

Shodan **Study Guide**

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Shodan Black Belt First Degree

Study Guide

United States JUDO FEDERATION



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Task Book Assigned To:



United States Judo Federation

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.

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Student Notes



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Student Notes

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Introduction

General Information

Shodan is the first rank in Kodokan Judo where the judoka wears a Black Belt. This is one of the major transition ranks in Kodokan Judo. The Judoka at this rank is finally considered to be a "Student" of Kodokan Judo. The student will be expected to be a leader in the class

and may have to teach independently of higher ranked instructors. Because of this he/she must maintain a demeanor that will instill respect and cause the beginners to imitate his/ her practice techniques



and dedication. Therefore, the Shodan student must practice with sincerity, dedication and regularity while showing the utmost respect to his/her instructors and the beginners in the class.

The Shodan judoka must be able to provide instruction on the full range of Kodokan Judo technique, philosophy and etiquette.

It is important that all students be instructed in humility, sincerity, and the ability to recognize the level of their own skills. While the Shodan judoka is considered a "student" of Kodokan Judo, the general public often views this rank as being an "expert" or even a "master" of Kodokan Judo. It is imperative that the judoka understand that this rank finally provides him/her with the tools he/she needs to begin a comprehensive study of Kodokan Judo and does not, in any way, indicate that he/she are at the end of his/her study.

Student Notes

Clinics, Classes, Special Training Activities Attended

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



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Student Notes

Clinics, Classes, Special Training Activities Attended

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

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Introduction

General Eligibility

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

- A. Be of excellent 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. Be at least 14 years of age.
- C. Technical proficiency in the techniques taught for this rank and at all lower ranks.
- D. Adequate time in grade to both understand and be proficient in the techniques required at this rank.

Candidates for promotion must be currently registered and active 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. A background check will be required. The form can be obtained on the USJF web site.

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Promotion Tasks

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.	
Suggested Vocabulary	
(suggested words and phrases are listed in the back of this Study Guide)	
Understanding of basic Kumi-Kata, including grips used for forward and rear throws and grips used in transition throws	
Understand the principles of Happo-No-Kushushi and be able to explain them	
Know and understand the three principles of Kodokan Judo as taught by Jigoro Kano	

Student Notes

Clinics, Classes, Special Training Activities Attended

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



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Student Notes

Clinics, Classes, Special Training Activities Attended

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

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Promotion Tasks

Suggested Reading

The candidate for promotion to Shodan 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.

"Book of Five Rings" Miyamoto Mushashi

"Martial Musings, A Portrayal of Martial Arts in the 20th Century" by Robert W. Smith

"Japan's Ultimate Martial Art, Jujitsu Before 1882" by Darrell Max Craig

www.judoinfo.com

www.judovision.org

www.usjf.com

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Promotion Tasks

Tokui-Waza

The Shodan candidate, with the assistance of the head instructor, should identify his/her tokui-waza (favorite technique). The tokui-waza should be selected based on the candidate's physical structure, dominate side and personal preferences.

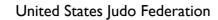
As the candidate progresses in their knowledge of Kodokan Judo and their skill, the tokui-waza may change. However, identification soon after being promoted to Ikkyu should allow the candidate adequate time to refine the entry, exit and ne-waza techniques.



Vocabulary

Vocabulary Words

English	Japanese	English	Japanese
Teacher	Sensei	Master	Shihan
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	0
Outside	Soto	Inside	Uchi
Reaping	Gari		
Body	Tai	Hand	Te
Ground Tech- niques	Ne-Waza	Standing Techniques	Tachi- Waza
Minor or Small	Ко	Sweep	Harai
Circle	Tomoe	Throw	Nage
Backward	Ushiro	Corner	Sumi
Valley	Tani	Sacrifice	Sutemi





Vocabulary

Vocabulary Words

English	Japanese	English	Japanese
Black Belt Grade	Dan	Non-Black Belt Calss	Kyu
Ist 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	lkkyu
Informal Sitting	Anza	Formal Sitting	Seiza
Contest	Shiai	Minor Penality	Shido
Major Penality	Hansoke- Make	Free Practice	Randori
Pre-Arranged Form Practice	Kata	Judo Student	Judoka
Gentleness	Ju	Way	Do

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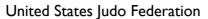


Promotion Tasks

Ability to Demonstrate

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

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
Hadaka-Jime	
Kata-Juji-Jime	
Okuri-Eri-Jime	
Name-Juji-Jime	
Kata-Ha-Jime	
Gyaku-Juji-Jime	

Kansetsu-Waza	Date Completed
Ude-Garami	
Ude-Hishigi-Juji-Gatame	
Ude-Hishigi-Ude-Gatami	
Ashi-Garami	
Ude-Hishiji-Hiza-Gatame	

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Suggested **V**ocabulary

Suggested Vocabulary Words

English	Japanese	English	Japanese
One	lchi	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 Bro- ken	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	Settinhg Bow	Za-Rei
Side	Yoko	Wheel	Guruma
Drop	Otoshi	Choke	Jime
Hold	Gatame	Technique	Waza
Separation	Wakare	Practice Hall	Dojo
Collar	Eri	Foot or leg	Ashi



United States Judo Federation

Suggested Vocabulary

General Requirements

Kodokan Judo is an Olympic Sport 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 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.



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Promotion Tasks

Suggested Ability to Demonstrate

Ne-Waza Attacks	Date Completed
Turtle attack using triangle choke, armlock and pin.	
Two Juji-Gatame attacks from the guard	
Passing guard into Kesa-Gatame	
Passing guard into 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	

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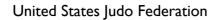
Promotion Tasks

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	

Time In Grade

Date	Club or Event	Time on Mat



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Time In Grade

Practice Time

Date	Club or Event	Time
		on Mat

Promotion Tasks

Ability to Demonstrate

Throwing Technique	Date Completed
Harai-Tsuri-Komi-Ashi	
Uki-Otoshi	
Uki-Waza	
Yoko-Guruma	
Koshi-Guruma	



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	
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-Gatame	
Yoko-Shiho-Gatame to 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	

Time In Grade

Practice Time

Shodan

Date	Club or Event	Time on Mat

Shoda	r



Time In Grade

Practice Time

Practice Time		
Date	Club or Event	Time on Mat

Promotion Tasks

Suggested Ability to Demonstrate

Combination Techniques	Date
	Completed
Tate-Shiho-Gatame to 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	
Uchi-Mata to O-Uchi-Gari	
O-Uchi-Gari to Uchi-Mata	
Tate-Shiho-Gatame to Yoko-Shiho-Gatame	
Tai-Otoshi to O-Uchi-Gari	
Uki-Goshi to Harai-Goshi	
Ko-Uchi-Gari to O-Uchi-Gari	





Promotion Tasks

Suggested Ability to Demonstrate

Kaeshi-Waza	Date
(Counter Techniques)	Completed
O-soto-Gari to O-Soto-Gari-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	
Uchi-Mata to Ko-Uchi-Gari	
Uchi-Mata to Uchi-Mata-Sukashi	
Tate-Shiho-Gatame to Kesa-Gatame	
De-Ashi-Barai to Tsubame-Gaeshi	
Yoko-Shiho-Gatame to Juji-Gatame	
Seoi-Nage to Okuri-Eri-Jime	
Seoi-Nage to Tai-Otoshi	

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Time In Grade

Date	Club or Event	Time on Mat

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Time In Grade

Practice Time		
Date	Club or Event	Time on Mat







Promotion Tasks

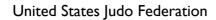
Ability to Demonstrate

Competitors: First three sets Non-Competitors: Complete Kata

Set	Nage-No-Kata	Position	Date
			Completed
First Set: Te- Waza	Uki-Otoshi	Tori/Uke	
	Seoi-Nage	Tori/Uke	
	Kata-Guruma	Tori/Uke	
Second Set: Koshi-Waza	Uki-Goshi	Tori/Uke	
	Harai-Goshi	Tori/Uke	
	Tsuri-Komi- Goshi	Tori/Uke	
Third Set: Ashi- Waza	Sasae-Tsuri- Komi-Ashi	Tori/Uke	
	Uchi-Mata	Tori/Uke	
	Okuri-Ashi-Barai	Tori/Uke	
Fourth Set: Ma- Sutemi-Waza	Tomoe-Nage	Tori/Uke	
	Ura-Nage	Tori/Uke	
	Sumi-Gaeshi	Tori/Uke	
Fifth Set: Yoko- Sutemi-Waza	Yoko-Gake	Tori/Uke	
	Yoko-Guruma	Tori/Uke	
	Uki-Waza	Tori/Uke	

Time In Grade

Date	Club or Event	Time on Mat



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Time In Grade

Practice Time

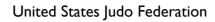
Date	Club or Event	Time
		on Mat
		1

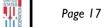
Promotion Tasks

Ability to Demonstrate

Techniques	Date
	Completed
Three techniques to left and right sides	
Three combination techniques	
Three counter techniques	







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Competition

Suggested Competition Knowledge

Tasks	Date Completed
Knowledge of Olympic Judo scoring system.	



Time In Grade

Date	Club or Event	Time on Mat



Time In Grade

Practice Time

Practice Time		
Date	Club or Event	Time on Mat
		1

Competition





Time In Grade

General Requirements

The time in grade requirements are based on a period of time that the student remained a registered member of the United States Judo Federation since his/her last promotion.

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.



Shodan Requirements

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

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

Time In Grade

Practice Time

Shodan

Date	Club or Event	Time on Mat

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Time In Grade

Practice Time

Practice Time				
Date	Club or Event	Time on Mat		

Time In Grade

Time In Grade Reduction

Score	Points by Grade of Opponent					
	2 Ranks Lower	I Rank Lower	Same Rank	I Rank Higher	2 Ranks Higher	3 Ranks Higher
Ippon	1/3	1/2	I	11/2	2.0	3.0
Waza-ari	1/6	1/4	1/2	3/4	1.0	11/2

Date	Club or Event	Hours on Mat

Shodan



Time In Grade

Practice Time

Practice Time				
Date	Club or Event	Time on Mat		

Time In Grade

Date	Club or Event	Time on Mat

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Time In Grade

Practice Time

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Date	Club or Event	Time on Mat

Time In Grade

Date	Club or Event	Time on Mat

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Time In Grade

Practice Time

Date	Club or Event	Time
		on Mat

Time In Grade

Date	Club or Event	Time on Mat

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Time In Grade

Practice Time

Practice Tim	e	
Date	Club or Event	Time on Mat

Time In Grade

Date	Club or Event	Time on Mat

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Time In Grade

Practice Time

Practice Tim		
Date	Club or Event	Time on Mat

Time In Grade

Date	Club or Event	Time on Mat