

RANK REQUIREMENTS**RANKING SYSTEM****Belt Colors Authorized by the U.S. Judo Federation**

Rank	Traditional Junior (16 and Under)	Approved Updated Junior (16 and Under)	Senior (17 and Over)
Juichikyu		White	
Jukyu		White/Yellow	
Kyukyu		Yellow	
Hachikyu		Yellow/Orange	
Nanakyu		Orange	
Rokkyu	White	Orange/Green	White
Gokyu	Yellow	Green	Green
Yonkyu	Orange	Green/Blue	Blue
Sankyu	Green	Blue	Brown
Nikyu	Blue	Blue/Purple	Brown
Ikkyu	Purple	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

PROMOTION PROCEDURES

Yudanshakai Promotions

Each member Yudanshakai is given promotional authority to a particular rank, depending upon the length of time as a Yudanshakai, and the number and rank of Yudansha. Each Yudanshakai shall establish its own procedures for examination of candidates and awarding of promotions within its USJF authorized promotion authority. The USJF has established the following guidelines for Yudanshakai in the evaluation and review of promotion applications.

Each Yudanshakai shall hold at least two promotional evaluation examinations each year. To accomplish this, each member Yudanshakai shall create a Yudanshakai Board of Examiners whose members shall be the higher-ranking members in the Yudanshakai. When a Yudanshakai's Board of Examiners consists entirely of examiners below the rank of Yodan (4th Degree Black Belt), each examiner shall vote on candidates by casting votes equal to his or her rank: e.g., a Shodan would cast one vote, a Sandan would cast three votes, etc. Otherwise, all examiners shall have an equal vote.

The Yudanshakai Board of Examiners shall review the promotion application of each member according to specific criteria for the rank being considered. Yudanshakai may adopt or modify the following USJF guidelines for promotion within each Yudanshakai's promotion authority, but such standards must be followed for promotion to rank beyond such authority. Any Yudanshakai that has Promotion Authority of Godan must maintain 100 member minimum to retain its Godan Rank Promotion Authority (11-1103).

Promotion applications that are beyond the promotion authority of the Yudanshakai shall be submitted for review by the National Promotion Committee.

Yudanshakai Rank Promotion Authority Criteria for Godan (12-0419)

A Yudanshakai requesting Godan rank authority from the USJF Board of Examiners or maintaining their current godan rank authority must meet the following requirements in order to obtain or retain their Godan rank authority.

Requesting Godan Rank Authority

Written request from Yudanshakai President for Godan rank Authority. The request must be made to the USJF Board of Examiners for review and approval. The written request must include the following information:

- Yudanshakai must be established, registered, and active continuously for at least 5 years with USJF.
- Yudanshakai must currently have Yodan rank authority granted by the USJF Board of Examiners.
- A minimum of three or more Kodansha of Rokudan or higher rank as awarded by USJF are on the Yudanshakai's promotion committee and are registered as active members with the USJF.
- Provide a list of the Yudanshakai's Promotion Committee Member' names and their USJF rank.
- Must have had a minimum USJF membership of 300 active members or higher continuously for at least four years in the year they are applying for Godan rank authority.

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Maintaining Godan Rank Authority

- At all times the Yudanshakai must maintain the 300 minimum active USJF registered members AND a minimum of three or more Kodansha of Rokudan or higher as awarded by USJF on the Yudanshakai's promotion committee who are registered active USJF members.
- USJF Board of Examiners will institute a Godan rank authority probation for two years when the Yudanshakai fails to meet any of the following requirements:
 - Fails to maintain the 300 minimum active USJF registered members and/or
 - Fails to have the minimum of three or more Kodansha of Rokudan or higher as awarded by USJF on their promotion committee who are registered active members with the USJF.
- The Yudanshakai must bring the deficiency(ies) up to the minimum standard level required for the Godan rank authority. If unable to do so, the Godan rank authority granted by the USJF Board of Examiners will be rescinded by the USJF Board of Examiners. Further review and action will be taken by the USJF Board of Examiners to determine what rank authority will be granted to the Yudanshakai when their Godan rank authority is rescinded.
 - The Yudanshakai must provide written proof on the following to the USJF Board of Examiners at the end of their probationary period:
 - The number of active USJF registered members for the first year of probation, second year of probation, and the current year.
 - The list of Kodansha names with rank awarded by USJF on their Promotional Committee
 - During the two-year probationary period, the Yudanshakai will continue to have Godan rank promotion authority until the end of the probationary period.
 - If the deficiency(ies) ARE corrected at the end of the probationary period, the Yudanshakai will retain their Godan rank promotion authority.
 - If the deficiency(ies) are NOT corrected, based on the information provided by the Yudanshakai and the USJF National Office, the USJF Board of Examiners will rescind the Yudanshakai's Godan rank promotion authority and further decide whether to grant the Yondan rank authority or lower rank authority to the Yudanshakai.

GENERAL REQUIREMENTS

There are general requirements for promotion that must be satisfied as a precondition for promotion, regardless of rank in question. Promotion of individuals who are not members of the USJF is not allowed. Testing and evaluation may be conducted by a combination of oral, demonstrative, and/or written examinations.

Eligibility for promotion shall be based upon the following general requirements, not necessarily in this order:

- a) Moral character, attitude, and maturity
- b) Competitive ability
- c) Technical proficiency
- d) General experience, contributions, and time in grade

- e) Recommendation by candidate's instructor

Time in Grade

Time in grade is that time spent at the applicant's present rank and is not cumulative from date of any previous promotion. Time in grade is computed from the time the candidate's present rank was registered with the National Office and is determined solely from the number of years of USJF annual registration since last promotion.

Promotion Points

Promotion Points may be counted for only one specific promotion and may not be carried over for consideration in other rank advancements. Points may be credited only for wins against opponents of equal or higher rank and must be obtained in either USJF "sanctioned" events or other event as specified by the Yudanshakai Board of Examiners or the USJF Board of Examiners. An opponent may count only once in the tabulation of tournament points for any particular rank. Promotion evaluation contests may be held for the purpose of substantiating the candidates' competitive ability.

Shiai Promotion Points are typically earned by wins over opponents of equal rank, in qualified tournaments. An Ippon win over an opponent of equal rank is one (1) point, while a Wazaari win over an opponent of equal rank is one-half (1/2) point. Yudanshakai may also elect to award promotion points to candidates defeating opponents of higher or lower rank. A recommended guideline is as follows:

Shiai Promotion Points Awarded According to Opponent Rank and Type of Win

Score	2 Ranks Lower	1 Rank Lower	Same Rank	1 Rank Higher	2 Ranks Higher	3 Ranks Higher
IPPON	1/3	1/2	1	1-1/2	2	3
WAZAARI	1/6	1/4	1/2	3/4	1	1-1/2

Kata Promotion Points are typically earned through placement in kata competitions. The amount of points earned is a function of the level of competition and placing earned. Please use the matrix below to determine the points earned at a particular event.

Kata Promotion Points Awarded According to Level of Competition and Placement

Place/Points	International	National	Regional	Local
1st	3.0	2.0	1.5	1.0
2nd	2.0	1.5	1.0	0.5
3rd	1.5	1.0	0.5	0.3
4th	1.0	0.5	0.3	0
5th	0.5	0.3	0	0

If there are fewer than five (5) teams competing in an international, national, regional, or local kata competition, the points awarded using the matrix above will be decreased by 2/3.

Batsugun Promotions

Yudanshakai may develop their own requirements for Batsugun promotions in a single promotional tournament. Recommended Batsugun promotion within single promotional tournament results from four (4) consecutive Ippon wins over opponents of same rank for promotions up to Ikkyu, and five (5) consecutive Ippon wins over opponents of same rank for Dan promotions. If a contestant beats an opponent of higher rank, the win must be by Ippon to qualify for Batsugun promotion; else, it is simply counted as a normal promotion point.

Candidate Classification

In order to evaluate properly candidates for promotion, two classifications of players are established.

a) Competitor:

A competitor shall be required to spend less time in grade and will be given greater weight for his or her competitive accomplishments towards promotion consideration.

The Competitor candidate is allowed only the applicable discount on time-in-grade requirements if they are a USJF Life Member or USJF President's Club Life Member (5% to 10%). Service and certification discounts to reduce time-in-grade requirements are not permitted for Competitor candidates (12-0419).

b) Non-competitors:

A non-competitor is an active member who participates and contributes at all levels of the sport except for competition. Non-competitors may be examined and promoted in the same basic manner as competitors except that requirements shall be stricter, including longer time in grade. A non-competitor may change his classification to that of a "competitor" provided he or she passes all other requirements outlined for "competitor."

A major promotion criterion for non-competitors is service to the USJF. Contributions by non-competitors can be made at several different levels, including dojo, yudanshakai, national, or international levels. Major contributions in these areas for the USJF can be considered to offset required Time in Grade.

USJF Junior, Youth and Kata National Championships shiai competition of brown belt rank or higher winners may be promoted by Batsugun to the rank of Shodan with no kata requirement needing to be met (08-0409).

USJF National Competition Shodan Batsugun Rank Criteria: (11-0427)

To be eligible for USJF National Competition Shodan Batsugun Rank, the candidate must satisfy the following criteria:

- 1) Enter the USJF Junior, Youth, and Kata National Championship shiai competition as a registered member of any national judo organization; and
- 2) Hold any current brown belt rank (proof of rank will be required for this purpose); and
- 3) Be at least age 14 years as of the competition date; and
- 4) In any one individual competitive division, achieve one of the following records:
 - a) Defeat no less than three opponents each holding a current brown belt rank or higher with at least one win by ippon; or
 - b) Defeat no less than five opponents of any rank by ippon; or
 - c) In any two or more individual divisions at the same event, defeat five or more opponents by ippon, at least three of whom hold brown belt rank or higher; and
- 5) Have the consent and approval of the youth's Dojo's Head Instructor and the youth's Yudanshakai's Board of Examiners/Promotion Committee Chairperson. Should the youth not be affiliated with a USJF Yudanshakai, then the consent and approval of the youth's dojo's head instructor and either the USJF Board Of Examiners Chairperson or the USJF Promotion Committee Chairperson must be obtained

It is recommended that all Shodan candidates, except those promoted by *Batsugun*, take the National Teachers Institute "Black Belt Knowledge" Test.

MINIMUM TIME IN GRADE AND AGE

No reductions of time-in-grade for contributions or service to the USJF, its Yudanshakais, and dojos are allowed for those candidates choosing and eligible for the competitor option for promotion (10/2012), EXCEPT for the those USJF Life Member competitor candidates, who may claim the applicable USJF 5% to 10% Life Member TIG reduction.

I. FOR COMPETITORS

Classifications

Class

- A** Team member of the Olympic, World Championship and/or Pan American Games. Placing 1st, 2nd, or 3rd at class A international tournament.
- B** Placing 1st, 2nd, or 3rd at the US Senior Open (a B-level tournament) and/or any other point receiving senior international tournament (10/2012).
- C** Placing 1st, 2nd, or 3rd at regional black belt divisions. Placing 1st, 2nd, or 3rd at the Fall Classic Tournament, President's Cup, National Collegiate, Youth and Scholastic Nationals, US Senior Nationals, or any non-point qualifying international competition (12-0419). Kata competitors that place 1st, 2nd, or 3rd in an IJF or PJC sanctioned international events as an officially selected representative of the United States (11-1104).
- D** Competes in shiai and/or kata in any sanctioned tournament and earns points based on performance, according to the number of wins and rank of opponents, which includes Master's competition at local, regional, state, national, and international competition, to a limit of 30% reduction of the time in grade listed for a non-competitor at that rank for Godan and above (12-0419).

Minimum Time Grade and Age (12-1102) (Reformatted)

Grade	A –Olympic, Worlds, or Pan American	B – Placing 1, 2, or 3 at US Senior Open or any point receiving international tournament	C – Regional Placing in any Black Belt division: i. e., - Ladder, High School Nationals, Collegiate, 1-3. or Kata Selected by US to go to IJF event	D – Senior, Masters, and Kata	Age
Shodan	None	None	None	Pts earned	14 yrs
Nidan	½ yr	1 yr	1 ½ yrs	Pts earned	16 yrs
Sandan	1 yr	2 yrs	2 ½ yrs	Pts earned	18 yrs
Yondan	1 ½ yrs	3 ½ yrs	4 yrs	Pts earned	21 yrs
Godan	3 yrs	5 yrs	6 yrs	Pts earned	22 yrs
Rokudan	5 yrs	7 yrs	9 yrs	Pts earned	27 yrs

MINIMUM TIME IN GRADE, POINTS for Class D (reformatted)

For Promotion to The Rank Of	5 Points	10 Points	15 Points	20 Points Batsugun
Gokyu				
Yonkyu				
Sankyu	3 mo			
Nikyu	6 mo	3 mo		
Ikkyu	9 mo	6 mo	3 mo	
Shodan	1 yr	9 mo	6 mo	
Nidan	3 yrs	2 yrs	1.5 yrs	1 yr
Sandan	4 yrs	3 yrs	2.5 yrs	1.5 yrs
Yodan	5.5 yrs	4 yrs	3 yrs	2 yrs

Godan	6.5 yrs	5 yrs	4 yrs	3 yrs
Rokudan	8 yrs	6 yrs	5 yrs	4 yrs
Shichidan	10 yrs	8 yrs	6 yrs	5 yrs

Kata Cumulative Requirements (12-1102)

Rank	Competitor	Non-Competitor
Shodan	First three sets of Nage no Kata as Tori	Nage no Kata as Tori
Nidan	Nage no Kata as Tori	Nage no Kata as Tori and Uke, <u>and</u> Katame no Kata as Tori
Sandan	Nage as Tori, <u>and</u> Uke. Katame as Tori	Nage no Kata as Tori and Uke, <u>and</u> Katame no Kata as Tori & Uke, <u>and</u> Kime no Kata as Tori, <u>or</u> Ju no Kata as Tori
Yondan	Kime no Kata as Tori, <u>or</u> Goshinjutsu as Tori	Kime no Kata as Tori and Uke, <u>or</u> Goshinjutsu, Tori & Uke, <u>and</u> Ju no Kata Tori and Uke
Godan	Kime no Kata as Tori & Uke, <u>and</u> Goshinjutsu as Tori & Uke	Kime no Kata as Tori and Uke, <u>and</u> , Goshinjutsu as Tori & Uke, <u>and</u> Ju no Kata as Tori & Uke
Rokudan	Ju no Kata as Tori & Uke, <u>and</u> Itsutsu no Kata as Tori	Ju no Kata as Tori and Uke, <u>and</u> Itsutsu no Kata as Tori & Uke
Shichidan	Itsutsu no Kata as Tori and Uke, <u>and</u> Koshiki no Kata as Tori	Itsutsu no Kata as Tori & Uke, <u>and</u> Koshiki no Kata as Tori & Uke
Hachidan	Koshiki no Kata Tori & Uke	

II. FOR NON-COMPETITORS**Minimum Time in Grade and Age**

For Promotion to the Rank of	Time in Grade	Minimum Age
Gokyu	None	None
Yonkyu	None	None
Sankyū	5 mos	None
Nikyū	9 mos	None
Ikkyū	1 yrs.	None
Shodan	2 yrs	14 yrs
Nidan	4 yrs	16 yrs
Sandan	6 yrs	18 yrs
Yodan	8 yrs	21 yrs
Godan	10 yrs	22 yrs
Rokudan	12 yrs	27 yrs
Shichidan	15 yrs	33 yrs
Hachidan	19 yrs	42 yrs

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

Maximum Reduction of Time in Grade – 30%

1. USJF Charter Club Head Instructors - Must Be Teaching Entire Time in Grade Period			
50 and more members	10%	10 to 19 members	3%
30 to 49 members	7%	1-9 members	1%
20 to 29 members	5%		
2. Assistant Instructors - Must Be Teaching Entire Time in Grade Period			
50 and more members	5%	20 to 29 members	2%
30 to 49 members	4%	10 to 19 members	1%
3. Referee & Technical Staff			
Work an Average of 6 or More Events Per Year During Entire Time in Grade Period			
Referee Class - A/B/C/N	6%	Technical Staff – National Events	6%
Referee Class - Regional/Local	4%	Technical Staff – Regional/Local Events	4%
Work an Average of 3 or More Events Per Year During Entire Time in Grade Period			
Referee Class - A/B/C/N	3%	Technical Staff – National Events	3%
Referee Class - Regional/Local	2%	Technical Staff – Regional/Local Events	2%
4. Kata Judge & Kata Technical Staff			
Work an Average of 2 or More Events Per Year During Entire Time in Grade Period			

Kata Judge Class A	6%	Kata Technical Staff – National Events	6%
Kata Judge Regional/Local	4%	Kata Technical Staff – Regional/Local Events	4%
5. Kata Instructor Certification			
Seven (7) Categories: Nage, Katame, Ju, Kime, Goshinjutsu, Itsutsu, Koshiki			
Class A	1% per kata category		
Class B	0.5% per kata category		
Class C	0.25% per kata category		
6. Teacher Certification and Coaching Certification			
Class A	5%	Class D	2%
Class B	4%	Class E	1%
Class C	3%		
7. USJF Life Member	5%		
8. Service as Yudanshakai Officer	10%		
9. Service as USJF Officer	10%		

Time in Grade Reduction Chart 09-0912

Note - the following chart is intended to help Yudanshakai promotion committees, the national promotion committee and the National office accurately calculate each candidate's time in grade

		Shodan	Nidan	Sandan	Yondan	Godan	Rokudan	Shichidan	Hachidan
Time in grade	Year	2	4	6	8	10	12	15	19
Reduction	1%	2y	4 y	5y 11m	7y 11m	9y 11m	11y 11m	14y 11m	18y 10m
	2%	1y 11m	3y 11m	5y 10m	7y 10m	9y 10m	11y 10m	14y 8m	18y 7m
	3%	1y 11m	3y 10m	5y 9m	7y 9m	9y 8m	11y 7m	14y 6m	18y 4m
	4%	1y 11m	3y 10m	5y 9m	7y 8m	9y 7m	11y 6m	14y 5m	18y 2m
	5%	1y 10m	3y 10m	5y 8m	7y 7m	9y 6m	11y 5m	14y 4m	18y 1m
	6%	1y 10m	3y 10m	5y 7m	7y 6m	9y 5m	11y 4m	14y 1m	17y 11m
	7%	1y 10m	3y 9.5m	5y 6.5m	7y 5m	9y 4m	11 2m	14y	17y 8m
	8%	1y 10m	3y 8m	5y 6m	7y 4m	9y 2m	11y	13y 10m	17y 6m
	9%	1y 9m	3y 7.5m	5y 4.5m	7y 3m	9y 1m	10y 11m	13y 8m	17y 4m
	10%	1y 9m	3y 7m	5y 5m	7y 2m	9y	10y 10m	13y 6m	17y 1m
	11%	1y 9m	3y 6m	5y 4m	7y 1m	8y 11m	10y 9m	13y 5m	16y 11m
	12%	1y 9m	3y 6m	5y 3.6m	7y .5m	8y 10m	10y 7m	13y 2m	16y 8m
	13%	1y 8m	3y 5m	5y 3m	7y	8y 8m	10y 5m	13y 1m	16y 6m
	14%	1y 8m	3y 5m	5y 2.4m	6y 11m	8y 7m	20y 4m	12y 11m	16y 4m
	15%	1y 8m	3y 4.8m	5y 1m	6y 10m	8y 6m	10y 2m	12y 10m	16y 2m
	16%	1y 8m	3y 4m	5y	6y 9m	8y 5m	10y 1m	12y 7m	16y
	17%	1y 7m	3y 3.8m	4y 11.5m	6y 8m	8y 4m	10y	12y 6m	15y 10m
	18%	1y 7m	3y 3.1m	4y 11m	6y 7m	8y 2m	9y 10m	12y 5m	15y 8m
	19%	1y 7m	3y 2.6m	4y 10.5m	6y 6m	8y 1m	9y 8m	12y 2m	15 y 5m
	20%	1y 7m	3y 2.4m	4y 9.6m	6y 5m	8y	9y 7m	12y	15y 2m
	21%	1y 6m	3y 1.8m	4y 9m	6y 4m	7y 11m	9y 6m	11y 11m	15y
	22%	1y 6m	3y 1.2m	4y 8.2m	6y 3m	7y 10m	9y 4m	11y 8m	14y 10m
	23%	1y 6m	3y .9m	4y 7.5m	6y 2m	7y 8m	9y 3m	11y 7m	14y 8m
	24%	1y 6m	3y .5m	4y 6.7m	6y 1m	7y 7m	9y 1m	11y 5m	14y 5m
	25%	1y 6m	3y	4y 6m	6y	7y 6m	9y	11y 4m	14y 4m
	26%	1y 5m	2y 11.2m	4y 5.3m	5y 11m	7y 5m	8y 11m	11y 1m	14y 1m
	27%	1y 5m	2y 11m	4y 4.6m	5y 10m	7y 4m	8y 10m	11y	13y 11m
	28%	1y 5m	2y 10.5m	4y 4m	5y 10m	7y 2m	8y 7m	10y 9m	13y 8m
	29%	1y 5m	2y 9.7m	4y 3m	5y 8m	7y 1m	8y 6m	10y 7m	13y 6m
	30%	1y 4m	2y 9.5m	4.2m	5y 7m	7y	8y 5m	10y 6m	13y 4m

IV. SPECIFIC REQUIREMENTS GUIDELINES FOR EACH RANK

The specific rank requirements specified below serve as guidelines for the requirements for promotion. Rank conversions from junior to senior may occur as outlined above in Ranking System. Yudanshakais may modify specific rank requirements for each rank, depending on circumstances, for ranks within each Yudanshakai's promotion authority, but these requirements are mandatory for all other promotions.

ROKKYU

GENERAL REQUIREMENTS:

This rank is assigned to individuals of good moral character who have been accepted as students of Judo in a Judo club or class.

GOKYU

GENERAL REQUIREMENTS:

1. Good moral character and maturity
2. Regular practice and attendance

GENERAL KNOWLEDGE:

1. Basic Judo etiquette
2. Basic Judo hygiene
3. Purpose of breakfalls (ukemi)
4. Correct forms of sitting, standing and kneeling.
5. Correct fundamentals of:
 - a) gripping (kumi kata)
 - b) posture (shisei)
 - c) Natural posture (shizenhontai)
 - d) Defensive posture (jigohontai)
 - e) right defensive posture (migi jigotai)
 - f) left defensive posture (hidari jigotai)
6. Basic fundamentals of throwing (kuzushi, tsukuri and kake)
7. Eight forms of unbalance

ABILITY TO DEMONSTRATE:

1. Throwing Techniques

O-soto-gari	major outer reaping throw
O-goshi	major hip throw
De-ashi-harai	advanced foot sweep
Hiza-guruma	knee wheel throw
2. Holding Techniques

Kesa-gatame	cross-chest hold
Kata-gatame	shoulder hold

TOURNAMENT EXPERIENCE:

Limited contest experience. Familiarity with training exercises with emphasis on etiquette, rules and prohibited matters. No contest points required.

YONKYU**GENERAL REQUIREMENTS:**

1. Good moral character and maturity
2. Regular practice and attendance

GENERAL KNOWLEDGE:

1. Difference between judo and ju-jitsu
2. Knowledge of the fundamental principles of judo (maximum efficiency)
3. Improved degree of skill with lower rank requirements.

ABILITY TO DEMONSTRATE:

1. Throwing Techniques

Seoi-nage	shoulder throw
Tai-otoshi	body drop
Kouchi-gari	minor inner reaping throw
Uki-goshi	floating hip throw
2. Holding Techniques

Kami-shiho-gatame	upper four-corner hold
Yoko-shiho-gatame	side four-corner hold

TOURNAMENT EXPERIENCE:

Continued contest experience with expanded interpretation of the sport phase. No contest wins required for promotion to this rank.

SANKYU**GENERAL REQUIREMENTS:**

1. Good moral character and maturity
2. Regular practice and attendance
3. Time-in-grade as Yonkyu:

Non-competitor	5 months
Competitor, 5 points	3 months
Competitor, 10 points	0 time
4. Achieve a minimum score of 50 on “Kyu Evaluation Report”

GENERAL KNOWLEDGE:

1. Names, colors and order of “kyu” belt ranking system
2. Purpose and methods of “kata” and “randori”

ABILITY TO DEMONSTRATE:

1. Throwing Techniques

O-uchi-gari	major inner reaping throw
Harai-goshi	sweeping hip throw
Okuri-ashi-barai.....	sweeping ankle throw
Ko-soto-gari	minor outer reaping throw
2. Holding Techniques

Kuzure-kami-shiho-gatame	modified upper four-corner hold
Tate-shiho-gatame	vertical four-corner hold
3. Choking Techniques

Kata-juji-jime	half cross choke
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Gyaku-juji-jime reverse cross choke

NIKYU

GENERAL REQUIREMENTS:

1. Good moral character and maturity
2. Regular practice and attendance
3. Time-in-grade as Sankyū:
 - Non-competitor 9 months
 - Competitor, 5 points 6 months
 - Competitor, 10 points 0 time
4. Achieve a minimum score of 60 on “Kyu Evaluation Report”
5. Increased proficiency in all lower rank requirements

ABILITY TO DEMONSTRATE:

1. Throwing Techniques
 - Tomoe-nage stomach throw
 - Hane-goshi spring hip throw
 - Tsuri-komi-goshi..... lifting-pulling hip throw
 - Uchimata inner thigh throw
2. Choking Techniques
 - Nami-juji-jime normal cross choke
 - Okuri-eri-jime sliding lapel choke
3. Joint locks
 - Ude-garami coil arm lock
 - Ude-gatame arm lock
4. General Techniques
 - Demonstrate one throw both left and right
 - Demonstrate one combination technique
 - Demonstrate one counter technique

IKKYU**GENERAL REQUIREMENTS:**

1. Sound moral character and maturity
2. Regular practice and good judo spirit
3. Achieve a minimum score of 70 on "Kyu Evaluation Report"
4. Increased proficiency in all lower rank requirements
5. Time-in-grade as Nikyu:
 - Non-competitor 1 year
 - Competitor, 5 points 9 months
 - Competitor, 10 points 6 months
 - Batsugun or 15 points 3 months

ABILITY TO DEMONSTRATE:

1. Throwing Techniques
 - Sode-tsurikomi-goshi sleeve lift pull hip throw
 - Sasae-tsurikomi-ashi propping drawing ankle throw
 - Kata-guruma shoulder wheel
2. Choking Techniques
 - Hadaka-jime naked choke
 - Kata-ha-jime single wing choke
3. Joint locks
 - Hiza-gatame arm-knee lock
 - Juji-gatame cross arm lock
 - Ashi-garami entangle leg lock
4. General Techniques
 - Demonstrate two throws to the left and right side
 - Demonstrate two combination techniques
 - Demonstrate two counter techniques

SHODAN**GENERAL REQUIREMENTS:**

1. Unquestioned moral character and maturity
2. Continued practice and interest
3. Achieve a minimum score of 75 on “Shodan Evaluation Report”
4. Increased proficiency in all lower rank requirements
5. Terminology required for lower ranks
6. Names, colors and order of junior and senior belt ranking system
7. Minimum age of 14 years
8. Time-in-grade as Ikkyu:
 - Non-competitor 2 years
 - Competitor, 5 points 1 year
 - Competitor, 10 points 9 months
 - Batsugun or 15 points 6 months
9. Assistant Teacher, Teacher, or Coaches Certification

ABILITY TO DEMONSTRATE:

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

NIDAN**GENERAL REQUIREMENTS:**

1. Unquestioned moral character and maturity
2. Continued practice and interest
3. Achieve a minimum score of 75 on “Nidan Evaluation Report”
4. Increased proficiency in all lower rank requirements
5. Terminology required for lower ranks
6. Minimum age of 16 years
7. Time-in-grade as Shodan:

Non-competitor	4 years
Competitor, 5 points	3 years
Competitor, 10 points	2 years
Competitor, 15 points	1 1/2 years
Batsugun or 20 points	1 year

ABILITY TO DEMONSTRATE:

1. Throwing Techniques

Yoko-gake	side body drop
Sumi-gaeshi	corner throw
Ura-nage.....	rear throw
Yoko-otoshi	side drop
Ko-soto-gake.....	minor outer hooking ankle throw
2. Kata

Competitor: Complete Nage no Kata (tori)
Non-competitor: Complete Nage no Kata (tori & uke) and Katame no Kata (tori)

SANDAN**GENERAL REQUIREMENTS:**

1. Unquestioned moral character and maturity
2. Continued practice and involvement in judo
3. Achieve a minimum score of 75 on “Sandan Evaluation Report”
4. Increased proficiency in all lower rank requirements
5. Terminology required for lower ranks
6. Minimum age of 18 years.
7. Time-in-grade as Nidan:

Non-competitor	6 years
Competitor, 5 points	4 years
Competitor, 10 points	3 years
Competitor, 15 points	2 1/2 years
Batsugun or 20 points	1 1/2 years

ABILITY TO DEMONSTRATE:

1. Throwing Techniques

Ashi-guruma	side wheel
Hane-maki-komi.....	outer winding spring hip throw
Tani-otoshi	valleydrop
Sukui-nage.....	scooping throw
2. Kata

Competitor: Complete Nage no Kata (tori & uke) and Katame no Kata (tori)
Non-competitor: Complete Nage no Kata (tori & uke), Katame no Kata (tori & uke), Kime no Kata or Ju no Kata

YODAN**GENERAL REQUIREMENTS:**

1. Unquestioned moral character and maturity
2. Continued practice and involvement in judo
3. Achieve a minimum score of 75 on “Yodan Evaluation Report”
4. Increased proficiency in all lower rank requirements
5. Terminology required for lower ranks
6. Minimum age of 21 years.
7. Time-in-grade as Sandan:

Non-competitor	8 years
Competitor, 5 points	5 1/2 years
Competitor, 10 points	4 years
Competitor, 15 points	3 years
Batsugun or 20 points	2 years

ABILITY TO DEMONSTRATE:

1. Throwing Techniques

O-guruma	major wheel throw
Soto-maki-komi	outer winding throw
Yoko-wakare.....	side separation
Ushiro-goshi	rear hip throw
Sumi-otoshi.....	corner drop
2. Kata

Competitor: Complete Kime no Kata (tori) or Goshinjutsu (tori)
Non-competitor: Complete Kime no Kata (tori & uke) or Goshinjutsu (tori & uke), and Ju no Kata (tori & uke)

GODAN**GENERAL REQUIREMENTS:**

1. Unquestioned moral character and maturity
2. Continued practice and involvement in judo
3. Achieve a minimum score of 75 on “Godan Evaluation Report”
4. Increased proficiency in all lower rank requirements
5. Terminology required for lower ranks
6. Minimum age of 22 years.
7. Complete understanding of the structure of U.S. Judo
8. Good understanding of and skill in teaching judo, must have coach certification or teachers certification or
9. Major levels of refereeing and judging
10. Time-in-grade as Yodan:

Non-competitor	10 years
Competitor, 5 points	6 1/2 years
Competitor, 10 points	5 years
Competitor, 15 points	4 years
Batsugun or 20 points	3 years

ABILITY TO DEMONSTRATE:

1. Kata

Competitor: Complete Kime no Kata (tori & uke) and Goshinjutsu (tori & uke)
Non-competitor: Complete Kime no Kata (tori & uke), Goshinjutsu (tori & uke), and Ju no Kata (tori & uke)

ROKUDAN**GENERAL REQUIREMENTS:**

1. Unquestioned moral character and maturity
2. Continued practice and involvement in judo
3. Achieve a minimum score of 75 on “Rokudan Evaluation Report”
4. Increased proficiency in all lower rank requirements
5. Terminology required for lower ranks
6. Minimum age of 27 years.
7. Good understanding of and skill in teaching judo, must have national coach certification or national teachers certification or
8. Major levels of refereeing and judging
9. Time-in-grade as Godan:

Non-competitor	12 years
Competitor, 5 points	8 years
Competitor, 10 points	6 years
Competitor, 15 points	5 years
Batsugun or 20 points	4 years

ABILITY TO DEMONSTRATE:

1. Kata

Competitor: Complete: Ju no Kata (tori & uke) and Itsutsu no Kata (tori)
Non-competitor: Complete: Ju no Kata (tori & uke) and Itsutsu no Kata (tori & uke)

SHICHIDAN**GENERAL REQUIREMENTS:**

1. Unquestioned moral character and maturity
2. Continued practice and involvement in judo
3. Achieve a minimum score of 75 on “Shichidan Evaluation Report”
4. Increased proficiency in all lower rank requirements
5. Terminology required for lower ranks
6. Minimum age of 33 years.
7. Good understanding of and skill in teaching judo, must have national coach certification or national teachers certification or
8. Major levels of refereeing and judging
9. Time-in-grade as Rokudan:

Non-competitor	15 years
Competitor, 5 points	10 years
Competitor, 10 points	8 years
Competitor, 15 points	6 years
Batsugun or 20 points	5 years

ABILITY TO DEMONSTRATE:

1. Kata

Competitor: Complete: Itsutsu no Kata (tori & uke) and Koshiki no Kata (tori)
Non-competitor: Complete: Itsutsu no Kata (tori & uke) and Koshiki no Kata (tori & uke)

HACHIDAN**GENERAL REQUIREMENTS:**

1. Unquestioned moral character and maturity
2. Continued practice and involvement in judo
3. Achieve a minimum score of 75 on “Hachidan Evaluation Report”
4. Increased proficiency in all lower rank requirements
5. Terminology required for lower ranks
6. Minimum age of 42 years.
7. Mastery of the principles and philosophy of judo
8. Substantial contribution to judo and to society
9. Time-in-grade as Shichidan – 19 years.

ABILITY TO DEMONSTRATE:

1. Kata

Complete: Koshiki no Kata (tori & uke)

KUDAN**GENERAL REQUIREMENTS:**

1. Unquestioned moral character and maturity
2. Continued practice and involvement in judo
3. Mastery of the principles and philosophy of judo
4. Substantial contribution to judo and to society
5. Major levels of contributions to judo organizations
6. The USJF Promotion Committee makes the recommendation to the Board of Examiners

PROMOTION PROCESS REQUIREMENTS

1. USJF Membership

In order for the USJF to process a promotion the candidate must be a current paid up primary or secondary member of the USJF at the time of the application.

- A Shodan applicant must show current membership plus one year prior membership.
- For Nidan and above they must have current membership plus three years prior membership.
- If the applicant does not have the required membership history, the history may be purchased for \$30.00 per year.
- For applicants who are life members of the USJF then there is a flat fee of \$20.00 whether they need one or three years.”

2. Background Check

All applicants for Shodan and above must undergo the USJF background/screening program per USJF documented procedure. Failure to complete this process will terminate the applicant’s promotion process.

- Please use latest USJF Form 590 available from the USJF website.
- Proof of Background Screening provided through other judo national bodies is acceptable, as long as it is current and with at least one year before expiration. Proof must be included with the application.”

3. Dan rank awarded by other Judo organizations

Dan rank is recognized if issued by legitimate national federations of Judo. Assuming that it can be verified, that rank can be used to earn their next rank through the normal rank promotion process for the yudanshakai.

4. Application Process

For all Dan promotions, all applications need to meet the following criteria:

- All Form 20s need to be submitted TYPED with sections 1 through 9 completed in full. Be specific and informative. If this is not done the candidate risks a delay in processing the application.
 - Unanswered categories on Form 20 may result in rejection or tabling of the application.
 - The applicant and other responsible persons involved in completing Form 20 should not assume that the Board of Examiners or Promotion Committee will supply missing information.
- All Dan promotion applications above the rank authority of the Yudanshakai must be mailed to the National Office at least 45 days prior to the announced USJF Promotion Committee meeting together with the correct USJF Dan fee and a copy of the candidate’s current Dan certificate, to be considered at the meeting.
 - Applications for Godan and higher rank that are rejected cannot be resubmitted for at least two years. Applications for Yodan and lower rank that are rejected cannot be resubmitted for at least one year. CLARIFICATION: An application which has been “tabled” upon due consideration or that has been “withdrawn” by the yudanshakai shall not be treated as a “rejected application”.

- Individuals currently holding USJF Teachers' Certification in a specific kata shall be exempt from any future kata examination of the specific kata required for promotion while maintaining such certification.
- The applications together with the correct USJF Dan fee and the required supporting documents should be sent to the USJF National Office.
- A Yudanshakai shall be entitled to be represented before the USJF promotion committee when its member is being considered for promotion by the USJF promotion Committee. The representative shall act only for the purpose of introducing the candidate and providing background information relevant to the applicable rank standards.
- As a matter of standard procedure, unless otherwise specifically defined, when deficiency(ies) are identified by the National Office a promotion package is to be returned to the Yudanshakai. If the Yudanshakai does not respond to the deficiencies within six months after notification the package is to be returned to the submitting Yudanshakai with no action taken if the deficiencies not corrected **(13-1031)**.

5. Promotion Fee Schedule

The following is the current USJF Promotion Fees Effective 5/15/13

- Shodan \$125
- Nidan \$150
- Sandan \$175
- Yodan \$200
- Godan \$225
- Rokudan \$250
- Shichidan \$300
- Hachidan \$350

- 6.** Changes to promotion requirements and rules will become effective 90 days after approval by the Board of Examiners as a matter of standard procedure unless otherwise specified (13-1031).