

Rank	Rokkyu	Advanced Rokkyu	Gokyu	Adv Gokyu	Yonkyu	Adv Yonkyu	Sankyu	Adv Sankyu	Nikyu	Adv Nikyu	Ikkyu	Shodan
Belt Color	White	White/Yellow	Yellow	Yellow/Orange	Orange	Orange/Green	Green	Green/Blue	Blue	Blue/Purple	Purple	Black
<b>Personal Development (Moral Character)</b>	-What is a good judoka? -How to be a good judoka? <b>Judo virtues include:</b> -academic achievement -perseverance -courage -growth <b>Self-control</b> -obedience -humility -honor -compassion <b>Integrity</b> -honesty -courtesy -respect -sincerity -loyalty	-Etiquette (rei) saho -Expand understanding of virtues of judo -Expand physical fitness and adeptness -Maturing/developing character traits -Academic achievement -To be an active learner -Community involvement -Family engagement	-Expanded virtues of judo -Expand physical fitness and adeptness -Maturing and expanding on demonstrable character traits -Increased participation -Academic achievement -Family engagement -Community involvement -Assist, with guidance, less experienced judoka -Openness to instruction from other judoka	-Expanded virtues of judo -Expand physical fitness and adeptness -Improved character traits -Increased participation -Academic achievement -Family engagement -Community involvement -Assist, with guidance, less experienced judoka	-Expanded virtues of judo -Expand physical fitness and adeptness -Improved character traits -Increased participation -Academic achievement -Family engagement -Community involvement -Continued dojo level refereeing and/or technical officiating -Assist with less experienced judoka	-Expanded virtues of judo -Expand physical fitness and adeptness -Improved character traits -Increased participation -Academic achievement -Family engagement -Community involvement -Continued dojo level refereeing and/or technical officiating (if appropriate) -Mentor less experienced judoka -Begin leadership development	-Expanded virtues of judo -Expand physical fitness and adeptness -Improved character traits -Increased participation -Academic achievement -Family engagement -Community involvement -Begin local level refereeing and/or technical officiating -Mentor less experienced judoka -Continue leadership development	-Expanded virtues of judo -Expand physical fitness and adeptness -Improved character traits -Increased participation -Academic achievement -Family engagement -Community involvement -Continued local level refereeing and/or technical officiating -Mentor less experienced judoka -Continue leadership development	-Study and comprehend Kano's intent for the development of the whole judoka -Begin yudanshakai level refereeing and/or technical officiating -Explore local referee certification -Enhanced leadership development	-Expanded study and comprehension of Kano's intent for the development of the whole judoka -Begin yudanshakai level refereeing and/or technical officiating -Explore regional referee certification -Enhanced leadership development	-Application of Kano's intent for the development of the whole judoka -Yudanshakai level refereeing and/or technical officiating -Explore regional referee certification -Enhanced leadership development	-Evidence of Kano's intent for the development of the whole judoka -Continued yudanshakai level refereeing and/or technical officiating -Explore regional referee certification -Required CDC Heads up Certification (or other concussion protocol training) -Enhanced leadership development
<b>General Concepts (Physical Demonstration)</b>	-To learn and demonstrate that each judoka's main responsibility in club/class is to keep everyone you work/play with safe and to help everyone learn. -To tie my own obi. -Ability to perform Ushiro Ukemi from a sitting, squatting, and standing position -Ability to perform Yoko Ukemi from a sitting and squatting position -Ability to perform Zenpo Kaiten from a kneeling position	-Rei, Sensei, Hajime, & Mate -Ukemi: Ushiro, Yoko, Mae, Zenpo kaiten -Basics: -Ritzare! zarei -tying obi -counting to 10 in Japanese -spell judo -Shisei (shizentai & jigotai) -Three parts of a throw: -Kuzushi, Tsukuri, Kake -Begin learning the parts of a judo gi: -Uwagi, Shitag, Obi, & Zori -Uchikomi, sutegeiko, randori -Transitional movements	<b>Basics</b> Shizentai: Hon, Migi, hidari -Shisei: Ayumi ashi, Tsugi ashi, Migi, Hidari, & Yoko, Suri ashi, Tai sabaki -90 degree turn, front and back, in one movement -180 degree turn in two movements -Expanded transitional movements -Introduction to movements and techniques on both left and right sides -O, Ko, Soto, & Uchi	-Ebi Oyogi -Kata nuki -Fukuga zenshin -Expected knowledge of previous ranks	-Expanded knowledge of previous ranks -Further development of concepts;	-Expanded knowledge of previous ranks -Further development of concepts;	-Expanded knowledge of previous ranks. -Further development of concepts;	-Assist Sensei teaching younger students -Expanded knowledge of previous ranks -Further development of concepts	-Tori is able to demonstrate method of getting around "guard" position -Expanded knowledge of previous ranks. -Further development of concepts -Teach, mentor, and guide lower ranking judokas	-Expanded knowledge of previous ranks. -Further development of concepts -Teach, mentor, and guide lower ranking judokas	Expanded knowledge of previous ranks. Further development of concepts; Teach, mentor and guide other judoka	Expanded knowledge of previous ranks. Further development of concepts; Teach, mentor and guide other judoka
<b>Vocabulary/Essential Questions (open ended questions) EQ</b>	-What is a gi? -EQ: Why do we wear a uniform?	<b>Need to know:</b> rei sensei hajime mate ukemi judogi obi dojo <b>Like to know:</b> ushiro yoko mae zenpo kaiten <b>EQ:</b> Tell about 2 things that are important when you do an ukemi.	<b>Need to know:</b> kuzushi tsukuri kake mae yoko ushiro zenpo kaiten <b>Like to know:</b> parts of judogi (uwagi, shitagi, obi, zori), name of technique and its meaning (example: o-goshi = major hip throw)	<b>Need to know:</b> goshi ashi te hiza nage waza hidari/migi <b>Like to know:</b> Prior "like to know".	<b>Need to know:</b> tai sabaki te waza koshi waza ashi waza sutemi waza kaeshi <b>EQ:</b> Why is proper ukemi important?	<b>Need to know:</b> ayumi ashi tsugi ashi <b>Like to know:</b> mawari ashi <b>EQ:</b> Why are there so many different ways to move in judo?	<b>EQ:</b> -How do I contribute to judo? <b>EQ:</b> -Describe the pros and cons of: uchikomi sutegeiko randori Explain how they are related to each other.	<b>Vocabulary:</b> -What is the full meaning of Seiryoku Zenyo Jita kyoei? (Maximum efficiency with minimal effort for the mutual welfare and benefit of all) <b>EQ:</b> -How do you use "Seiryoku Zenyo and/or Jita kyoei" in judo as well as outside of judo?	<b>EQ:</b> -Is the goal of judo always ippon?  -Is competition necessary in judo?	<b>EQ:</b> -How does kata enhance my overall understanding of judo?	<b>EQ:</b> -How have I evolved as a judoka? -How do I apply "Seiryoku Zenyo Jita Kyoei" in my life?	<b>EQ:</b> -What do I know about judo and what do I hope to understand?
<b>History and Philosophy</b>	-Why we learn judo. -What judo is and is not.	-What does "judo" mean? -Name the founder of judo? -In what country was judo founded?	-Purpose of judo/how judo began -Basic judo principles -Judo as your club/class	-Judo as a Yudanshakai.	-Judo as a national community	-Judo as the global world community -Basics of judo in Olympics. -Seiryoku Zenyo (maximim efficiency with minimal effort)	-Expanding understanding and scope of judo. -Jita kyoei (Mutual welfare)	-Understanding of "Seiryoku Zenyo Jita kyoei" within dojo.	-Enhanced judo philosophy and continuation of judo history exploration	-Enhanced judo philosophy and continuation of judo history exploration	-Enhanced judo philosophy and continuation of judo history investigation -Understanding of "Seiryoku Zenyo Jita kyoei" within judo and my life.	Enhanced judo philosophy and continuation of judo history investigation
<b>Rules</b>	-Specific rules of the dojo/class. -Basic expectations and guided protocols	<b>Bowing protocols:</b> -Bowing onto the mat -Group bowing at start and end of class -Bowing to each partner before and after practicing -Demonstrating respect for self and others	<b>Rules &amp; refereeing:</b> Basic competition rules and etiquette. Respect for referees. Hajime, Matte, Ippon, Waza-ari, Osaekomi, Toketa, Shido & Hansoku Make, including basic signals	<b>Rules:</b> -Expanded rules of competition Waza ari awasete Ippon Sono mama Yoshi	<b>Rules:</b> -Understanding of penalty situations	<b>Roles:</b> Learning roles of referee, coach and spectator	-Professionalism of officiating	-Contest Rules -Scorekeeping -Fight Sheets	-Hiki waki -Understanding of: Team competition protocols Contest Rules Scorekeeping Fight Sheets	Contest Rules, Scorekeeping, Fight Sheets, Tournament management	Referee and Tournament Management	Referee and Tournament Management
<b>Judoka must be able to name, demonstrate and define each technique, developing both sides</b>												
<b>Tachi waza</b>	Uke kneels, Tori stands	-o goshi -uki goshi,	-koshi guruma -ippou sei nage -ouchi gari	-deashi barai -morote sei nage 1 combination	-osoto gari -tai otoshi -hiza guruma -kouchi gari -harai goshi -1 combination -1 counter	-kosoto gari -osoto gaeshi -ouchi gaeshi -hane goshi -kouchi makikomi -2 combination -2 counters	-uchi mata -tsurikomi goshi -sode tsurikomi goshi -okurashi harai -1 opposite side throw	-sasae tsurikomi ashi -uchi mata sukashi	-tsubame gaeshi -kata guruma -uki otoshi -able to demonstrate and teach multiple techniques and combinations	-soto makikomi -sumi gaeshi -able to demonstrate and teach multiple techniques and combinations	-tomoe nage -ashi guruma -able to demonstrate and teach multiple techniques and combinations	-utsuri goshi -o guruma -ushiro goshi -uki waza -able to demonstrate and teach multiple combinations.

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Osae waza	Concept of what constitutes a successful gatame	-esa gatame -variations -escapes -turnovers -yoko shiho gatame -variations -escapes -turnovers -Begin introducing entries for a variety of uke positions: -flat on stomach -kneeling -turtle -etc. -Transitions between osae waza techniques -Introductory transitions from kneeling position into osae waza techniques	-kami shiho gatame -variations -escapes -turnovers -Expand entry, escape and turnover repertoire -Previous transitions within and between techniques -Begin transitions from tachi waza into osae waza -Begin working from the guard	-tate shiho gatame -variations -expand entry methods and transition repertoire -escapes and turnovers for all known techniques	-ushiro kesa gatame -variations -entries -escapes -turnovers -ura gatame -variations -entries -escapes -turnovers -Continue to expand osae w	-kata gatame -variations -entries -escapes -turnovers -Continue to expand depth of previously known repertoire.	-sankaku gatame -variations -entries -escapes -turnovers -Continue to expand depth of repertoire.	-Ability to demonstrate all known osae waza -Standing techniques to osae waza.	-knowledge of and ability to teach all osae waza entries -application -multiple escapes	-Increased knowledge of and ability to teach all osae waza entries -application -multiple escapes -sankaku gatame -leg extractions from scissor	-Increased knowledge of and ability to teach all osae waza entries -application -multiple escapes -Develop hikkomis gaeshi -ability to demonstrate and teach transitional attacks from tachiwaza into newaza	-Knowledge of and ability to teach all osae waza entries -application -multiple escapes
Shime waza			Age Appropriate if over 12					12 and up: -safety regulations for shime waza -hadaka jime -nami juji jime -okuri eri jime -Escapes and defenses -osae waza escape to hadaka jime -	12 and up: -increased knowledge of techniques from previous ranks. -sankaku jime. -gyaku juji jime -Combination with osae waza escape to hadaka jime -Sankaku Series -ability to teach advanced sankyu requirements	12 and up: -increased knowledge of techniques from previous ranks. -morote-jime -sode-guruma jime -Escapes from previous shime wazas. -Combinations with osae waza escapes and entries into known shime waza techniques	12 and up: -increased knowledge of techniques from previous ranks. -nami juji jime -gyaku juji jime -kata juji jime -kata ha jime -Escapes from previous shime wazas. -Combinations with Osae waza escapes and entries into known shime waza	-increased knowledge from previous ranks. -escapes and defenses for all known shime waza. -tsukkomis jime. -ryote jime.
Kansetsu waza			Age Appropriate for 14 and up					Age appropriate - 14 and up: -safety regulations for kansetsu waza -ude hishigi ude gatame -ude garami -ude hishigi juji gatame	Age appropriate - 14 and up: -ude hishigi hiza gatame -ude hishigi waki gatame -assist teaching advanced sankyu skills -develop defenses and escapes from kansetsu waza	-Age appropriate - 14 and up: -ude hishigi hara gatame -ude hishigi ashi gatame -Combination kansetsu waza applications from osae waza	-Age appropriate - 14 and up: -ude hishigi te gatame -ude hishigi sankaku gatame -expand combination applications from osae waza.	Ability to demonstrate and teach known kansetsu waza with an emphasis on safety and control
Kata								-Introduction to kata basics	-Introduction to Nage No Kata -Focus on uke ukemi portion -Perform 3 sets of Nage No Kata (uke)	-Nage no Kata Competitor – 3 sets as uke Non-Competitor – 3 sets as tori	-Nage no Kata Competitor: -3 sets as Tori Non-Competitor: -All 5 sets as Uke	Nage no Kata Competitor -All 5 sets as uke Non-Competitor -All 5 sets as tori