

## Section VII

## Junior Rank Recommendations

Juichikyu 11<sup>th</sup> (Mon system- Rokkyu) Min age 4-5 years old (White belt)

1. **Basics:** Put on uniform, Participate in judo class.

Jyuku 10<sup>th</sup> (Mon system- Adv. Rokkyu) Min age 5-6 years old (White/Yellow belt or white w/ yellow stripe)

1. Number of classes 20 or two months. TIG number of classes can be reduced for exceptional ability and or competitive record.
2. **Basics:** Standing bow, kneeling bow, tying belt, counting to 10 in Japanese, spell judo.  
Shisei (shizentai & jigotai)
3. **Vocabulary:** Migi, Hidari, Rei, Obi, Sensei, Gi, Hajime, & Mate.
4. **Ukemi:** Ushiro, Yoko, Zenpo kaiten. Also knowing the 3 important aspect of falling (1. protect your head 2. don't fall on any sharp points. 3. Slap the mat.
5. **Tachi waza:** O soto-gari, Deashi-barai, Ippon Seoi-nage.
6. **Newaza:** Kesa-gatame. Yoko-shiho-gatame. Hon & Kuzure.
7. **History:** What does judo mean? Name the founder of judo?  
What country was judo founded?
8. **Personal:** Good moral character, Participate in class activities

Kyukyu 9<sup>th</sup> (Mon system- Gokyu) Min age 5-6 years old (Yellow belt)

1. Number of classes 30 or 3 months. TIG number of classes can be reduced for exceptional ability and or competitive record.
2. **Basics:** Shizentai: Hon, Migi, Hidari, Shisei: Ayumi-ashi, Tsugi-ashi, Migi, Hidari, & Yoko. Suri-ashi Tai-sabaki 90 degree (front & back in one movement & 180 degree in two movements  
Kumi-kata Migi & Hidari. Expect knowledge of techniques from previous ranks.
3. **Vocabulary:** O, Ko, Soto, & Uchi.
4. **Rules & refereeing:** Ippon, Waza-ari, Waza-ari awasete Ippon, Osaekomi, Toketa.
5. **Ukemi:** Mae Ukemi, expect ability to be improved from previous rank.
6. **Tachi waza:** Increasing knowledge of previous rank requirements. Uki-goshi, O soto-gari, & O-uchi-gari
7. **Newaza:** Makura Kesa-gatame, Ushiro Kesa-gatame and one escape from Kesa-gatame and techniques from previous rank.
8. **History:** 1. Name the original school of judo. 2. What year was judo founded. 3. What city and country was judo started.
9. **Personal:** Good moral character and participates in class activities.

**Junior Rank Requirements****Hachikyu 8<sup>th</sup> (Mon system- Adv. Gokyu) Min age 6-7 years old (Yellow/Orange belt or yellow belt with orange stripe)**

1. Number of classes 35 or 3-4 months. TIG number of classes can be reduced for exceptional ability and or competitive record.
2. **Basics:** Three parts of a throw- Kuzushi, Tsukuri, and Kake. Ebi, reverse Ebi. Know the parts of a judo gi (Uwagi, Shitagi, Obi, & Zori). The proper way to enter a dojo. Expected knowledge of previous ranks.
3. **Vocabulary:** Goshi, Ashi, Hiza, Nage, Waza, Shiai
4. **Rules & Refereeing:** Sono-mama, Yoshi, Shido, & Hansoku Make
5. **Ukemi:** Expected ability to be improved from previous ranks
6. **Tachi waza:** Increasing knowledge of previous rank requirements. Sasae tsurikomi ashi, Hiza-guruma, & Morote Seoi-nage.
7. **Ne waza:** Expected knowledge of previous ranks. Kata-gatame, Kamishiho gatame and one escape from Yoko-shiho-gatame.
8. **Shime waza 13 and up:** Hadaka jime
9. **Personal:** Good moral character and participates in class activities.

**Nankyu 7<sup>th</sup> (Mon system – Yonkyu) Min age 7-8 years old (Orange belt)**

1. Number of classes 40 or 4 months. TIG number of classes can be reduced for exceptional ability and or competitive record.
2. **Basics:** Shintai (Ayumi-ashi, Tsugi-ashi) Tai-sabaki (180 degree, Mae-sabaki, Ushiromaesabaki, maemawarisabaki), The proper way to enter a shiai-jo. Expected knowledge of previous ranks.
3. **Vocabulary:** Mae, Ushiro, Waza
4. **Rules & Refereeing:** Name two shido penalties
5. **Ukemi:** Expect ability to be improved from previous rank.
6. **Tachi waza:** Increasing knowledge of previous rank requirements. Tai-otoshi, Koshi-guruma, Kouchi-gari, one throw on opposite side & one combination.
7. **Newaze:** Improved knowledge of previous rank requirements. Kuzure Kamishiho gatame, Tate shiho gatame, one escape from Kata-gatame, & one escape for Kamishiho gatame.
8. **Shime waza 13 and up:** Improved knowledge of previous rank requirements. Okuri eri jime & Kata ha jime
9. **Personal:** Good moral character and participates in class activities.

### Junior Rank Recommendations

#### Rokkyu 6<sup>th</sup> (Mon system – Adv. Yonkyu) Min age 8-9 years old (Orange/Green belt or Orange with green stripe)

1. Number of classes 50 or 5 months. TIG number of classes can be reduced for exceptional ability and or competitive record.
2. **Basics:** Happo no Kuzushi. Kumi Kata (variations) Expected knowledge of previous ranks.
3. **Rules & refereeing:** Provide one example of a Hansoku Make and name two shido penalties.
4. **Ukemi:** Mae Ukemi, expect ability to be improved from previous ranks.
5. **Tachi waza:** Expect ability to be improved from previous ranks. Tsurikomi goshi, Harai goshi, Kosoto gari, Okuri ashi harai, two techniques Migi & Hidari, and one combination.
6. **Newaza:** Expect ability to be improved from previous ranks. Kuzure Tate shiho gatame and one escape from Tate shiho gatame.
7. **Shime waza 13 and up:** Nami juji jime, Kata juji jime, and Gyaku juji jime.
8. **Personal:** Good moral character and participates in class activities.

#### Gokyu 5<sup>th</sup> (Mon system – Sankyu) Min age 10 years old (Green belt)

1. Number of classes 60 or 6 months. TIG number of classes can be reduced for exceptional ability and or competitive record.
2. **Basics:** Expect knowledge from previous ranks to be improved.
3. **Rules & Refereeing:** Practice refereeing in dojo
4. **Ukemi:** Expect ability to be improved from previous ranks.
5. **Tachi waza:** Sode tsurikomi goshi, Uchi mata, Tomoe-nage, 2 combinations. Expect knowledge of techniques from previous ranks.
6. **Ne waza:** Sankaku turnover, Sankaku gatame, one turn over starting from uke's side (Uke face down. Two entries from Uke's legs (guard position). Expect knowledge of techniques from previous ranks.
7. **Shime waza 13 and up:** Kata-te-juji jime. Expect knowledge of techniques from previous ranks.
8. **Vocabulary:** What is Jita kyoei? (Mutual welfare & benefit).
9. **Personal:** Good moral character and participates in class activities.

#### Yonkyu 4<sup>th</sup> (Mon system – Adv. Sankyu) Min age 11 years old (Green/blue belt or Green belt w/ blue stripe)

1. Number of classes 65 or 7 months. TIG number of classes can be reduced for exceptional ability and or competitive record.
2. **Basics:** Improved knowledge of previous rank requirements
3. **Rules & Refereeing:** Continued refereeing in dojo.
4. **Ukemi:** Assist Sensei with teaching younger student.
5. **Tachi waza:** Hane-goshi, Kosoto-gake, Tsurigoshi, 2 Renraku-wazas, 2 Kaeshi-wazas. Expect knowledge of techniques from previous ranks.
6. **Ne waza:** Ability to demonstrate all osaekomi waza. Standing technique to Osaie waza, demonstrate a turnover from being on the bottom.
7. **Shime waza 13 and up:** Escape from Hadaka jime and one escape from Nami-juji-jime.
8. **Vocabulary:** What is Seiryoku Zenyo? (Maximum efficiency w/ Minimal effort)
9. **Personal:** Good moral character and participates in class activities.

### Junior Rank Recommendations

#### Sankyu 3<sup>rd</sup> (Mon system – Nikyu) Min age 12 years old (Blue belt)

1. Number of classes 75 or 7-8 months. TIG number of classes can be reduced for exceptional ability and or competitive record.
2. **Basics:** Must have knowledge and skills from previous ranks. Must compete in shiai or assist w/judo tournament.
3. **Rules & Refereeing:** Hiki waki, practice refereeing in dojo.
4. **Tachi waza:** Expect knowledge of techniques from previous ranks. Kata-guruma, Ashi-guruma, and Nage no Kata (Non-competitor – 3 sets as uke)
5. **Ne waza:** Expect knowledge of techniques from previous ranks. Tori able to demonstrate how to get out of Uke's leg coil. Tori able to demonstrate method of getting around "guard" position.
6. **Shime waza 13 and up:** Improved knowledge of techniques from previous ranks. Sankaku -jime.
7. **Personal:** Good moral character and participates in class activities, contribute to some aspect of our/state or community program.

#### Nikyu 2<sup>nd</sup> (Mon system – Adv. Nikyu) Min age 13 years old (Blue/purple belt or blue belt w/purple stripe)

1. Number of classes 85 or 8-9 months. TIG number of classes can be reduced for exceptional ability and or competitive record.
2. **Basics:** Demonstrate increasing knowledge from previous ranks. Must compete in a shiai or assist with judo process (tournament, dojo, committee, etc).
3. **Rules & Refereeing:** Referee in local shiai. Local referee certification.
4. **Tachi waza:** Expect knowledge of techniques from previous ranks. Harai-tsurikomi-ashi. Yoko-otoshi, Nage no Kata (Competitor – 3 sets as uke, Non-Competitor – 3 sets as tori)
5. **Ne waza:** Examiner selects 3 osae wazas. Demo proper application and multiple escapes.
6. **Shime waza 13 and up:** Expect knowledge of techniques from previous ranks. Morote-jime, Sode-guruma. Escapes from previous shime wazas.
7. **Kansetsu waza 17yr and up:** Juji-gatame, Ude-garami. Hara-gatame.
8. **Personal:** Good moral character and participates in class activities, contribute to some aspect of our/state or community program.

**Junior Rank Recommendations****Ikkyu 1<sup>st</sup> (Mon System – Ikkyu) Min age 14 years old (Purple belt)**

1. Number of classes 95 or 1 year. TIG number of classes can be reduced for exceptional ability and or competitive record.
2. **Basics:** Must have knowledge and demonstrate skills from previous ranks participate in tournament or assist in the judo process (tournaments dojo, committee, etc.)
3. **Rules & Refereeing:** Referee club or local shiais. Local/Regional referee certification.
4. **Ukemi:** Ability to teach beginners ukemi.
5. **Tachi waza:** Must know techniques from previous requirements. Nage no Kata (Competitor – First 3 sets as tori, Non-Competitor – All 5 sets as uke)
6. **Ne waza:** Must know all Osae waza proper entry and multiple escapes.
7. **Shime waza:** Expect knowledge of techniques from previous ranks. One escape from Nami-juji-jime, Gyaku-juji-jime, Kata-juji-jime, & Kata-ha-jime.
8. **Kansetsu waza 17yr and up:** Expect knowledge of techniques from previous ranks. Ude-gatame, Hiza-gatame, Hara-gatame, & Waki-gatame.
9. **Personal:** Good moral character and participates in class activities, contribute to some aspect of our/state or community program.

### Junior Rank Recommendation

#### Shodan

**Minimal Age:** 14-16

**Minimal Time in Grade:** 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

**General Requirements:** Improved knowledge and increased proficiency in all lower rank requirements. Terminology for all lower ranks. Assistant Teacher (suggested), Teacher or Coaches Certification (suggested). Good moral character and maturity. CDC Heads Up and Safe Sport are required. Safe Sport and Background Check is **not** required for those 17 years old and under.

**Nage Waza:** Yoko Otoshi, Ashi Guruma, O-Tsuri-goshi, Ko-Tsuri-goshi, Harai-tsurikomi-ashi, Morotegari \*, Kuchiki-taoshi\*, Kibisu-gaeshi\*, Three throws from opposite side, Three combination techniques, Three counter techniques

(\* this throw is presently an illegal technique in competition)

**Osaekomi Waza:** Expect knowledge and increased proficiency in all lower rank requirements and additional escapes from all

**Shime Waza:** Tsukkomi-jime, Ryote-jime, defense against each

**Kansetsu Waza:** All Kansetsu-waza with improved understanding and ability

**Kata:** Non-Competitor – Nage no kata (tori) all 5 sets

Competitor – Nage no kata (uke) all 5 sets

**Tournament Experience:** Continued contest experience with expanded interpretation of the sport phase.

**Additional Experience for Non-competitor:** Recommend the following -Referee – club or local, Coach – club level, Teacher – assist with beginners, Tournament official – timekeeper/scorekeeper local/regional certification

**Moral Character and Maturity:** A student's moral character and maturity levels must be considered at each promotion level. While your expectation will, and should, change at each rank. Some things to consider are

1. Is the student respectful to all instructors, assistant instructor's fellow judoka?
2. Does the student present a character that fits with the local expectation of a well behaved and respectful martial artist?
3. Does the student have a good reputation at school or work, known for not fighting or causing friction with other schoolmates?
4. Does the student complete school or projects on time and without complaining about them or making excuses?
5. Would you feel good about introducing this student as your student at a formal judo events and especially to higher rank instructors?