



### Senior Ikkyu Study Guide

United States Judo Federation  
PO Box 338  
Ontario, OR 97914

Phone: 541-889-8753  
Fax: 541-889-5893



## Senior Ikkyu Brown Belt First Class

*Study Guide*

# UNITED STATES JUDO FEDERATION



Issued Date: April 2008

### Study Guide Assigned To:

- \_\_\_\_\_
- Date Assigned: \_\_\_\_\_
- Initiated By: \_\_\_\_\_





# USJF Judo

## CAVEAT

This booklet is specifically intended for use as a study guide and aide to assist the student in preparing for promotions. It is expressly limited to this purpose only. Nothing contained herein should be construed by the user as constituting a rank standard for promotion different from the published USJF standard.

USJF students and others are encouraged to use this booklet as a study aid when preparing for promotion to the rank indicated on the cover. The USJF Board of Examiners believes that individuals choosing to use this study aid will benefit by increased knowledge of Kodokan Judo and in their preparation for promotion.

The official promotion procedures and senior rank standards used by the United States Judo Federation can be found online at [http://www.usjf.com/public/rank\\_requirement.pdf](http://www.usjf.com/public/rank_requirement.pdf). These rank standards are the definitive documents concerning criteria for rank and promotion procedures for the United States Judo Federation. For further information or clarification as to applicable minimum rank standards, please visit the website or check with your dojo sensei or yudanshakai board of examiner representative.

The photographs used in this study guide are the property of Mr. Bob Brink of the Anchorage Dojo and are used by permission. The cover photo, of the belt, is the property of Mr. Bill Beebe of Ozark Judo and is used by permission.

COPYRIGHT 2008 BILL BEEBE AND THE USJF.

This body of work was authorized and approved by the USJF Board of Examiners on April 9, 2008. Credit for the final product goes to these four USJF sensei's: Bob Harder, Ad Hoc committee chairman; Eiko Shepherd; Tom Sheehan and to Bill Beebe the principle draftsman and concept originator. The work product can not be modified or altered in any way without the prior written permission of Sensei Bill Beebe and the United States Judo Federation, Inc.



## Student Notes



## Student Notes



### Table of Contents

#### Introduction

General Information	1
General Eligibility	2

#### Promotion Tasks

General Knowledge	3
Suggested Reading	5
Ability to Demonstrate	5

#### Competition

Suggested Competitive Knowledge	15
---------------------------------	----

#### Time In Grade

General Requirements	17
Ikkyu Requirements	17
Time in Grade Reductions	18
Practice Time	18

#### Suggested Vocabulary

General Requirements	39
Vocabulary Words	40

#### Student Notes

Clinics, Classes, Special Training Activities	43
General Student Notes	49

## Introduction

### General Information

Ikkyu is the last rank in Kodokan Judo where the judoka wears a Brown Belt. When this rank is awarded, the judoka may add one black stripe to one end of his/her brown belt.

These strips are called “mon”. This practice is not uncommon, but not required either. While still considered a “Beginner”, the judoka should have very good basic skills and understanding of Kodokan Judo practice and techniques.



At this rank, the general public and other judoka will consider the holder of the Ikkyu rank to be very proficient in judo and will expect him/her to be able to explain Kodokan Judo and to execute techniques with an high level of skill.

Since this is the last in the brown belt series in Kodokan Judo, it is important that the Instructor counsel the judoka as he/she continues to improve their skills. The judoka will be expected to be a leader in the class, and because of this they must maintain a demeanor that will instill respect and cause other beginners to imitate their practice techniques and dedication. Therefore, the judoka must practice with sincerity, dedication and regularity. In addition, other students will, with increasing frequency, expect the Ikkyu judoka to be able to provide instruction. Sometimes this may exceed the capabilities of judoka at this stage of their training. It is important that they be instructed in humility, sincerity, and the ability to recognize the level of their own skills. This rank is one of the principle ranks that prepares the beginner to become a student of Kodokan Judo. The beginner must recognize that he/she will assume a leadership position in the class and understand the responsibility associated with that situation.

## Student Notes



## Student Notes



## Introduction

### General Eligibility

To be considered eligible for promotion to the rank of Ikkyu, the judoka must demonstrate the following:

- A. Be of very good moral character, have an exemplary attitude and outlook on life in general and Kodokan Judo in particular, and show a maturity that will ensure that the knowledge he/she has gained, and will continue to gain, will not be abused.
- B. Technical proficiency in the techniques taught for this rank and at all lower ranks.
- C. Adequate time in grade to both understand and be proficient in the techniques required at this rank and.

Candidates for promotion must be currently registered with the United States Judo Federation. Required time in grade for any promotion will be measured by the number of full years (or months) registered with the USJF.

### Suggested Knowledge

Task	Date Completed
Name the rank and colors for the “Kyu” belt ranking system used for Senior Judoka by the USJF.	
Name the rank and colors for the “Dan” belt ranking system used in Kodokan Judo.	
Describe the purpose and methods of “kata” and “randori” in Kodokan Judo.	
Describe the basic history of Kodokan Judo that includes the date it was founded, where it was founded, who the founder was, and what it was developed from.	
Vocabulary (suggested words and phrases are listed in the back of this Task Book)	
Understanding of basic Kumi-Kata, including grips used for forward and rear throws and grips used in transition throws.	
Understand the principles of Happon-No-Kushushi and be able to explain them.	

## Student Notes

### Clinics, Classes, Special Training Activities Attended

[illegible]

## Student Notes

### Clinics, Classes, Special Training Activities Attended

[illegible]

## Promotion Tasks



### Suggested Reading

The candidate for promotion to Ikkyu should consult with the head instructor to determine appropriate reading material to guide his/her study in Kodokan Judo. It is suggested, but not required, that the student read at least two books of the instructor's choosing in addition to visiting several of the internet sites that contain in depth information on Kodokan Judo. The books and websites listed here are provided as an aid to the instructor and student in selecting appropriate material.

*“Formal Judo”* Tadao Otaki and Donn F. Draeger

*"Fighting Spirit of Judo"* by Yasuhiro Yamashita

*"Complete Guide to Judo"* by Robert W. Smith

Suggested web sites:

www.usjf.com

[www.judovision.org](http://www.judovision.org)

[www.judoinfo.com](http://www.judoinfo.com)

### Ability to Demonstrate

Ukemi-Waza	Date Completed
Ushiro-Ukemi	
Migi-Yoko Ukemi	
Hidari-Yoko-Ukemi	
Migi Zenpo Kaiten	
Hidari Zenpo Kaiten	
Mae-Ukemi	

## Student Notes

### Clinics, Classes, Special Training Activities Attended

[illegible]



### Clinics, Classes, Special Training Activities Attended

[illegible]

## Promotion Tasks

### Ability to Demonstrate

Osaekomi-Waza	Date Completed
Kesa-Gatame	
Kata-Gatame	
Yoko-Shiho-Gatame	
Kami-Shiho-Gatame	
Tate-Shiho-Gatame	
Kuzure-Kami-Shiho-Gatame	



### Ability to Demonstrate

Shimi-Waza	Date Completed
Hadaka-Jime	
Kata-Juji-Jime	
Okuri-Eri-Jime	
Name-Juji-Jime	
Kata-Ha-Jime	
Gyaku-Juji-Jime	

Joint Locking Techniques	Date Completed
Ude-Hishigi-Gatame	
Ude-Hishigi-Juji-Gatami	
Ude-Hishigi-Ude-Gatami	
Ashi-Garami	
Ude-Hishiji-Hiza-Gatame	

## Student Notes

### Clinics, Classes, Special Training Activities Attended

[illegible]

### Clinics, Classes, Special Training Activities Attended

[illegible]

### Suggested Ability to Demonstrate

Suggested Ne-Waza Attacks	Date Completed
Turtle attack using triangle choke, armlock and pin.	
Juji-Gatame from the guard	
Passing guard to Kesa-Gatame	
Passing guard to Kata-Gatame-Jime	
Basic sweep from open guard into kesa-gatame	
Passing guard into Yoko-Shiho-Gatame	
Three turtle attacks	
Passing guard into Hadaka-Jime	





## Promotion Tasks

### Ability to Demonstrate

Throwing Technique	Date Completed
De-Ashi-Barai	
Hiza-Guruma	
Sasae-Tsuri-Komi-Ashi	
Uki-Goshi	
O-Soto-Gari	
O-Goshi	
O-Uchi-Gari	
Seoi-Nage	
Ko-Soto-Gari	
Ko-Uchi-Gari	
Tsuri-Komi-Goshi	
Okuri-Ashi-Barai	
Tai-Otoshi	
Harai-Goshi	
Uchi-Mata	
Hane-Goshi	
Tomoe-Nage	
Kata-Guruma	
Sode-Tsurikomi-Goshi	
Kata-guruma	



## Vocabulary

### Vocabulary Words

English	Japanese	English	Japanese
Teacher	Sensei		
Belt	Obi	Black Belt Holder	Yudansha
Non Black Belt	Mudansha	Form Practice	Uchi-Komi
Breaking Balance	Kuzushi	Fitting Bodies in preparation for throw	Kuzure
Execution of the throw	Kake	Major or Large	O
Outside	Soto	Inside	Uchi
Reaping	Gari		
Body	Tai	Hand	Te
Ground Techniques	Ne-Waza	Standing Techniques	Tachi-Waza
Minor or Small	Ko	Sweep	Harai
Circle	Tomoe	Throw	Nage
Backward	Ushiro	Sacrifice	Sutemi
Valley	Tani		

## Vocabulary

### Vocabulary Words

English	Japanese	English	Japanese
Black Belt Grade	Dan	Non-Black Belt Class	Kyu
1st Degree Black Belt	Shodan	2nd Degree Black Belt	Nidan
3rd Degree Black Belt	Sandan	4th Degree Black Belt	Yodan
5th Degree Black Belt	Godan	6th Degree Black Belt	Rokudan
7th Degree Black Belt	Shichidan	8th Degree Black Belt	Hachidan
9th Degree Black Belt	Kudan	10th Degree Black Belt	Judan
6th Class Beginner	Rokukyu	5th Class Beginner	Gokyu
4th Class Beginner	Yonkyu	3rd Class Beginner	Sankyu
2nd Class Beginner	Nikyu	1st Class Beginner	Ikkyu
Informal Sitting	Anza	Formal Sitting	Seiza
Contest	Shiai	Minor Penalty	Shido
Major Penalty	Hansoke-Make	Free Practice	Randori
Pre-Arranged Form Practice	Kata	Judo Student	Judoka
Gentleness	Ju	Way	Do

## Promotion Tasks





## Promotion Tasks

### Suggested Ability to Demonstrate

Combination Techniques	Date Completed
Seoi-Nage to Kesa-Gatame	
O-Goshi-to Yoko-Shiho-Gatame	
O-Soto-Gari to Kesa-Gatame	
Kata-Gatame to Okuri-Eri-Jime	
Seoi-Nage to O-Soto-Gari	
Tai-Otoshi to Uchi-Mata	
Uchi-Mata to Ko-Uchi-Gari	
O-Uchi-Gari to Ko-Uchi-Gari	
Kesa-Gatame to Kata-Gatame	
Kata-Gatame to Yoko-Shiho-Gatame	
Yoko-Shiho-Gatame to Kami-Shiho Gatame	
Kami-Shiho-Gatame to Kesa-Gatame	
Seoi-nage to Kata-Katame	
O-Uchi-Gari to Yoko-Shiho-Gatame	
Hane-Goshi to Kesa-Katame	
Yoko-Shiho-Gatame to Kata-Juji-Jime	
O-Soto-Gari to Tai-Otoshi	
Ko-Uchi-Gari to Harai-Goshi	
O-Soto-Gari to Harai-Goshi	
O-Uchi-Gari to Harai-Goshi	



## Suggested Vocabulary

### Suggested Vocabulary Words

English	Japanese	English	Japanese
One	Ichi	Start	Haijime
Two	Ni	Stop	Matte
Three	San	That is all	Sore-Maa-de
Four	See	Hold Still-Pause	Sona-Mama
Five	Go	Continue	Yoshi
Six	Roku	Hold Down	Osae-Komi
Seven	Sichi	Hold Broken	Toketa
Eight	Hachi	One Point	Ippon
Nine	Ku	Half Point	Wazari
Ten	Ju	Almost Wazari	Yuko
Belt	Obi	Almost Yuko	Koka
Uniform	Gi	Decision	Hantei
Jacket	Uwagi	Setting Bow	Za-Rei
Side	Yoko	Wheel	Guruma
Drop	Otoshi	Choke	Jime
Hold	Gatame	Technique	Waza
		Practice Hall	Dojo
Collar	Eri	Foot or leg	Ashi



## Suggested Vocabulary

### General Requirements

Kodokan Judo is an Olympic Sport and self defense system that originated in Japan. Therefore, the techniques and class commands are properly known by their Japanese names. Learning the proper names for the

techniques, the commands used in class, is a valuable asset to judokas. This has the added benefit of allowing you to practice



effectively anywhere in the world where Kodokan Judo is taught.

In addition, all commands at Kodokan Judo tournaments up to and including the Olympic Games are given in Japanese. Therefore, it is imperative that the student understand these terms to be competitive in tournament play.

## Promotion Tasks

### Suggested Ability to Demonstrate

Combination Techniques	Date Completed
Tate-Shiho-Gatame to Kuzure-Kesa-Gatame	
Uchi-Mata to Kesa-Gatame	
Uchi-Mata to Yoko-Shiho-Gatame	
Seoi-Nage to Yoko-Shiho-Gatame	
Uchi-Mata to Ko-Uchi-Gari	
O-Uchi-Gari to Uchi-Mata	
Tate-Shiho-Gatame to Yoko-Shiho-Gatame	



### Suggested Ability to Demonstrate

Kaeshi-Waza (Counter Techniques)	Date Completed
O-soto-Gari to O-Soto-Gari	
Seoi-Nage to O-Soto-Gari	
Kesa-Gatame to Kesa-Gatame	
O-soto-Gari to Tani-Otoshi	
Harai-Goshi to Ura-Nage	
Kami-Shiho-Gatame to Yoko-Shiho-Gatame	
Uchi-Mata to Tai-Otoshi	
Tate-Shiho-Gatame to Kesa-Gatame	
De-Ashi-Barai to Tsubame-Gaeshi	



## Practice Time

[illegible]



## Time In Grade

## Practice Time

[illegible]

### Suggested Competition Knowledge

A photograph of a judo match in progress. A judoka in a blue gi is on the ground, and a referee in a white gi is assisting. A woman in a black jacket sits on a chair in the background.

## Time In Grade

## Practice Time

[illegible]

## Time In Grade

## Practice Time

[illegible]

## Competition



Student Classification	Time in Grade
Non Competitor	2 Years
Competitor, 5 points	1 Year
Competitor, 10 points	9 Months
Competitor, 15 points	6 Months
Competitor, Batsugun (20 or more points)	3 Months

[illegible]

## Practice Time

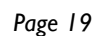
[illegible]

## Time In Grade Reductions

Score	Points by Grade of Opponent					
	2 Ranks Lower	1 Rank Lower	Same Rank	1 Rank Higher	2 Ranks Higher	3 Ranks Higher
<b>Ippon</b>	1/3	1/2	1	1 1/2	2.0	3.0
<b>Waza-ari</b>	1/6	1/4	1/2	3/4	1.0	1 1/2

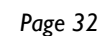
## Time In Grade

[illegible]



## Time In Grade

## Practice Time

[illegible]

## Time In Grade

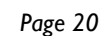
## Practice Time

[illegible]



## Time In Grade

## Practice Time

[illegible]

## Time In Grade

## Practice Time

[illegible]



## Time In Grade

## Practice Time

[illegible]

## Time In Grade

## Practice Time

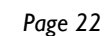
[illegible]





## Time In Grade

## Practice Time

[illegible]

## Time In Grade

## Practice Time

[illegible]

## Practice Time

[illegible]

## Practice Time

[illegible]

## Time In Grade

## Practice Time

[illegible]

## Time In Grade

## Practice Time

[illegible]

## Practice Time

[illegible]

## Practice Time

[illegible]