2026 Recommendation for [Junior] Shodan Kata Requirement

Purpose: Propose new kata requirement for [Junior] Shodan

Background: New Junior Shodan requirements were proposed at the Fall 2025 USJF national meeting. The proposal for kata requirements did not pass.

Members:

- Janet Johnson, Shichidan, USJF Youth Development Chair; National Kata Instructor; Niagara YDK
- Frances Glaze, Shichidan, IJF Kata Judge; Konan YDK
- Karen Nagai, Shichidan, IJF Kata Judge; Pacific NW YDK
- Diane Tamai Jackson, Rokudan, IJF Kata Judge; Shufu YDK

Timeframe: No later than March 2026

Research: Current Shodan Kata Requirements

- USJF Senior:
  - Non- Competitor – Nage no kata (Tori) all 5 sets
  - Competitor – Nage no kata (Uke) all 5 sets
- USJF Junior:
  - Non- Competitor – Nage no kata (Tori) all 5 sets
  - Competitor – Nage no kata (Uke) all 5 sets
- USA Judo:
  - Proficient in the first 9 techniques of nage-no-kata for both men and women or Jushiki (10 of 15 Ju-no-kata) for women.
- USJA:
  - Nage-no-kata demonstration or certification
- Judo Canada:
  - First 3 sets as Tori (by grading committee)

Ideation / Brainstorming:

1. **No change** – Non- Competitor – Nage no kata (Tori) all 5 sets \ Competitor – Nage no kata (Uke) all 5 sets
2. 5 sets: Choose EITHER Uke or Tori ... plus on-line course
3. 5 sets: Choose EITHER Uke or Tori
4. 3 sets ... plus on-line course
   a. first 3 sets of Nage: BOTH Uke and Tori
   b. first 3 sets of Nage: Non-competitor: Tori. Competitor: Uke
   c. first 3 sets of Nage: choose EITHER Uke or Tori
5. 3 sets
   a. BOTH Uke and Tori
   b. first 3 sets of Nage: Non-competitor: Tori. Competitor: Uke

    c. first 3 sets of Nage: choose EITHER Uke or Tori
6. 5 techniques: One from each set: ashi, koshi, te, ma sutemi, yoko sutemi) … plus on-line course
    a. BOTH Tori and Uke. One from each set: ashi, koshi, te, ma sutemi, yoko sutemi)
    b. 5 techniques: Non-competitor: Tori. Competitor: Uke. one from each set.
    c. 5 techniques: Choose EITHER Tori and Uke. One from each set.
7. 5 techniques: One from each set: ashi, koshi, te, ma sutemi, yoko sutemi)
    a. BOTH Tori and Uke.
    b. 5 techniques in kata form: one from each set: Non-competitor: Tori. Competitor: Uke.
    c. 5 techniques in kata form: one from each set: Choose EITHER Tori and Uke.
8. Complete USJF on-line course only
9. No kata requirement

<u>Recommendation</u>:

Junior and Senior Shodan requirements should be the same.

1) USJF on-line Nage-no-Kata course

AND

2) Physical demonstration
    a) Live Demonstrations: <u>both</u> Uke and Tori roles… iaw YDK promotion board or with National Kata Instructor
        i. 3 sets for Nage, or
        ii. 3 sets Katame, or
        iii. 2 sets of Ju

    OR

    b) Kata Competition: <u>either</u> Uke or Tori role
        i. Same options and minimum set as above

    c) If physically unable to perform (due to physical limitation), walk and talk with authorized by YDK or National Kata Instructor
    d) If live demonstration is not possible, video <u>both</u> Uke and Tori roles and arrange to send to member of Kata Committee or National Kata Instructor for evaluation

<u>Basis to require USJF Nage-no-kata on-line course</u>:
1. Knowledge: Acquaints Shodan candidate with the whole Nage-no-kata <u>and</u> key elements.

2. Convenience: On-line course can be completed any time or any place at the convenience of the candidate.
3. Consistency: All Shodan candidates will receive at consistent amount of explanation of the techniques.
4. Modern: On-line learning is a more contemporary and familiar means of gathering just-in-time knowledge for younger candidates.
5. Implementable: Requiring the on-line utilizes an existing USJF resource.

Basis for demonstration option:

1. Physicality: Performing is integral to knowing judo and being able to teach judo.
2. Options of Kata: Allows Shodan candidate to demonstrate judo fundamentals within their area of interest.
3. Either vs Both Uke and Tori roles: for competition, the preparation will likely be more extensive to perform well. Demonstration in a club-setting is likely to be less.
4. Empowerment: Having options to fulfill the requirement empowers the candidate.
5. Options c) and d) are expected to be used infrequently, however, providing multiple pathways for success demonstrates USJF's inclusiveness and commitment to support the candidate.