RANK REQUIREMENTS

RANKING SYSTEM

Belt Colors Authorized By The U.S. Judo Federation

<table>
<thead>
<tr>
<th>RANK</th>
<th>JUNIORS (16 &amp; Under)</th>
<th>SENIORS (17 &amp; Over)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juichikyu</td>
<td>White</td>
<td>White</td>
</tr>
<tr>
<td>Jukyu</td>
<td>White/Yellow</td>
<td></td>
</tr>
<tr>
<td>Kyukyu</td>
<td>Yellow</td>
<td></td>
</tr>
<tr>
<td>Hachikyu</td>
<td>Yellow/Orange</td>
<td></td>
</tr>
<tr>
<td>Nanakyu</td>
<td>Orange</td>
<td></td>
</tr>
<tr>
<td>Rokkyu</td>
<td>Orange/Green</td>
<td>White</td>
</tr>
<tr>
<td>Gokyu</td>
<td>Green</td>
<td>Green</td>
</tr>
<tr>
<td>Yonkyu</td>
<td>Green/Blue</td>
<td>Blue</td>
</tr>
<tr>
<td>Sankyu</td>
<td>Blue</td>
<td>Brown</td>
</tr>
<tr>
<td>Nikyu</td>
<td>Blue/Purple</td>
<td>Brown</td>
</tr>
<tr>
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<td>Purple</td>
<td>Brown</td>
</tr>
<tr>
<td>Shodan</td>
<td>Black</td>
<td>Black</td>
</tr>
<tr>
<td>Nidan</td>
<td>Black</td>
<td></td>
</tr>
<tr>
<td>Sandan</td>
<td>Black</td>
<td></td>
</tr>
<tr>
<td>Yoden</td>
<td>Black</td>
<td></td>
</tr>
<tr>
<td>Godan</td>
<td>Black</td>
<td></td>
</tr>
<tr>
<td>Rokudan</td>
<td>Red/White</td>
<td></td>
</tr>
<tr>
<td>Shichidan</td>
<td>Red/White</td>
<td></td>
</tr>
<tr>
<td>Hachidan</td>
<td>Red/White</td>
<td></td>
</tr>
<tr>
<td>Kudan</td>
<td>Red</td>
<td></td>
</tr>
<tr>
<td>Judan</td>
<td>Red</td>
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</tr>
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</table>

RANK CONVERSION

<table>
<thead>
<tr>
<th>RANK</th>
<th>JUNIORS (16 &amp; Under)</th>
<th>SENIOR (17 &amp; Over)</th>
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<tbody>
<tr>
<td>Juichikyu</td>
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<tr>
<td>Jukyu</td>
<td>White/Yellow</td>
<td></td>
</tr>
<tr>
<td>Kyukyu</td>
<td>Yellow</td>
<td></td>
</tr>
<tr>
<td>Hachikyu</td>
<td>Yellow/Orange</td>
<td></td>
</tr>
<tr>
<td>Nanakyu</td>
<td>Orange</td>
<td></td>
</tr>
<tr>
<td>Rokkyu</td>
<td>Orange/Green</td>
<td>Rokkyu</td>
</tr>
<tr>
<td>Gokyu</td>
<td>Green</td>
<td>Gokyu</td>
</tr>
<tr>
<td>Yonkyu</td>
<td>Green/Blue</td>
<td>Yonkyu</td>
</tr>
<tr>
<td>Sankyu</td>
<td>Blue</td>
<td>Sankyu</td>
</tr>
<tr>
<td>Nikyu</td>
<td>Blue/Purple</td>
<td>Nikyu</td>
</tr>
<tr>
<td>Ikkyu</td>
<td>Purple</td>
<td>Ikkyu</td>
</tr>
</tbody>
</table>
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 Yudanshakais 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 1 vote, a Sandan would cast 3 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 rank being considered. Yudanshakais 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.

Promotion applications that are beyond the promotion authority of the Yudanshakai shall be submitted for review by the National Promotion Committee.
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. Ippon wins over an opponent of equal ranks 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:

<table>
<thead>
<tr>
<th>Opponent</th>
<th>2 Ranks</th>
<th>1 Rank</th>
<th>Same</th>
<th>1 Rank Higher</th>
<th>2 Ranks Higher</th>
<th>3 Ranks Higher</th>
</tr>
</thead>
<tbody>
<tr>
<td>IPPON</td>
<td>1/3</td>
<td>1/2</td>
<td>1</td>
<td>1-1/2</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>WAZAARI</td>
<td>1/6</td>
<td>1/4</td>
<td>1/2</td>
<td>3/4</td>
<td>1</td>
<td>1-1/2</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Place/Points</th>
<th>International</th>
<th>National</th>
<th>Regional</th>
<th>Local</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>3.0</td>
<td>2.0</td>
<td>1.5</td>
<td>1.0</td>
</tr>
<tr>
<td>2nd</td>
<td>2.0</td>
<td>1.5</td>
<td>1.0</td>
<td>0.5</td>
</tr>
<tr>
<td>3rd</td>
<td>1.5</td>
<td>1.0</td>
<td>0.5</td>
<td>0.3</td>
</tr>
<tr>
<td>4th</td>
<td>1.0</td>
<td>0.5</td>
<td>0.3</td>
<td>0</td>
</tr>
<tr>
<td>5th</td>
<td>0.5</td>
<td>0.3</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

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.

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 to offset required points or Time in Grade.
### MINIMUM TIME IN GRADE AND AGE

#### 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.

- **Class B**
  - Placing 1st, 2nd, or 3rd at the US Sr. National and/or any other point receiving international tournament.

- **Class C**
  - Placing 1st, 2nd, or 3rd at regional black belt divisions. Placing 1st, 2nd, or 3rd at Ladder Tournament, National Collegiate, High School Nationals and any non-point qualifying international competition. Placing 1st, 2nd, or 3rd in U.S. Sr. National Kata Championships, Pan American Judo Union Kata Championships, World Masters International Kata Competition, or any other event that reaches this level of international involvement.

- **Class D**
  - Placing 1st, 2nd, or 3rd in the Masters category at the U.S. Sr. Nationals.

- **Class E**
  - Competes in shiai and/or kata in any sanctioned tournament and earns points according to the number of wins (includes Masters’ competition)

#### MINIMUM TIME IN GRADE & AGE

<table>
<thead>
<tr>
<th>Grade</th>
<th>Class</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>Min.</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shodan</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>Pts earned</td>
<td>14 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nidan</td>
<td>0.5 yr</td>
<td>1 yr</td>
<td>1.5 yrs</td>
<td>2.5 yrs</td>
<td>Pts earned</td>
<td>16 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sandan</td>
<td>1 yr</td>
<td>2 yrs</td>
<td>2.5 yrs</td>
<td>3.5 yrs</td>
<td>Pts earned</td>
<td>18 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yodan</td>
<td>1.5 yrs</td>
<td>3.5 yrs</td>
<td>4 yrs</td>
<td>5.5 yrs</td>
<td>Pts earned</td>
<td>21 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Godan</td>
<td>3 yrs</td>
<td>5 yrs</td>
<td>6 yrs</td>
<td>8 yrs</td>
<td>Pts earned</td>
<td>22 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rokudan</td>
<td>5 yrs</td>
<td>7 yrs</td>
<td>9 yrs</td>
<td>12 yrs</td>
<td>Pts earned</td>
<td>27 yrs</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### MINIMUM TIME IN GRADE, POINTS & AGE for Class E

<table>
<thead>
<tr>
<th>For Promotion To The Rank Of</th>
<th>5 Points</th>
<th>10 Points</th>
<th>15 Points</th>
<th>20 Points</th>
<th>Batsugun</th>
<th>Min.</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>GOKYU</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>YONKYU</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>SANKYU</td>
<td>6 mos.</td>
<td>3 mos.</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>NIKYU</td>
<td>9 mos.</td>
<td>6 mos.</td>
<td>3 mos.</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>IKKYYU</td>
<td>1 yr</td>
<td>9 mos.</td>
<td>6 mos.</td>
<td>3 mos.</td>
<td>--</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>SHODAN</td>
<td>2 yrs</td>
<td>1 yr</td>
<td>9 mos.</td>
<td>6 mos.</td>
<td>14 yrs</td>
<td>16 yrs</td>
<td>--</td>
</tr>
<tr>
<td>NIDAN</td>
<td>3 yrs</td>
<td>2 yrs</td>
<td>1.5 yrs</td>
<td>1 yr</td>
<td>16 yrs</td>
<td>16 yrs</td>
<td>--</td>
</tr>
<tr>
<td>SANDAN</td>
<td>4 yrs</td>
<td>3 yrs</td>
<td>2.5 yrs</td>
<td>1.5 yrs</td>
<td>18 yrs</td>
<td>18 yrs</td>
<td>--</td>
</tr>
<tr>
<td>YODAN</td>
<td>5.5 yrs</td>
<td>4 yrs</td>
<td>3 yrs</td>
<td>2 yrs</td>
<td>21 yrs</td>
<td>21 yrs</td>
<td>--</td>
</tr>
<tr>
<td>GODAN</td>
<td>6.5 yrs</td>
<td>5 yrs</td>
<td>4 yrs</td>
<td>3 yrs</td>
<td>22 yrs</td>
<td>22 yrs</td>
<td>--</td>
</tr>
<tr>
<td>ROKUDAN</td>
<td>8 yrs</td>
<td>6 yrs</td>
<td>5 yrs</td>
<td>4 yrs</td>
<td>27 yrs</td>
<td>27 yrs</td>
<td>--</td>
</tr>
<tr>
<td>SHICHIDAN</td>
<td>10 yrs</td>
<td>8 yrs</td>
<td>6 yrs</td>
<td>5 yrs</td>
<td>--</td>
<td>--</td>
<td>--</td>
</tr>
</tbody>
</table>
## II. FOR NON-COMPETITORS

### PROPOSED - MINIMUM TIME IN GRADE AND AGE

<table>
<thead>
<tr>
<th>For Promotion To The Rank Of</th>
<th>Time in Grade</th>
<th>Min. Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>GOKYU</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>YONKYU</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>SANKYU</td>
<td>9 mos.</td>
<td>--</td>
</tr>
<tr>
<td>NIKYU</td>
<td>1 yr</td>
<td>--</td>
</tr>
<tr>
<td>IKKYU</td>
<td>2 yrs.</td>
<td>--</td>
</tr>
<tr>
<td>SHODAN</td>
<td>3 yrs</td>
<td>14 yrs</td>
</tr>
<tr>
<td>NIDAN</td>
<td>4 yrs</td>
<td>16 yrs</td>
</tr>
<tr>
<td>SANDAN</td>
<td>6 yrs</td>
<td>18 yrs</td>
</tr>
<tr>
<td>YODAN</td>
<td>8 yrs</td>
<td>21 yrs</td>
</tr>
<tr>
<td>GODAN</td>
<td>10 yrs</td>
<td>22 yrs</td>
</tr>
<tr>
<td>ROKUDAN</td>
<td>12 yrs</td>
<td>27 yrs</td>
</tr>
<tr>
<td>SHICHIDAN</td>
<td>15 yrs</td>
<td>33 yrs</td>
</tr>
<tr>
<td>HACHIDAN</td>
<td>19 yrs</td>
<td>42 yrs</td>
</tr>
</tbody>
</table>
### 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%
   - 30 to 49 members: 7%
   - 20 to 29 members: 5%
   - 10 to 19 members: 3%
   - 1-9 members: 1%

2. **Assistant Instructors - Must Be Teaching Entire Time in Grade Period**
   - 50 and more members: 5%
   - 30 to 49 members: 4%
   - 20 to 29 members: 2%
   - 10 to 19 members: 1%
   - 1-9 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**
   - 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 B: 4%
   - Class C: 3%
   - Class D: 2%
   - Class E: 1%

7. **USJF Life Member**
   - 5%

8. **Service as Yudanshakai Officer**
   - 10%

9. **Service as USJF Officer**
   - 10%
IV. SPECIFIC REQUIREMENTS 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 ................................. 9 months
   - Competitor, 5 points ........................... 6 months
   - Competitor, 10 points .......................... 3 months
   - Competitor, 15 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
   - 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 Sankyu:
   - Non-competitor .................................... 1 year
   - Competitor, 5 points ............................. 9 months
   - Competitor, 10 points ........................... 6 months
   - Competitor, 15 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 armlock
   - 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 ................................ 2 years
   - Competitor, 5 points .......................... 1 year
   - Competitor, 10 points ......................... 9 months
   - Competitor, 15 points ......................... 6 months
   - Batsugun or 20 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 .......................... 3 years
   - Competitor, 5 points ..................... 2 years
   - Competitor, 10 points .................... 1 year
   - Competitor, 15 points ................... 9 months
   - Batsugun or 20 points ............... 6 months

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

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
MISCELLANEOUS

1. For Dan promotions: Form #20 must be typed. Complete items 1 through 9 in full; be specific and informative. 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. Again, fill out Form #20 completely or risk a delay in processing the application.

2. 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.

3. 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”.

4. Dan rank awarded by other Judo organizations will be acknowledged by USJF; however, USJF ratification or certification of any rank will require at least three years of continuous USJF membership (two years in the case of promotion to Shodan) immediately preceding application and following proof that all USJF requirements for such rank have been satisfied. The required period of continuous USJF membership shall be counted from the current year membership as well as membership paid (as explained below) for the immediate preceding year in the case of Shodan rank and three preceding years in the case of rank above Shodan. Whenever a gap exists in the required period of continuous USJF membership, a makeup fee will be charged for each required period of continuous USJF membership, a makeup fee will be charged for each required year of continuous registration in an amount equal to that portion of the current annual membership fee payable to USJF exclusive of any portion of the membership fee attributable to insurance or annual registration fee payable to the yudanshakai.

5. USJF Dan fee assessments are $30 for Shodan, and an additional $10 for each rank above Shodan. The fee structure may be modified by the USJF Board of Directors from time to time. Only change is in the current fees for promotion, as well as the following additional provision approved by Board of Directors 10/31/89: The USJF Dan fee assessment is waived for all USJF Life Members.

6. 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 currently.

7. 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.

8. Any member of a Yudanshakai, who is not a U.S. citizen or is a naturalized citizen with no rank documentation from his former national federation, shall be eligible for USJF promotion in rank up to the level of Nidan. In the event of a skip promotion to Nidan, both the Shodan and Nidan promotion fees shall be assessed.