

Rank Requirement Recommendations

Sankyu	<p>Minimum Age: None, must have Yonkyu to test</p> <p>Time In Grade: Instructor's discretion</p> <p>General Requirements:</p> <ul style="list-style-type: none"> • Understanding and demonstrating the moral attributes and character of a Judoka, as well as the virtues of Judo. • Increasing personal knowledge and proficiency with skills previously learned. • Increasing personal knowledge of the history and philosophies of Judo. <p>Tachi Waza:</p> <ul style="list-style-type: none"> • The range and scope of techniques to be mastered are determined by one's body type and tai sabaki. • The ability to develop and demonstrate a set-up and execution into at least one combination technique. • Skillful demonstration of a block, an avoidance, or a counter to a tachiwaza attack (1 of 3 options). <p>Katame Waza:</p> <ul style="list-style-type: none"> • Expand the range and effectiveness of known techniques with entries, escapes, turnovers, defenses, and combinations of pins, chokes, and armbars. <p>Kata:</p> <ul style="list-style-type: none"> • Ability to perform the first set of (Te Waza) techniques in Nage No Kata on both the right and left sides, as both Uke and Tori. <p>Tournament Experience:</p> <ul style="list-style-type: none"> • Gain contest experience in either the sport phase or in the club level assisting phase (such as time keeping, scorekeeping, match setting, office work, etc.) • Participate in instructed refereeing during club practices (refereed randori, during katame waza drills, etc.) as requested by the instructor. <p>Promotional Enhancements:</p> <ul style="list-style-type: none"> • Assist with teaching younger, lower-ranked students, • At a club level, assist with refereeing, tournament organization setup, back-office work, etc. • At a club level assisting with special events
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Nikyu	<p>Minimum Age: None, must have Sankyu to test</p> <p>Time In Grade: Instructor's discretion</p> <p>General Requirements:</p> <ul style="list-style-type: none"> • Understanding and demonstrating the moral attributes and character of a Judoka, as well as the virtues of Judo. • Increasing personal knowledge and proficiency with skills previously learned. • Increasing personal knowledge of the history and philosophies of Judo. <p>Tachi Waza:</p> <ul style="list-style-type: none"> • The range and scope of techniques to be mastered are determined by one's body type and tai sabaki. • The ability to develop and demonstrate a set-up and execution into at least two different combination techniques. • Skillful demonstration of a block, an avoidance, and/or a counter to a tachiwaza attack (2 of 3 options). <p>Katame Waza:</p> <ul style="list-style-type: none"> • Expand the range and effectiveness of known techniques with entries, escapes, turnovers, defenses, and combinations of pins, chokes, and armbars, with an emphasis on control. <p>Kata:</p> <ul style="list-style-type: none"> • Ability to perform the first two sets (Te Waza and Koshi Waza) techniques in Nage No Kata on both the right and left sides, as both Uke and Tori. <p>Tournament Experience:</p> <ul style="list-style-type: none"> • Expand contest experience in either the sport phase or in the club level assisting phase (such as time keeping, scorekeeping, match setting, office work, etc.) • Participate in instructed refereeing during club practices (refereed randori, during newaza drills, etc.) as requested by the instructor. <p>Promotional Enhancements:</p> <ul style="list-style-type: none"> • Assist with teaching younger, lower-ranked students, • At a club level, assist with refereeing, tournament organization setup, back-office work, etc. • At a club level assisting with special events • Study kata in more depth.
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Ikkyu	<p>Minimum Age: None, must have Nikyu to test</p> <p>Time In Grade: Instructor's discretion</p> <p>General Requirements:</p> <ul style="list-style-type: none"> • Understanding and demonstrating the moral attributes and character of a Judoka, as well as the virtues of Judo. • Increasing personal knowledge and proficiency with skills previously learned. • Increasing personal knowledge of the history and philosophies of Judo in the USA and world-wide. <p>Tachi Waza:</p> <ul style="list-style-type: none"> • The range and scope of techniques to be mastered are determined by one's body type and tai sabaki. • The ability to develop and demonstrate a set-up and execution into at least three different combination techniques. • Skillful demonstration of a block, an avoidance, and a counter to a tachiwaza attack (all three). <p>Katame Waza:</p> <ul style="list-style-type: none"> • Expand the range and effectiveness of known techniques with entries, escapes, turnovers, defenses, and combinations of pins, chokes, and armbars, with an emphasis on control and fluidity. <p>Kata:</p> <ul style="list-style-type: none"> • Ability to perform the first three sets (Te Waza, Koshi Waza, and Ashi Waza) techniques in Nage No Kata on both the right and left sides, as both Uke and Tori. <p>Tournament Experience:</p> <ul style="list-style-type: none"> • Expand contest experience in either the sport phase or in the club level assisting phase (such as refereeing, time keeping, scorekeeping, match setting, office work, etc.) • Participate in instructed refereeing during class times as requested by the instructor (refereed randori, during newaza drills, etc.) <p>Promotional Enhancements:</p> <ul style="list-style-type: none"> • Assist with teaching younger, lower-ranked students, • At a club level, assist with refereeing, tournament organization setup, table work, back-office work, etc. • At a club level assisting with special events • Study kata in more depth.
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