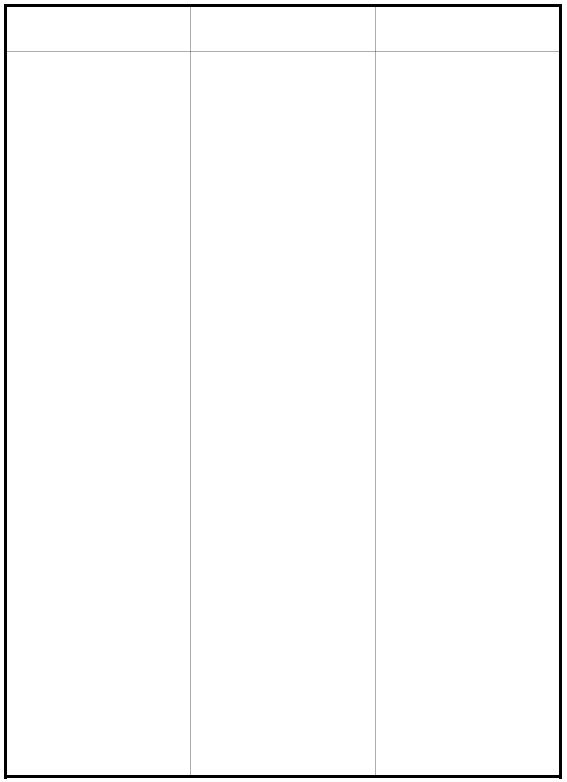
Rank	Rokkyu (recommended)	Gokyu	Yonkyu
Personal Development (Moral Character)	-What is a judoka? **Judo virtues include:** **Knowledge** -perseverance -courage -growth **Self-control** -obedience -humility -honor -compassion **Integrity** -honesty -courtesy -respect -sincerity -loyalty -Etiquette (reigi saho) -Expand understanding of virtues of judo -Expand physical fitness and adeptness -To be an active participant	-Expanded virtues of judo -Expand physical fitness and adeptness -Improved character traits -Increased participation -Community involvement -Assist, with guidance, less experienced judoka	-Expanded virtues of judo -Expand physical fitness and adeptness -Improved character traits -Increased participation -Community involvement -Continued dojo level refereeing and/or technical officiating -Assist with less experienced judoka

Sankyu	Nikyu	Ikkyu	Shodan
-Expanded virtues of judo -Expand physical fitness and adeptness -Begin local level refereeing and/or technical officiating (if appropriate) -Mentor less experienced judoka -Begin leadership development -Demonstrates continual growth through gaining and retaining a basic knowledge and understanding of Judo	-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 -Enchanced leadership development -Explain key components of Professor Kano's intent for the development of the whole judoka -How can a judoka contribute to society? -Demonstrates continual growth through expanding basic knowledge and understanding of Judo	-Application of Kano's intent for the development of the whole judoka -Yudanshakai level refereeing and/or technical officiating -Explore regional referee certification -Enchanced leadership development -Demonstrates continual growth through gaining a more comprehensive basic knowledge and understanding of Judo	-Evidence of Kano's intent for the development of the whole judoka -Continued yudanshakai level refereeing and/or technical officiating -Explore regional referee certification -Enchanced leadership development -Demonstrates a basic understanding of Judo knowledge acquired.

Nidan	Sandan	Yondan
-Evidence of Kano's intent for the development of the whole judoka -Continued yudanshakai level refereeing and/or technical officiating -Explore regional referee certification -Enchanced leadership development -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. -Beginning to demonstrate increased comprehension of Judo knowledge	-Evidence of Kano's intent for the development of the whole judoka -Continued yudanshakai level refereeing and/or technical officiating -Explore regional referee certification -Enchanced leadership development -Demonstrates Judo knowledge comprehension and is being considered a teacher	-Develop enhanced teaching and curriculum skills -Develop and share passions within judo in and out of the club -Modeling moral attributes and character of a true judoka -Contribute to development, enhancement and growth of your club and Yudanshakai -Has begun to demonstrate the application of Judo knowledge and comprehension through their teaching -Is being seen as a potential leader

Godan						
-Develop enhanced teaching and curriculum skills -Develop and share passions within judo in and out of the club -Modeling moral attributes and character of a true judoka -Contribute to development, enhancement and growth of your club and Yudanshakai and your community -Through teaching, shows understanding of the application of acquired Judo knowledge and comprehension -Is recognized as a leader						

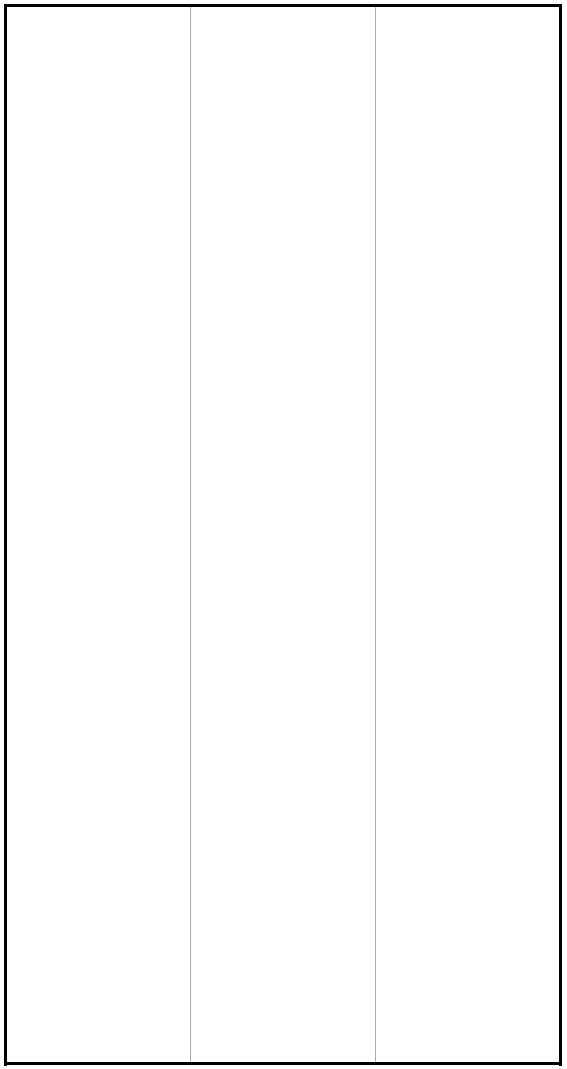


General Concepts (Physical Demonstration). Must have current membership with the USJF to test for rank. For Shdan and above, must have a minimum of three consecutive years of valid USJF membership to test.	-To learn and demonstrate that each judoka's main responsibility in club/class is to keep everyone you practice with safe and to help everyone learn. -To properly wear judogi. -Rei, Sensei, Hajime, & Mate -Ukemi: Ushiro, Yoko, Mae, Zenpo kaiten -Basics: Ritzarei zarei -Shisei (shizentai & jigotai) -Three parts of a throw: Kuzushi, Tsukuri, Kake -Know the parts of a judo gi: Uwagi, Shitagi, Obi, & Zori -Transitional movements	-Ebi-oyogi (shrimping movement) -Kata-nuki (Shoulder pushing - reverse shrimp) -Fukuga-zenshin (Army crawl - no legs) -Expected knowledge of previous ranks	-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;	-Expanded knowledge of previous ranks. -Further development of concepts -Mentor and guide lower ranking judoka -Expanded knowledge of previous ranks.	-Expanded knowledge of previous ranks. Further development of concepts; -Teach, mentor and guide other judoka	Minimum Age: 14 yo, must have Ikkyu to test Time in grade: -Non-competitor – 2 years -Competitor, 5 points – 1 year -Competitor, 10 pts – 9 months -Batsugun or 15 pts – 6 months - With instructor approval -TIG reductions may apply -Required CDC Heads up Certification (or cother concussion protocol training) -First Aid and CPR Certification -Safe Sport Certification (18 years and older) -Cleared background check -Expanded knowledge of previous ranks. Further development of concepts; -Teach, mentor and guide other judoka -Teach your tokui waza in examination

Minimum Age: 17 yo, must have Shodan to test Time In Grade: Non-competitor - 4 years Competitor, 5 points – 3.6 years Competitor, 10 pts - 3 years Competitor, 15 pts - 2.6 years Batsugun or 20 pts - With instructor approval TIG reductions may apply -Required CDC Heads up Certification (or other concussion protocol training) -First Aid and CPR Certification -Safe Sport Certification (18 years and older) -Cleared background check Promotional Enhancements: -Take on more leadership roles in class or in the local judo community -Assist with teaching students -At a local level, assist with refereeing, tournament organization setup, table work, back-office work, etc. -At a club and local level assisting with special events -Study kata in more depth. -Expand USJF certifications/courses to increase knowledge and understanding -Ability to teach and demonstrate proper, skillful kuzushi and ukemi	Minimum Age: 19 yo, must have Nidan to test Time In Grade: Non-competitor - 6 years Competitor, 5 points – 4.6 years Competitor, 10 pts - 4 years Competitor, 15 pts – 3.6 years Batsugun or 20 pts – With instructor approval TIG reductions may apply -Required CDC Heads up Certification (or other concussion protocol training) -First Aid and CPR Certification -Safe Sport Certification -Cleared background check	Minimum Age: 21 yo, must have Sandan to test Time In Grade: Non-competitor - 8 years Competitor, 5 points – 6 years Competitor, 10 pts – 5.5 years Competitor, 15 pts – 5 years Batsugun or 20 pts – With instructor approval TIG reductions may apply -Required CDC Heads up Certification (or other concussion protocol training) -First Aid and CPR Certification -Safe Sport Certification -Cleared background check

Minimum Age: 23 yo, must have Yodan to test Time In Grade: Non-competitor - 10 years Competitor, 5 points – 8.5 years Competitor, 10 pts – 8 years Competitor, 15 pts – 7.5 years Batsugun or 20 pts – With instructor approval TIG reductions may apply -Required CDC Heads up Certification (or other concussion protocol training) -First Aid and CPR Certification -Safe Sport Certification -Cleared background check						

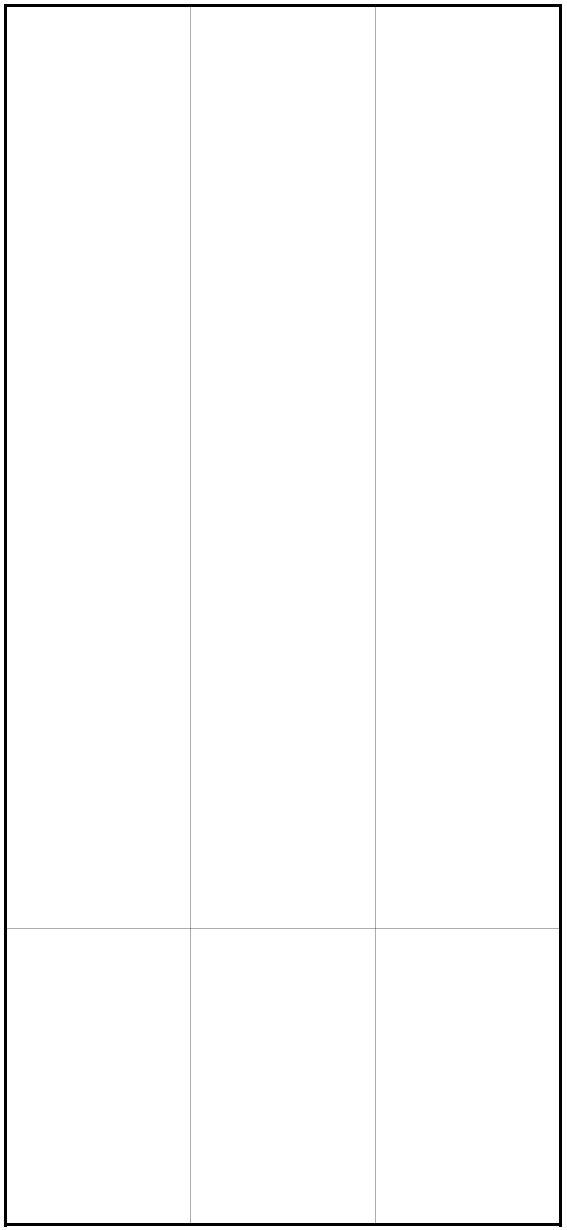


Vocabulary/Essential Questions (open ended questions) EQ	-What is a gi? -**EQ:** Why do we wear a uniform? Need to know: Rei (bow) sensei (instructor) hajime (start) mate (stop) ukemi (break falls) judogi (judo uniform) obi (belt) dojo (school/training hall)	**Need to know:** - kuzushi (off balance) - tsukuri (entry - fitting in) - kake (finish of technique) - name of technique and its meaning (example: o-goshi = major hip throw) **Like to know:** - parts of judogi -uwagi (jacket) - shitagi (pants) - obi (belt) - zori (slippers) - Goshi (hip) - Ashi (feet) - Te (hand) - Hiza (knee) - Nage (standing) - Waza (technique) - Hidari/Migi (left/right) - mae (front) - yoko (side) - ushiro (back) - zenpo kaiten (forward rolling breakfall)	**Need to know:** -ayumi ashi -tsugi ashi -happo no kusushi (8 directions of unbalance) **EQ**: Why are there so many different ways to move in Judo?
History and Philosophy	**EQ:** Why did you choose judo? -What judo is and is not.-What does	-Purpose of judo -Judo principles -Your judo club -What is the name of your Yudanshakai?	-Judo as a national community -Judo as the global world community -Basics of judo in Olympics. -Seiryoku Zenyo (maximim efficiency with minimal effort)

EQ: -How do I contribute to judo? **EQ:** -Describe the pros and cons of: uchikomi sutegeiko (give and take) randori Explain how they are related to each other.	**EQ:** -Is the goal of Judo always ippon? -Is competition necessary in judo? -How does kata enhance my overall understanding of judo?	**EQ:** -How have I evolved as a judoka? -How do I apply "Seiryoku Zenyo Jita Kyoei" in my life?	**EQ:** -What do I know about judo and what do I hope to understand?
-Expanding understanding and scope of judo. -Jita Kyoei (Mutual welfare)	-Enhanced Judo philisophy and continuation of judo history -Understanding of "Seiryoku Zenyo Jita Kyoei" within judo and my life	-Enhanced Judo philisophy and continuation of judo history	-Enhanced Judo philisophy and continuation of judo history investigation

EQ: -How do you expect your judo knowledge to expand?	EQ: -How do you use your judo knowledge in other areas of your life?	EQ: -How do you see yourself developing the next generation of judoka?
-Enhanced Judo philisophy and continuation of judo history investigation	-Enhanced Judo philisophy and continuation of judo history investigation	-Develop skill and patience to work with people who are challenged with learning the skills of judo

EQ: -How do you see yourself developing the next generation of black belts?						
-Increasing strategies to connect with diverse student populations						

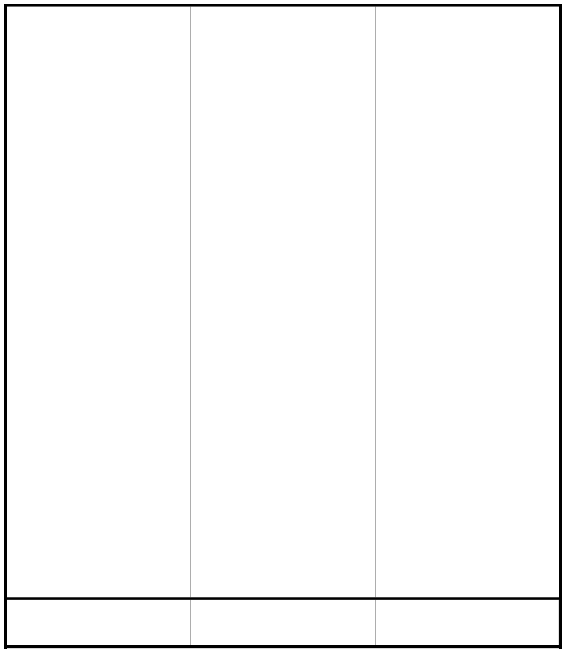


Rules	-Specific rules of the dojo/class. -Basic expectations and guided protocols Bowing protocols: -Bowing onto the mat -Group bowing at start and end of class Bowing to each partner before and after practicing -Demonstrating respect for self and others	**Rules & refereeing:** Respect for referees. Basic compeition rules and etiquitte including basic signals - Hajime - Mate - Ippon - Waza-ari - Osaekomi - Toketa - Shido - Hansoku-make - Waza-ari-awasete-ippon - Sono-mama - Yoshi -Yuko	**Rules:** -Understanding of penalty situations
	Judoka must be able to name, demonstrate and define each techique, developing both sides		

-Code of Conduct of competition officials, participants, coaches, spectators	-Score keeping and match setting	-Referee and Tournament Management	-Referee and Tournament Management -Maintain current knowledge of rule modifications

-Maintain and explain current knowledge of rule modifications/standards - Understanding Contest Rules (Understanding IJF and alternative rule sets)	-Maintain and explain current knowledge of rule modifications/standards -Point students to online resources of current rule sets	-Maintain and explain current knowledge of rule modifications/standards -Point students to online resources of current rule sets -Knowledge of rule sets that apply to local events

-Maintain and explain current knowledge of rule modifications/standards -Point students to online resources of current rule sets -Knowledge of rule sets that apply to local events						

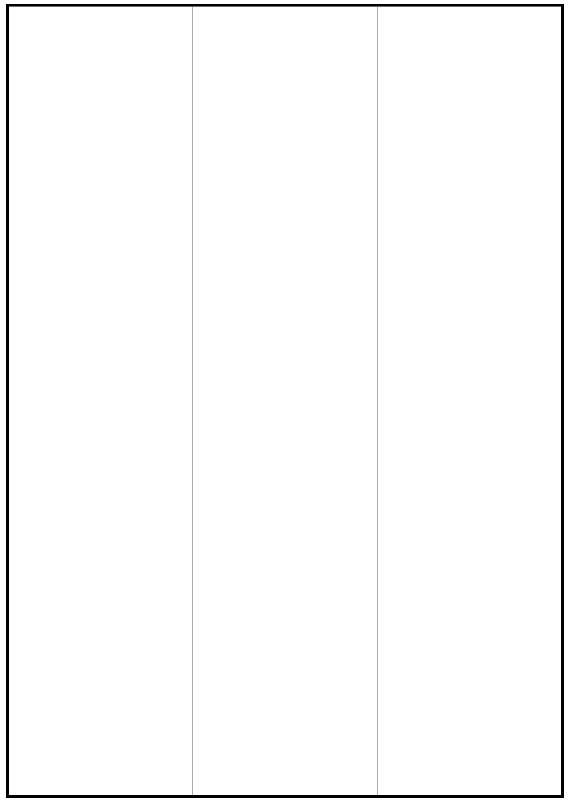


Tachi-waza	Uke kneels, Tori stands-o-goshi -o-soto-gari-de-ashi-barai	- o-goshi - o-soto-gari - uki-goshi - koshi-guruma - ippon-seoinage - o-uchi-gari - de-ashi-barai -seoi-nage (morote) -1 combination -1 avoidance	-hiza-guruma -ko-uchi-gari -harai-goshi -tai-otoshi -ko-soto-gari -o-soto-gaeshi -o-uchi-gaeshi -hane-goshi -ko-uchi-makikomi -2 combinations -2 counters

-uchi-mata -tsurikomi-goshi -sode-tsurikomi-goshi -okuri-ashi-harai -sasae-tsurikomi-ashi -kosoto-gake -tsuri-goshi -harai-tsurikomi-ashi. -o-soto-guruma -3 counters to include uchi-mata-sukashi	-tsubame-gaeshi -kata-guruma -uki-otoshi -soto-makikomi -sumi-gaeshi -tomoe-nage -able to demonstrate and teach multiple techniques and combinations-tani-otoshi -yoko-otoshi -yoko-guruma -sumi-otoshi -yoko-wakare	-utsuri-goshi -o-guruma -ushiro-goshi -uki-waza -ashi-guruma -able to demonstrate and explain multiple techniques and combinations	-Ability to Demonstrate throws in the Original Gokyo No Waza (40 throws) with audio or visual prompts -able to demonstrate and teach multiple combinations.

-Ability to Demonstrate throws in the Original Gokyo No Waza (40 throws) -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 several different combination techniques. -The ability to effectively transition from nage-waza to katame-waza. -Skillful demonstration of a block, an avoidance, and a counter to multiple nage-waza attacks (all three). -Ability to teach your tokui waza with emphasis of roles of both uke and tori	-Ability to Demonstrate IJF/Kodokan recognized throws -Explore Habukareta Waza (8 techniques) -Explore Shinmeisho No Waza (19 techniques) -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 several different combination techniques. -The ability to effectively transition from tachi waza to newaza. -Skillful demonstration of a block, an avoidance, and a counter to multiple tachi waza attacks (all three). -Ability to teach your tokui waza with emphasis of roles of both uke and tori	-Ability to teach IJF/Kodokan recognized throws -Develop Habukareta Waza (8 techniques) -Develop Shinmeisho No Waza (19 techniques) -Develop strategies for a diverse population to participate in judo activities -Develop strategies for individuals to play judo successfully -Understand the techniques recognized by the IJF and the Kodokan

-Teach Habukareta Waza (8 techniques) -Teach Shinmeisho No Waza (19 techniques) -Teach strategies for a diverse population to participate in judo activities -Teach strategies for individuals to play judo successfully -Teach the techniques recognized by the IJF and the Kodokan						

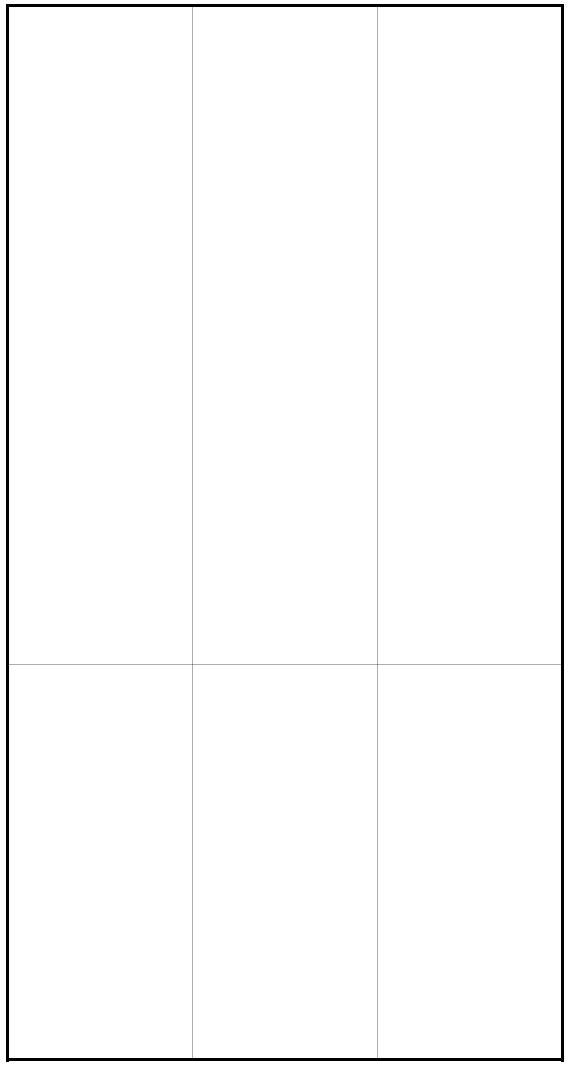


Osae-waza	Concept of what constitutes a successful gatame -kesa-gatame entries variations -yoko-shiho-gatame entries variations -Begin introducing entries for a variety of uke positions: flat on stomach kneeling guard etc. -Introductory transitions from kneeling position into osae waza techniques	-kami-shiho-gatame variations entries escapes turnovers -tate-shiho-gatame variations escapes turnovers -Expand entry methods for all known techniques -Safely transition from tachi waza to ne waza -Transitions between osae waza techniques -Escapes and turnovers for all known techniques	-ushiro-kesa-gatame variations entries escapes turnovers -ura-gatame variations entries escapes turnovers -kuzure-kami-shiho-gatame variations entries escapes turnovers -Continue to expand osae waza repertoire of previously introduced techniques and skills.
Shime-waza		Choking safety guidelines and concepts - hadaka-jime (rear naked choke) - okuri-eri-jime (sliding lapel choke)	-hadaka-jime -nami-juji-jime

-kata-gatame variations entries escapes turnovers -Uki-gatame -Continue to expand depth of repertoire -Ability to demonstrate all osae waza -Transition from standing techniques to grappling techniques	-Knowledge of and ability to teach all osae waza entries application multiple escapes	-Knowledge of and ability to demonstrate osae waza entries applications multiple escapes -sankaku sequences	-Ability to demonstrate and teach transitional attacks from tachiwaza into osae waza entries applications multiple escapes -Develop hikkomi gaeshi
-Increased knowledge of techniques from previous ranks. -combination with osae waza escapes to shime waza -gyaku-juji-jime -sankaku-jime variations -kata-juji-jime -ryote-jime -Escapes and defenses from shime waza	-Increased knowledge of techniques from previous ranks -morote-jime -sode-guruma-jime -kataha-jime -katate-jime -Escapes and defenses from shime waza	-sode-guruma-jime -tsukkomi-jime -do-jime *not legal in competition -able to demonstrate and explain multiple techniques and combinations	-Increased proficiency of techniques from previous ranks. -Escapes from previous shime waza -tsukkomi-jime -ryote-jime -Tachi waza attacks to shime waza -Ability to teach one shime waza technique with an emphasis on safety and control

-Ability to transition and escape from a variety of osae waza -Ability to transition from tachi waza to osae waza	-Ability to transition and escape from a variety of katame waza -Ability to transition from tachi waza to katame waza -Abilty to transition between various waza	-Understand the techniques recognized by the IJF and the Kodokan -Develop strategies for individuals to play judo newaza
-Ability to transition and escape from a variety of shime waza -Ability to transition from tachi waza to shime waza	-Ability to transition and escape from a variety of katame waza -Ability to transition from tachi waza to katame waza -Abilty to transition between various waza	-Understand the techniques recognized by the IJF and the Kodokan -Develop strategies for individuals to play judo newaza

-Teach strategies for individuals to play judo newaza						
-Teach the techniques recognized by the IJF and the Kodokan -Teach strategies for individuals to play judo newaza						



Kansetsu-waza		Introduction to safety guidelines and concepts of arm locks	-ude-garami-ude-hishigi-juji-
Kata - Noncompetitor		-Kata Basics -Roles of Uke and Tori -Bowing protocols -How Nage no Kata and Katame no Kata are generally organized	-Formal introduction of Nage No Kata -Perform First set (Te-waza) of Nage no Kata as Uke and Tori
Kata - Competitor			

-ude-hishigi-ude-gatame -ude-hishigi-hiza-gatame -Begin defenses and escapes from kansetsu waza	-Teach Yonkyu Requirements -ude-hishigi-waki-gatame -ude-hishigi-sankaku-gatame -ude-hishigi-hara-gatame -Escapes from kansetsu waza -Combination Applications from Osaewaza	-Teach Combination Applications from Osaewaza: -ude-hishigi-ashi-gatame -ude-hishigi-te-gatame -ashi-garami *not legal in competition -Develop transitions from tachiwaza to kansetsu waza	-Ability to teach on kansetsu-waza technique with an emphasis on safety and control -Demonstrate tachi-waza transitions to kansetsu waza
-Nage No Kata ability to perform the first two sets (Te-waza and Koshi-waza) as Uke and Tori	-Nage No Kata ability to perform the first three sets (Te-waza, Koshi-waza, Ashi-waza) as Uke and Tori	-Nage no Kata ability to perform the first 4 sets (Te-waza, Koshi-waza, Ashi-waza, Ma-Sutemi-waza) as Uke and Tori	-Ability to perform the entire Nage-No-Kata as Uke and Tori
-Kata Basics -Roles of Uke and Tori -Bowing protocols -How Nage no Kata and Katame no Kata are generally organized	-Formal introduction of Nage No Kata -Perform First set (Te-waza) of Nage no Kata as Uke and Tori	-Nage No Kata ability to perform the first two sets (Te-waza and Koshi-waza) as Uke and Tori	-Nage No Kata ability to perform the first three sets (Te-waza, Koshi-waza, Ashi-waza) as Uke and Tori

-Ability to transition and escape from a variety of kansetsu-waza -Ability to transition from tachi waza to kansetsu-waza	-Ability to transition and escape from a variety of katame waza -Ability to transition from tachi waza to katame waza -Abilty to transition between various waza	-Understand the techniques recognized by the IJF and the Kodokan -Develop strategies for individuals to play judo newaza
-The ability to perform the entire Katame No Kata as Uke and Tori	- Expand kata knowlege as Uke and Tori for one of the following: - Ju-No-Kata - Kime-No-Kata - Itsutsu-No-Kata - Kodokan-Goshin-Jutsu - Koshiki-No-Kata *Promotion chair must validate knowledge and records	- Expand kata knowlege as Uke and Tori for one additional kata of the following: - Ju-No-Kata - Kime-No-Kata - Itsutsu-No-Kata - Kodokan-Goshin-Jutsu - Koshiki-No-Kata *Promotion chair must validate knowledge and records
-Ability to perform the entire Nage-No-Kata as Uke and Tori	-The ability to perform the entire Katame No Kata as Uke and Tori	- Expand kata knowlege as Uke and Tori for one of the following: - Ju-No-Kata - Kime-No-Kata - Itsutsu-No-Kata - Kodokan-Goshin-Jutsu - Koshiki-No-Kata *Promotion chair must validate knowledge and records

-Teach the techniques recognized by the IJF and the Kodokan -Teach strategies for individuals to play judo newaza						
- Expand kata knowlege as Uke and Tori for one additional kata of the following: - Ju-No-Kata - Kime-No-Kata - Itsutsu-No-Kata - Kodokan-Goshin-Jutsu - Koshiki-No-Kata *Promotion chair must validate knowledge and records						
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