



Senior Nikyu Study Guide

United States Judo Federation
PO Box 338
Ontario, OR 97914

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



Senior Nikyu Brown Belt Second 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. 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

Suggested Knowledge 3

Suggested Reading 5

Suggested Ability to Demonstrate 5

Competition

Suggested Competitive Knowledge 14

Time In Grade

General Requirements 15

Nikyu Requirements 15

Time In Grade Reductions 16

Practice Time 17

Suggested Vocabulary

General Requirements 27

Suggested Vocabulary Words 28

Student Notes

General Student Notes 31

Introduction

General Information

Nikyu is the second rank in Kodokan Judo where the judoka wears a Brown Belt. When this rank is awarded, the judoka may add two black or white stripes to one end of his/her brown belt. This practice is not uncommon, but not required either. These stripes are called “mon”. While still considered a “Beginner”, the judoka should have improved 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 Nikyu rank to be proficient in judo and will expect him/her to be able to explain Kodokan Judo and to execute techniques with an increasing level of skill.



Since this is the second in the brown belt series in Kodokan Judo, it is important that the Instructor counsel the judoka as he/she continues to improve his/her skills. The judoka will be expected to be a leader in the class, and because of this he/she 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 Nikyu judoka to be able to provide instruction. Sometimes this may exceed the capabilities of judoka at this stage of his/her training. It is important that they be instructed in humility, sincerity, and the ability to recognize the level of their own skills.

Student Notes



Student Notes



Introduction

General Eligibility

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

- A. Be of good moral character, have a good 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.

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
Describe the purpose and methods of “kata” and “randori” in Kodokan Judo.	
Name the rank and colors for the “Dan” belt ranking system used 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.	

Student Notes

Clinics, Classes, Special Training Activities Attended

[illegible]



Student Notes

Clinics, Classes, Special Training Activities Attended

Date	Location	Instructor/ Clinician	Hours on Mat/ Hours in Class



Promotion Tasks

“The word jujutsu and judo are each written with two Chinese characters. The ‘ju’ in both is the same and means ‘gentleness’ or ‘giving way.’ The meaning of ‘jutsu’ is ‘art, practice,’ and do means ‘principle’ or ‘way,’ the Way being the concept of life itself. ‘Jujutsu’ may be translated as ‘the gentle art,’ judo as ‘the Way of gentleness,’ with the implication of first giving way to ultimately gain victory. The Kodokan is, literally, ‘the school for studying the Way.’ As we shall see in the next chapter, judo is more than an art of attack and defense. It is a way of life.”

“Jujitsu Becomes Judo” Jigoro Kano



Promotion Tasks

Suggested Reading

The candidate for promotion to Nikyu 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.

"Judo—History and Philosophy" by David Matsumoto, Ph.D.

"Judo Heart and Soul" by Hayward Nishioka

"Small Circle Jujitsu" by Wally Jay

Ability to Demonstrate

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



Suggested Vocabulary

Suggested Vocabulary Words

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

Suggested Vocabulary

Suggested Vocabulary Words

English	Japanese	English	Japanese
Black Belt Grade	Dan	Non-Black Belt Calss	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

Ability to Demonstrate

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





Promotion Tasks

Ability to Demonstrate

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

Kansetsu-Waza	Date Completed
Ude-Hishigi-Grami	
Ude-Hishigi-Gatami	

Suggested Ne-Waza Attacks	Date Completed
Turtle turn over into triangle choke with optional transitions to an arm lock or pin	
Juji-Gatame from the guard	
Turn into Kesa-Gatame from guard	
Passing guard into Kata-Gatame choke	
Basic sweep from open guard into kesa-gatame	
Passing guard into Yoko-Shiho-Gatame	



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 and the way to address the instructors and visitors is a requirement of all USJF Judo students. 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

Ability to Demonstrate

Throwing Technique	Date Completed
De-Ashi-Barai	
Hiiza-Guruma	
Uki-Goshi	
O-Soto-Gari	
O-Goshi	
O-Uchi-Gari	
Seoi-Nage	
Ko-Soto-Gari	
Ko-Uchi-Gari	
Tomoe-Nage	
Tsuri-Komi-Goshi	
Okuri-Ashi-Barai	
Tai-Otoshi	
Harai-Goshi	
Uchi-Mata	
Hane-Goshi	

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	
Tai-Otoshj to Uchi-Mata	
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	

Practice Time

[illegible]

Practice Time

[illegible]

Suggested Ability to Demonstrate

Combination Techniques	Date Completed
O-Soto-Gari to Tai-Otoshi	
Ko-Uchi-Gari to Harai-Goshi	
O-Soto-Gari to Harai-Goshi	
O-Uchi-Gari to Harai-Goshi	
Tate-Shiho-Gatame to Kuzure-Kesa-Gatame	

Suppose we estimate the strength of a man is ten units, whereas my strength, less than his, is seven units. Then if he pushes me with all his force, I shall certainly be pushed back or thrown down, even if I use all my strength against him. This would happen from opposing strength to strength. But if, instead of opposing him, I leave him unresisted, withdrawing my body just as much as he pushes, at the same time keeping my balance, he will naturally lean forward and lose his balance. In this new position he may become so weak (not in actual physical strength, but because of his awkward position) as to reduce his strength for the moment, say to three units only instead of ten. Meanwhile, by keeping my balance, I retain my full strength available for any emergency. Had I greater strength than my opponent, I could of course have pushed him back; but even if I wished to push him back, I should first have left him unresisted, as by so doing I should greatly economize my energy.

“Judo, The Japanese Art of Self Defense” Jigoro Kano

Suggested Ability to Demonstrate

Kaeshi-Waza (Counter Techniques)	Date Completed
O-soto-Gari to O-Soto-Gaeshi	
Seoi-Nage to O-Soto-Gari	
Kesa-Gatame to Kesa-Gatame	
O-soto-Gari to Harai-Goshi	
Harai-Goshi to Harai-Goshi-Gaeshi	
Kami-Shiho-Gatame to Yoko-Shiho-Gatame	

“Rules of the Dojo”, Kyuzo Mifune (Judan)

Have no falsehood in mind. Reluctance or deceit are not conducive to the inner harmony required by Judo practice.

Do not lose self-confidence. Learn to act wholeheartedly, without hesitation. Show reverence toward the practice of Judo, by keeping your mind in it.

Keep your balance. The center of gravity follows the movement of the body. The center of gravity is the most important element in maintaining stability. If it is lost, the body is naturally unbalanced. Thus, fix your mind so that your body is always in balance.

Utilize your strength efficiently. Minimize the use of strength with the quickest movement of body. Acknowledge that what is called stillness and motion is nothing but an endlessly repeated process.

Time In Grade

Practice Time

[illegible]

Practice Time

[illegible]


Promotion Tasks

Don't discontinue training. Mastery of Judo cannot be accomplished in a short time. Since skills depend on mental and physical application, constant training is essential.

Keep yourself humble. If you become self-centered, you will build a wall around yourself and lose your freedom. If you can humble yourself in preparation for an event you will surely be better able to judge and understand it. In a match, you will be able to detect the weak point of your opponent and easily put him/her under control

Yoshitsugu (Yoshiaki) Yamashita

The First Tenth Degree Black Belt in Judo

1. Study the correct way of applying the throws. Throwing with brute force is not the correct way of winning in JUDO. The most important point is to win with technique.
 2. First learn offensive. You will see that defense is included in offensive. You will make no progress learning defense first.
 3. Do not dislike falling. Learn the timing of the throw while you are being thrown.
 4. Practice your throws by moving your body freely as possible in all directions. Do not lean to one side or get stiff. A great deal of repetition in a throw will be rewarded with a good throw.
 5. Increase the number of practices and contests. You will never make any progress without accumulating a number of practices.
 6. Do not select your opponents (which means do not say that you do or don't like to practice with a certain person). Everyone has his own specialty. You must try to learn all of them and make them your own.
 7. Never neglect to improve the finer points. Practicing without any effort to improve will result in slow progress. Always recall your habits, as well as those of your opponent, while making improvement.
 8. In practice put your heart and soul into it. It will interfere with your progress in practice if you keep on without this spirit.
 9. Never forget what your instructor or higher ranking members teach you. During practice you will make great progress if you keep in mind what they have said to you.
 10. Try to continue your practice as much as possible. Applying half-way will result in a very grave situation in your progress.
 11. Watch and study throws as much as possible when trying to improve and advance. The technique and mind are just like the front and back of one's hand, meaning they are very closely related.
 12. Refrain from overeating and drinking. Remember that overeating and drinking will bring an end to your practice and JUDO.
 13. Always try to think of improvement, and don't think that you are too good. The latter is very easy to do while learning JUDO.
 14. There is no end in learning JUDO
- 
- A sepia-toned portrait of Jigoro Kano, the founder of Judo. He is an elderly man with a receding hairline, wearing a dark suit, white shirt, and a patterned tie. He is looking slightly to the left of the camera with a serious expression.



Time In Grade

Practice Time

[illegible]

Practice Time

[illegible]

Suggested Competition Knowledge

Tasks	Date Completed
Knowledge of Olympic Judo scoring procedures and calls.	
List and explain Kodokan Judo competition penalties and give an example or when they would be awarded	



General Requirements

Time in Grade requirements are also based on the total time that the student has spent actively practicing Kodokan Judo since his/her last promotion. This is based on a minimum of 1.5 hours of mat time per session and at least two sessions per week.



NOTE: Although the minimum requirements are stated below, the head instructor, based entirely on his/her determination, may require more or less time before awarding the promotion. The student must never question the timing of promotions.

Senior Nikyu

Time In Grade

Practice Time

[illegible]

Practice Time

[illegible]

Time In Grade

Student Classification	Months
Non-Competitor	1 year
Competitor, 5 points	9 Months
Competitor, 10 points	6 Months
Competitor, 15 points	0 Months

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
Ippon	1/3	1/2	1	1 1/2	2.0	3.0
Waza-ari	1/6	1/4	1/2	3/4	1.0	1 1/2

Practice Time

[illegible]

Practice Time

[illegible]