

**JUNIOR RANK REQUIREMENTS
RANKING SYSTEM
Belt Colors Authorized By The U.S. Judo Federation**

<u>RANK</u>	JUNIORS (16 & Under)	SENIORS (17 & Over)
Juichikyu	White	
Jukyu	White/Yellow	
Kyukyu	Yellow	
Hachikyu	Yellow/Orange	
Nanakyu	Orange	
Rokkyu	Orange/Green	White
Gokyu	Green	Green
Yonkyu	Green/Blue	Blue
Sankyu	Blue	Brown
Nikyu	Blue/Purple	Brown
Ikkyu	Purple	Brown
Shodan	Black	Black
Nidan	Black	Black
Sandan		Black
Yodan		Black
Godan		Black
Rokudan		Red/White
Shichidan		Red/White
Hachidan		Red/White
Kudan		Red
Judan		Red

RANK CONVERSION

<u>RANK</u>	JUNIORS (16 & Under)	SENIOR (17 & Over)
Juichikyu	White	
Jukyu	White/Yellow	
Kyukyu	Yellow	
Hachikyu	Yellow/Orange	
Nanakyu	Orange	
Rokkyu	Orange/Green	Rokkyu
Gokyu	Green	Gokyu
Yonkyu	Green/Blue	Yonkyu
Sankyu	Blue	Sankyu
Nikyu	Blue/Purple	Nikyu
Ikkyu	Purple	Ikkyu

11th Kyu (Juichikyu)

The image shows the Japanese calligraphy for the 11th Kyu rank, which is 'Juichikyu' (十一級). The characters are written in a traditional, fluid style.

I. BELT

Junior White

II. MINIMUMS

- A. Age: 5
- B. Number of classes: 7

III. 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
- C. Referee commands – define the following
 - 1. Mate
 - 2. Hajime

IV. 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

V. 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

VI. 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

VII. HISTORY & PHILOSOPHY

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

VIII. PERSONAL

- A. Good moral character
- B. Participate in class activities

10th Kyu (Jukyu)



I. BELT



Junior White/Yellow

II. MINIMUMS

- A. Age: 6
- B. Number of classes since Juichikyu: 14

II. BASICS

- A. Be able to tie your own Obi on your judogi
- B. Demonstrate postures
 - 1. Shizentai (natural posture)
 - 2. Jigotai (defensive posture)
- B. Demonstrate Shizentai (natural posture) and 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 Happo 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

IV. 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

V. 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

VI. 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

VII. 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?

VIII. PERSONAL

- A. Good moral character
- B. Participate in class activities

9th Kyu (Kyukyu)

The image shows the Japanese calligraphy for the 9th Kyu rank, which consists of the characters '九' (nine) and '級' (rank). The characters are written in a fluid, cursive style.

I. BELT

 A solid yellow rectangular graphic representing a belt.

Junior Yellow

II. MINIMUMS

- A. Age: 6
- B. Number of classes since Jukyu: 20

III. 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 (eight directions of Kuzushi)
 - Putting your opponent into an unbalanced position
- F. Rules & Refereeing – Define the following
 - A. Sonomama
 - B. Yoshi

IV. 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

V. 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

VI. 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

VII. HISTORY & PHILOSOPHY

(TBD)

VIII. PERSONAL

- A. Good moral character
- B. Participate in class activities

8th Kyu (Hachikyu)

The image shows the Japanese calligraphy for the 8th Kyu rank, which is '八級' (Hachikyu). The characters are written in a traditional, fluid style.

I. BELT

 A graphic of a belt with a yellow top half and an orange bottom half, representing the Junior Yellow/Orange rank.

Junior Yellow/Orange

II. MINIMUMS

- A. Age: 7
- B. Number of classes since Kyukyu: 20

II. BASICS

- A. Able to properly fold their judogi
- B. 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
- C. Ground movements
 - 1. Ebi (shrimp)
- D. 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 (eight directions of Kuzushi)
 - Putting your opponent into an unbalanced position
 - 4. Demonstrate postures – both Migi (right) and Hidari (left)
 - a. Shizentai (natural posture)
 - b. Jigotai (defensive posture)
- E. Rules & Refereeing – Demonstrate the following and explain what it means
 - 1. Ippon
 - 2. Wazaari
 - 3. Yuko
 - 4. Koka

IV. 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

V. TACHIWAZA (Standing Techniques)

Must be able to proficiently demonstrate the following techniques

- A. De-ashi-barai - advancing foot sweep
- B. Hiza-guruma - knee wheel
- C. Tsuru-komi-goshi - lifting pulling hip
- D. Tai-otoshi – body drop
- E. Ouchi-gari – major inner reap

VI. 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. Escape from Yoko Shiho Gatame

VII. SHIMEWAZA (Strangulation Techniques)

For judoka whose 13th birthday occurs during the calendar year or older

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

VIII. HISTORY & PHILOSOPHY

TBD

IX. PERSONAL

- A. Good moral character
- B. Participate in class activities

7th Kyu (Nanakyu)

七級

I. BELT

Junior Orange

II. MINIMUMS

- A. Age: 7
- B. Number of classes since Hachikyu: 20

III. 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 degrees
 - 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

IV. 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

V. 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

VI. 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
- 4. One escape from Kami-shiho-gatame

VII. SHIMEWAZA (Strangulation Techniques)

For judoka whose 13th birthday occurs during the calendar year or older

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

VIII. HISTORY & PHILOSOPHY

TBD

IX. PERSONAL

- A. Good moral character
- B. Participate in class activities

6th Kyu (Rokkyu)

The image shows the Japanese calligraphy for the 6th Kyu rank, which is 'Rokkyu' (六級). The characters are written in a traditional, fluid style.

I. BELT

A graphic of a belt with a green top half and an orange bottom half. The text 'Junior Orange/Green' is written across the center in white.

II. MINIMUMS

- A. Age: 8
- B. Number of classes since Nanakyu: 32

III. BASICS

- A. Consistently has a clean judogi and helps keep the dojo maintained
- B. Demonstrate postures
 - 1. Shizentai (natural posture, both right & left)
 - 2. Jigotai (defensive posture, both right & left)
- C. 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
- D. Be able to demonstrate the following:
 - 1. Proper moving – Taisabaki 180 degrees
 - 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.
- E. 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

IV. 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

V. 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

VI. 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

V. SHIMEWAZA (Strangulation Techniques)

For judoka whose 13th birthday occurs during the calendar year or older

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

VI. HISTORY & PHILOSOPHY

TBD

VII. PERSONAL

- A. Good moral character
- B. Participate in class activities

5th Kyu (Gokyu)

I. BELT

II. MINIMUMS

- A. Age: 9
- B. Number of classes since Rokkyu: 40

III. BASICS

- A. Demonstrate care of judogi
- B. Demonstrate postures
 - 1. Shizentai (natural posture, both right & left)
 - 2. Jigotai (defensive posture, both right & left)
- C. 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
- D. Be able to demonstrate the following:
 - 1. Proper moving – Taisabaki 180 degrees
 - 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.
- E. Rules & Refereeing – Demonstrate the following and explain what it means
 - 1. Define Hikiwake
 - 2. Practice refereeing within the dojo

IV. 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

V. TACHIWAZA (Standing Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Harai Goshi – Sweeping hip
- B. Sode Tsurikomi Goshi – Sleeve lifting pulling hip
- C. Morote Seoi Nage – Two arm shoulder throw
- D. Sasae Tsurikomi Ashi – Supporting foot lift pull throw
- E. 2 Nagewaza techniques to both left and right side

VI. NEWAZA (Ground Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Kuzure Kamshio Gatame – Modified upper four quarter hold
- B. Tate Shio Gatame – Vertical four quarter hold
- C. An escape from Kuzure Kami Shiho Gatame
- D. Sankyu 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
- H. Tokuiwaza _____

VII. SHIMEWAZA (Strangulation Techniques)

For judoka whose 13th birthday occurs during the calendar year or older

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

VIII. HISTORY & PHILOSOPHY

TBD

IX. PERSONAL

- A. Good moral character
- B. Participate in class activities

4th Kyu (Yonkyu)**I. BELT**

Junior Green/Blue

II. MINIMUMS

- A. Age: 10
- B. Number of classes since Juichikyu: 40

III. BASICS

- A. Demonstrate care of judogi
- B. Demonstrate postures
 - 1. Shizentai (natural posture, both right & left)
 - 2. Jigotai (defensive posture, both right & left)
- C. 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
- D. Be able to demonstrate the following:
 - 1. Proper moving – Taisabaki 180 degrees
 - 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.
- E. Rules & Refereeing – Demonstrate the following and explain what it means
 - 1. Define Hikiwake
 - 2. Practice refereeing within the dojo

IV. 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

V. 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

VI. SHIMEWAZA (Strangulation Techniques) – for judoka age of 13 and older.

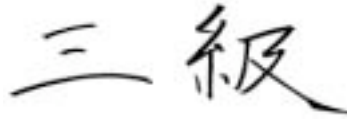
- A. Nami Juji Jime - Normal cross choke
- B. Gyaku Juji Jime - Reverse cross choke
- C. One escape from Nami Juji Jime
- D. One escape from Gyaku Jime Jime

VII. HISTORY & PHILOSOPHY

TBD

VIII. PERSONAL

- A. Good moral character
- B. Participate in class activities

3rd Kyu (Sankyu)**I. BELT**

Junior Blue

II. MINIMUMS

- A. Age: 11
- B. Number of classes since Yonkyu: 52

III. BASICS

- A. Must have knowledge and demonstrate the skills of the previous rank
- B. Must participate in a tournament or assist in the judo process (tournament, dojo, committees, & etc.)
- C. Demonstrate care of judogi
- D. Demonstrate postures
 - 1. Shizentai (natural posture, both right & left)
 - 2. Jigotai (defensive posture, both right & left)
- E. 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
- F. Be able to demonstrate the following:
 - 1. Proper moving – Taisabaki 180 degrees
 - 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.
- G. Rules & Refereeing – Demonstrate the following and explain what it means
 - 1. Define Hikiwake
 - 2. Practice refereeing within the dojo

IV. TACHIWAZA (Standing Techniques)

Must be able to proficiently demonstrate the following techniques

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

V. 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

VI. SHIMEWAZA (Strangulation Techniques)

For judoka whose 13th birthday occurs during the calendar year or older

- A. Morote Jime – Two hand choke

VII. HISTORY & PHILOSOPHY

TBD

VIII. PERSONAL

- A. Good moral character
- B. Participate in class activities
- C. Contribute to some aspect of our program, the state program, or a community program

2nd Kyu (Nikyu)**I. BELT**
Junior Blue/Purple**II. MINIMUMS**

- A. Age: 12
- B. Number of classes since Sankyu: 52

III. BASICS

- A. Must have knowledge and demonstrate the skills of the previous rank
- B. Must participate in a tournament or assist in the judo process (tournament, dojo, committees, & etc.)

IV. 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)

V. NEWAZA (Ground Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Osaewaza
 - 1. Examiner selects 3 osaewaza
 - 2. Must demonstrate proper application and multiple escapes

VI. SHIMEWAZA (Strangulation Techniques)

For judoka whose 13th birthday occurs during the calendar year or older

- A. Sode Guruma Jime – Sleeve wheel choke
- B. In the event the judoka has not learned SHIMEWAZA, 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 - Reverse cross choke
- 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. HISTORY & PHILOSOPHY

TBD

VIII. PERSONAL

- A. Good moral character
- B. Participate in class activities
- C. Contribute to some aspect of our program, the state program, or a community program

1st Kyu (Ikkyu)
I. BELT
II. MINIMUMS

- A. Age: 13
- B. Number of classes since Nikyu: 52

III. BASICS

- A. Must have knowledge and demonstrate the skills of the previous rank
- B. Must participate in a tournament or assist in the judo process (tournament, dojo, committees, & etc.)

IV. 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

V. NEWAZA (Ground Techniques)

Must be able to proficiently demonstrate the following techniques

- A. Must know all Osaewaza techniques
 - 1. Proper application
 - 2. Multiple escapes

VI. SHIMEWAZA (Strangulation Techniques)

- A. One escape from Nami Juji Jime
- B. One escape from Gyaku Jime Jime
- C. One escape from Kataha Jime
- D. One escape from Kata Juji Jime

VII. KANSETSUWAZA (Arm Lock Techniques)

Primarily for judoka above the age of 16. You may start teaching it 6 months before their birthday

- 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

VIII. HISTORY & PHILOSOPHY

TBD

IX. PERSONAL

- A. Good moral character
- B. Participate in class activities
- C. Contribute to some aspect of our program, the state program, or a community program

USJF AGE & CLASS ATTENDANCE REQUIREMENTS

PROMOTION TO THE RANK OF	MINIMUM AGE	MINIMUM CLASSES ATTENDED	BELT COLOR
JUICHIKYU	5	7	WHITE
JUKYU	6	14	WHITE/YELLOW
KUKYU	6	20	YELLOW
HACHIKYU	7	20	YELLOW/ORANGE
NANAKYU	7	20	ORANGE
ROKYU	8	32	ORANGE/GREEN
GOKYU	9	40	GREEN
YONKYU	10	40	GREEN/BLUE
SANKYU	11	52	BLUE
NIKYU	12	52	BLUE/PURPLE
IKKYU	13	52	PURPLE

No discounts should be given for junior rank.