPeck, John Newton, Carl Wilcox, Earl DelValle, George Newton, David Chance, Dionisio de la Torre, Jose Caracena, Jose Higino Alves Nunes, Bill R. Marcum, Craig Freeland, Alexander Velazquez, Hermes Romero, Roberto Alvarez and Hiroyuki Takahashi

Table of Contents

SHICHI--KYU (White Belt - 7th KYU).....	2
ROK-KYU (Yellow Belt - 6th KYU).....	2
GO-KYU (Orange Belt - 5th KYU)	5
YON-KYU (Green Belt - 4th KYU)	7
SAN-KYU (Blue Belt - 3rd KYU)	15
NI-KYU (Purple Belt - 2nd KYU).....	17
IK-KYU (Brown Belt - 1st KYU).....	19

All contents Copyright © 2005 by the United States of America Traditional Kodokan Judo, USA Traditional Kodokan Judo, "USA-TKJ", US Traditional Kodokan Judo, USTKJ, and the Logos are registered trademarks of the United States of America Traditional Kodokan Judo ®

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

All contents Copyright © 2005 by the United States of America Traditional Kodokan Judo, USA Traditional Kodokan Judo, "USA-TKJ", US Traditional Kodokan Judo, USTKJ, and the Logos are registered trademarks of the United States of America Traditional Kodokan Judo ®

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



All contents Copyright © 2005 by the United States of America Traditional Kodokan Judo, USA Traditional Kodokan Judo, "USA-TKJ", US Traditional Kodokan Judo, USTKJ, and the Logos are registered trademarks of the United States of America Traditional Kodokan Judo ®

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



2. Shoulder Hold Kata Gatame



3. Escape from Kesa Gatame and Kata Gatame
4. Cross face turnover

GO-KYU (Orange Belt - 5th 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 Rok-Kyu, four 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 |

All contents Copyright © 2005 by the United States of America Traditional Kodokan Judo, USA Traditional Kodokan Judo, "USA-TKJ", US Traditional Kodokan Judo, USTKJ, and the Logos are registered trademarks of the United States of America Traditional Kodokan Judo ®

- | | |
|-----------------------------------|------------|
| 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 Tsuru 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

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:

NAGE WAZA - Throwing Techniques:

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

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:

All contents Copyright © 2005 by the United States of America Traditional Kodokan Judo, USA Traditional Kodokan Judo, "USA-TKJ", US Traditional Kodokan Judo, USTKJ, and the Logos are registered trademarks of the United States of America Traditional Kodokan Judo ®

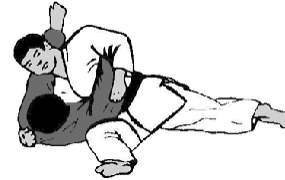
1. Rear Scarf Hold Ushiro Kesa Gatame



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

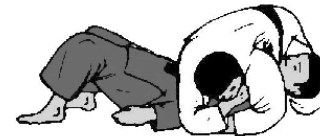
6. Vertical Upper Quarters Hold Tate Shiho Gatame



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 |
| 6. Normal Walking | Ayumi Ashi |
| 7. Following Foot Walking | Tsugi Ashi |
| 8. Standing Throwing Techniques | Tachi Waza |

All contents Copyright © 2005 by the United States of America Traditional Kodokan Judo, USA Traditional Kodokan Judo, "USA-TKJ", US Traditional Kodokan Judo, USTKJ, and the Logos are registered trademarks of the United States of America Traditional Kodokan Judo ®

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

- | | |
|--|------------------|
| 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 |
| 3. Ju No Kata | Forms of Gentleness |

Adult Judo Ranks, from highest to lowest -

All contents Copyright © 2005 by the United States of America Traditional Kodokan Judo, USA Traditional Kodokan Judo, "USA-TKJ", US Traditional Kodokan Judo, USTKJ, and the Logos are registered trademarks of the United States of America Traditional Kodokan Judo ®

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

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

Renraku Waza - Combinations:

1. Ko Uchi Gari to Tai Otoshi

All contents Copyright © 2005 by the United States of America Traditional Kodokan Judo, USA Traditional Kodokan Judo, "USA-TKJ", US Traditional Kodokan Judo, USTKJ, and the Logos are registered trademarks of the United States of America Traditional Kodokan Judo ®

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 |
| 7. Two Hundred | Ni Hyaku |
| 8. One Thousand | Sen or (Is) Sen |
| 9. Three Thousand | San Sen |
| 10. Ten Thousand | (Ichi) Man or Man |

All contents Copyright © 2005 by the United States of America Traditional Kodokan Judo, USA Traditional Kodokan Judo, "USA-TKJ", US Traditional Kodokan Judo, USTKJ, and the Logos are registered trademarks of the United States of America Traditional Kodokan Judo ®

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

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

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.

All contents Copyright © 2005 by the United States of America Traditional Kodokan Judo, USA Traditional Kodokan Judo, "USA-TKJ", US Traditional Kodokan Judo, USTKJ, and the Logos are registered trademarks of the United States of America Traditional Kodokan Judo ®

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

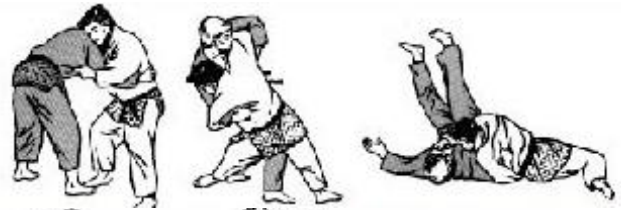


3. Inside Thigh Throw Uchi Mata



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

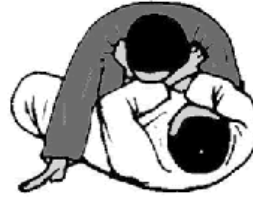
From front, palms up



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 Goshinjo | Forms of Self Defense for Women |
| 4. Itsustusu 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 |

All contents Copyright © 2005 by the United States of America Traditional Kodokan Judo, USA Traditional Kodokan Judo, "USA-TKJ", US Traditional Kodokan Judo, USTKJ, and the Logos are registered trademarks of the United States of America Traditional Kodokan Judo ®

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



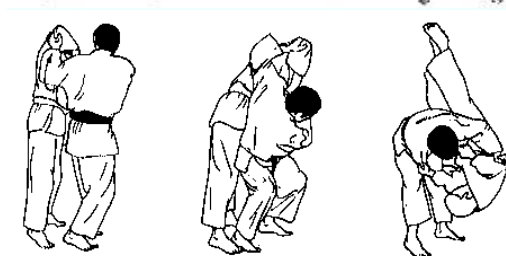
7. Shoulder Wheel Throw

Kata Guruma



8. Sleeve Lifting Pulling Hip

Sode Tsuru Komi Goshi



All contents Copyright © 2005 by the United States of America Traditional Kodokan Judo, USA Traditional Kodokan Judo, "USA-TKJ", US Traditional Kodokan Judo, USTKJ, and the Logos are registered trademarks of the United States of America Traditional Kodokan Judo ®

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



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

4. Side Triangular Neck Choke

Yoko Sankaku-Jime

