

RANK REQUIREMENT RECOMMENDATION

RANKING SYSTEM

Belt Colors Recommended by United States Judo Federation

Rank	Recommended Updated Junior (16 and under)	Mon System (16 and under)	Traditional Junior (16 and under)	Senior (17 and over)
Juichikyu (Rokkyu)	White	White		
Jukyu (Adv. Rokkyu)	White/Yellow	White w/ Yellow stripe		
Kyukyu (Gokyu)	Yellow	Yellow		
Hachikyu (Adv. Gokyu)	Yellow/Orange	Yellow w/ orange stripe		
Nanakyu (Yonkyu)	Orange	Orange		
Rokkyu (Adv. Yonkyu)	Orange/Green	Orange w/ green stripe	White	White
Gokyu (Sankyu)	Green	Green	Yellow	Green
Yonkyu (Adv. Sankyu)	Green/Blue	Green w/ blue stripe	Orange	Blue
Sankyu (Nikyu)	Blue	Blue	Green	Brown
Nikyu (Adv. Nikyu)	Blue/Purple	Blue w/ purple stripe	Blue	Brown
Ikkyu	Purple	Purple	Purple	Brown
Shodan	Black	Black	Black	Black
Nidan				Black
Sandan				Black
Yodan				Black
Godan				Black
Rokudan				Red/White
Shichidan				Red/White
Hachidan				Red/White
Kudan				Red
Judan				Red

PROMOTION PROCEDURES

Yudanshakai Promotions

Each member Yudanshakai is given promotional authority to a particular rank, depending upon the length of time as a Yudanshakai, and the number and rank of Yudansha. Each Yudanshakai shall establish its own procedures for examination of candidates and awarding of promotions within its USJF authorized promotional authority. The USJF has established the following **GUIDELINES** for Yudanshakais in the evaluation and review of promotion applications.

Each Yudanshakai shall hold at least two promotional evaluation examinations each year. To accomplish this, each member Yudanshakai shall create a Yudanshakai Board of Examiners whose members shall be the higher-ranking members in the Yudanshakai. When a Yudanshakai's Board of Examiners consists entirely of examiners below the rank of Yodan (4th Degree Black belt), each examiner shall vote on candidates by casting votes equal to his or her rank: e.g. a Shodan would cast one vote, a Sandan would cast three votes, etc. Otherwise, all examiners shall have an equal vote.

The Yudanshakai Board of Examiners shall review the promotion application of each member, according to specific criteria for rank being considered. A Yudanshakai may adopt or modify the following USJF Guidelines for promotion within each Yudanshakai's promotional authority, **but such standard must be followed for promotion to rank beyond such authority**. Any Yudanshakai that has Promotion Authority for Godan must maintain 300 member minimum to retain its Godan Rank Promotion Authority.

Promotion applications that are beyond promotion authority of the Yudanshakai shall be submitted for review by the USJF National Promotional Committee.

Yudanshakai Rank Promotional Authority Criteria for Godan

A Yudanshakai requesting Godan rank authority from the USJF Board of Examiners or maintaining their current Godan rank authority must meet the following requirements in order to obtain or retain their Godan rank authority.

Requesting Godan Rank Authority

Written request from Yudanshakai President for Godan rank authority. The request must be made to the USJF Board of Examiners for review and approval. The written request must include the following information:

- Yudanshakai must be established, registered and active continuously for at least 5 years with USJF
- Yudanshakai must have Yodan rank authority granted by USJF Board of Examiners
- A minimum of three or more Kodansha of Rokudan or higher awarded by USJF on the Yudanshakai's promotional committee that registered as active members with the USJF.
- Provide a list of the Promotional Committee Members' names and their USJF rank.
- Must have a minimum USJF membership of 300 active members or higher continuously for at least four years in the prior to year they are applying for Godan rank authority

Comment: Perhaps it should say – for a minimal of four years prior to the application date.

Maintaining Godan Rank Authority

- The Yudanshakai must maintain 300 minimum active USJF registered members AND a minimum of three or more Kodansha of Rokudan or higher awarded by USJF on the Yudanshakai's promotion committee who are registered active USJF members.
- USJF Board of Examiners will institute a Godan rank authority probation for two years when the Yudanshakai fails to meet the following requirements:
 - Fails to maintain the 300 minimum active USJF registered members and/or
 - Fails to have the minimum of three or more Kodansha of Rokudan or higher as awarded by USJF on their promotion committee who are registered active members with the USJF.

Maintaining Godan Rank Authority (continued)

- The Yudanshakai must bring any deficiency up to the minimum standard level required for the Godan rank authority. If unable to do so, the Godan rank authority granted by the USJF Board of Examiners will be rescinded. Further review and action will be taken by the USJF Board of Examiners to determine what rank authority will be granted to the Yudanshakai when the Godan rank authority is rescinded.
 - The Yudanshakai must provide written proof on the following to the USJF Board of Examiners at the end of their probationary period:
 - The number of active USJF registered members for the first year of probation, second year of probation, and the current year.
 - The list of Kodansha names with rank awarded by the USJF on their Promotional Committee.
 - During the two-year probationary period, the Yudanshakai will continue to have Godan rank promotion authority until the end of the probationary period.
 - If all deficiencies are corrected at the end of the probationary period, the Yudanshakai will retain their Godan rank promotion authority.
 - If any deficiencies ARE NOT corrected, based on the information provided by the Yudanshakai and the USJF National Office, the USJF Board of Examiners will rescind the Yudanshakai's Godan rank promotion authority and further decide whether to grant the Yodan rank authority or lower rank authority to the Yudanshakai.

GENERAL REQUIREMENTS

There are general requirements for promotion that must be satisfied as a precondition for promotion, regardless of rank in question. Promotion of individuals, who are not members of USJF, is not allowed. Testing and evaluation may be conducted by a combination of oral, demonstrative, and/or written examinations.

Eligibility for promotion shall be based upon the following general requirements, not necessarily in this order:

- a. Moral character, attitude, and maturity
- b. Competitive ability
- c. Technical proficiency
- d. General experience, contributions, and time in grade
- e. Recommended by candidate's instructor

Time in Grade

Time in grade is that time spent at the applicant's present rank and is not cumulative from date of any previous promotions. Time in grade is computed from the time the candidate's present rank was registered with the National Office and is determined solely from the number of years of USJF annual registration since last promotion.

Promotion Points

Promotion Points may be counted for only the period of time from candidate's last promotion. Points may be credited only for wins against opponents that are up to two ranks below and three ranks higher and must be obtained in either USJF, USJA or USA Judo "sanctioned" events or other event as specified by the Yudanshakai Board of Examiners or the USJF Board of Examiners. An opponent may count only once in the tabulation of tournament points for any particular rank. Promotion evaluation contest may be held for the purpose of substantiating the candidates' competitive ability.

Promotion Points (cont.)

Shiai Promotion Points are typically earned by wins over opponents of equal rank, in qualified tournaments. An Ippon win over an opponent of equal rank is one (1) point, while a Waza-ari win over an opponent of equal rank is one-half (1/2) point. A Yudanshakai may also elect to award promotion points to candidates defeating opponents of higher or lower rank. A recommended guideline is as follows:

Shiai Promotion Points Awarded According to Opponent Rank and Type of Win

Score	2 Ranks Lower	1 Rank Lower	Same Rank	1 Rank Higher	2 Ranks Higher	3 Ranks Higher
Ippon	1/3	1/2	1	1-1/2	2	3
Waza-ari	1/6	1/4	1/2	3/4	1	1-1/2

Kata Promotion Points are typically earned through placement in kata competitions. The amount of points earned is a function of the level of competition and placing earned. Please use the matrix below to determine the points earned.

Kata Promotional Points Awarded According to level of Competition and Placement

Place/Points	International	National	Regional	Local
1 st	3.0	2.0	1.5	1.0
2 nd	2.0	1.5	1.0	0.5
3 rd	1.5	1.0	0.5	0.3
4 th	1.0	0.5	0.3	0
5 th	0.5	0.3	0	0

If there are fewer than five (5) teams competing in an International, National, Regional or Local Kata competition, the points awarded using the matrix above will be decreased by 1/2.

Kata Competitors that have been selected by USA Judo to represent the USA in International Kata competition will be in the "C" level competitor classification. Placing 1st, 2nd or 3rd in the World Kata Championships will increase them to a "B" level competitor.

Batsu-gun Promotions

Yudanshakai may develop their requirements for Batsu-gun promotions in a single promotional tournament. To be recommended for Batsu-gun promotion within single promotional tournaments the competitor must have four (4) consecutive Ippon wins over opponents of same rank for promotions up to Ikkkyu or Five (5) consecutive Ippon wins over opponents of same rank for Dan promotions. If a contestant beats an opponent of higher rank, the win must be by Ippon to qualify for Batsu-gun promotion; else, it is counted as a normal promotion point.

Candidate Classification

To properly evaluate candidates for promotion, two classifications of judoka are established.

a. Competitors:

A competitor may have less time in grade and will be given greater weight for his or her competitive accomplishments towards promotional consideration.

The Competitor candidate is allowed only the applicable discount on time in grade requirements if they are a USJF Life Member or USJF President's Club Life Member (5% to 10%). Service and certification discounts to reduce time-in-grade requirements are not permitted for Competitor candidates.

b. Non-competitors:

A non-competitor is an active member, who participates and contributes at all levels of the sport except competition. Non-competitor may be examined and promoted in the same basic manner as competitors except that requirements shall be stricter, including longer time in grade. A non-competitor may change his classification to that of a "competitor" provided that, he or she passes all other requirements outlined for "competitor."

A major promotion criterion for non-competitors is service to the USJF. Contributions by non-competitors can be made at several different levels, including dojo, Yudanshakai, national, or international levels. Major contribution in these areas for the USJF can be considered to offset required Time in Grade.

USJF /USJA Summer National Championships shiai competition of brown belt rank or higher may be promoted by Batsu-gun to the rank of Shodan with no kata requirement needing to be met.

USJF National Competition Shodan Batsu-gun Rank Criteria:

To be eligible for USJF National Competition Shodan Batsu-gun Rank, the candidate must satisfy the following criteria:

1. Enter the USJF/USJA Summer National Championships in the shiai competition as a registered member of USJF; and
2. Hold any current brown belt rank (proof of rank will be required for this purpose); and
3. Be at least 14 years old as of the competition date; and
4. In any one individual competitive division, achieve one of the following records:
 - a. Defeat no less than three (3) opponents each holding a current brown belt rank or higher with at least one win by Ippon; or
 - b. Defeat no less than five (5) opponents of any rank by Ippon; or
 - c. In any two (2) or more individual divisions at the same event, defeat five (5) or more opponents by Ippon, at least three (3) of whom hold brown belt rank or higher; and
5. Have the consent and approval of the youth's Dojo Head Instructor and the youth's Yudanshakai's Board of Examiners Chairperson or the USJF Promotion Committee Chairperson approval must be obtained.

It is recommended that all Shodan candidates, except those promoted by Batsu-gun, take the USJF Teacher/Assistant Teachers or Coaching Certification.

**MINIMUM TIME IN GRADE AND AGE
For Competitors
Classifications**

No reductions of time-in-grade for contributions or service to USJF, its Yudanshakais, and dojos are allowed for those candidates choosing and eligible for competitor option for promotion, EXECPT for the USJF Life Member competitor candidates, who may claim the applicable USJF 5% to 10% Life Member Time-in-Grade reduction.

I. FOR COMPETITORS

Classifications

Class

- A. Team member of the Olympic, World Championship and/or Pan-American Games. Placing 1st, 2nd, or 3rd at Class A international tournament.
- B. Placing 1st, 2nd, 3rd at a Grand Slam, or Grand Prix. A Kata competitor who places 1st, 2nd, 3rd at the World Kata Championships.
- C. Placing 1st, 2nd, or 3rd at regional black belt divisions. Placing 1st, 2nd, or 3rd at the Fall Classic Tournament, President's Cup, National Collegiate, Youth and Scholastic Nationals, US Senior Nationals, USJF/USJA Summer and Winter Nationals or any non-point qualifying international competition. Kata competitors that have been invited to officially represent the United States in an IJF or PJC sanctioned international events.
- D. Competes in shiai and/or kata in any sanctioned tournament and earns points based on performance, according to the number of wins and rank of opponents, which includes Veteran's competition at local, regional, state, national and international competition.

Minimum Time in Grade and Age

Class	A (See information above for details)	B (See information above for details)	C (See information above for details)	D (See information above for details)	Age
Shodan	None	None	None	Points earned	14-16
Nidan	½ year	1 year	1 ½ year	Points earned	17-18
Sandan	1 year	2 years	2 ½ years	Points earned	19-20
Yodan	1 ½ years	3 ½ years	4 years	Points earned	21-22
Godan	3 years	5 years	6 years	Points earned	23-24
Rokudan	5 years	7 year	9 years	Points earned	27

Competitors may gain additional reduction of 5% time in grade with Regular Life Membership and 6% to 10% for President's Club Life Membership.

For points earned - See Grid on next page
Section VI

MINIMUM TIME IN GRADE AND AGE

For Promotion to the Rank of	Time in Grade	Non-Competitor	Competitor 5 pts	10 pts	15 pts	Batsu-gun 20 pts	Min Age
Gokyu	12 classes/ 1 month						
Yonkyu	24 classes/2 month						
Sankyu	TIG as Yonkyu	5 months	3 months	0 months			
Nikyu	TIG as Sankyu	9 months	6 months	3 months	0 months		
Ikkyu	TIG as Nikyu	1 year	9 months	6 months	3 months	0 months	
Shodan	TIG as Ikkyu	2 years	1 year	9 months	6 months	0 months	14-16 years
Nidan	TIG as Shodan	4 years	3 years	2 years	1.5 years	1 year	17-18 years
Sandan	TIG as Nidan	6 years	4 years	3 years	2.5 years	1.5 years	19-20 years
Yodan	TIG as Sandan	8 years	5.5 years	4 years	3 years	2 years	21-22 years
Godan	TIG as Yodan	10 years	6.5 years	5 years	4 years	3 years	23-24 years
Rokudan	TIG as Godan	12 years	8 years	6 years	5 years	4 years	27 years
Shichidan	TIG as Rokudan	15 years	10 years	8 years	6 years	5 years	33 years

Comment: In put 0 months to Sankyu 10 pts

Comment: Essentially 15 pts are Batsugun

Kata Cumulative Requirements

Rank	Competitor	Non-Competitor
Gokyu		
Yonkyu		
Sankyu		Nage no kata (uke) 1 st 3 sets
Nikyu	Nage no kata (uke) 1 st 3 sets	Nage no kata (tori) 1 st 3 sets
Ikkyu	Nage no kata (tori) 1 st 3 sets	Nage no kata (uke) all 5 sets
Shodan	Nage no kata (uke) 5 sets	Nage no kata (tori) all 5 sets
Nidan	Nage no kata (tori) 5 sets	Katame no kata (tori)
Sandan	Nage no kata (uke & tori) 5 sets <u>and</u> Katame no kata (tori)	Nage no kata (uke & tori) <u>and</u> Katame no kata (uke & tori) <u>and</u> Kime no kata or Ju no kata (tori)
Yodan	Kime no kata (Tori) <u>Or</u> Kodokan Goshinjitsu (Tori)	Kime no kata (uke & tori) <u>or</u> Kodokan Goshinjitsu (uke & tori) <u>and</u> Ju no kata (uke & tori)
Godan	Kime no kata (Tori & uke) <u>and</u> Kodokan Goshinjitsu (Tori & uke)	Kime no kata (uke & tori) <u>and</u> Kodokan Goshinjitsu (uke & tori) <u>and</u> Ju no kata (uke & tori)
Rokudan	Ju no kata (uke & tori) <u>and</u> Itsutsu no kata (tori)	Ju no kata (uke & tori) <u>and</u> Itsutsu no kata (tori)
Shichidan	Itsutsu no kata (tori & uke) <u>and</u> Koshiki no kata (Tori)	Itsutsu no kata (tori & uke) <u>and</u> Koshiki no kata (uke & tori)
Hachidan	Koshiki no kata (tori & uke)	

II. REDUCTIONS IN TIME IN GRADE BY CONTRIBUTION

COMPETITORS can only use the Life Membership's reduction. It is 5% for Regular Life Membership and 6%-10% President's Club Life Member

NON-COMPETITORS can use all categories that are applicable

1. USJF Charter Club Head Instructors - Must be teaching for the entire **Time in Grade** period

50 or more members	10%	10 to 19 members	3%
30-49 members	7%	1-9 members	1%
20-29 members	5%		

2. Assistant Instructors - Must be Teaching for the Entire **Time in Grade** period

50 or more members	5%	10-19 members	2%
30-49 members	4%	1-9 members	1%

3. Referee & Technical Staff

Work an Average of 6 or more events per year during the entire **Time in Grade** period

Referee - A/B/N	6%	Technical Staff - National Events	6%
Referee - Regional/Local	4%	Technical Staff - Regional/Local	4%

Work an Average of 3 or more Events per year for entire **Time in Grade** period

Referee - A/B/N	3%	Technical Staff - National Events	3%
Referee - Regional/Local	2%	Technical Staff - Regional/Local	2%

4. Kata Judge & Technical Staff

Work an average of 2 or more Events per year for the entire **Time in Grade** period

Kata Judge Class A	6%	Kata Technical Staff - National Events	6%
Kata Judge Regional/Local	4%	Kata Technical Staff - Regional/local	4%

5. Kata Instructor Certification

7 Categories: Nage no Kata, Katame no Kata, Ju no Kata, Kime no Kata, Kodokan Goshinjutsu, Koshiki no Kata, and Itsutsu no Kata.

Class A	1.0%
Class B	0.5%
Class C	0.25%

6. Coach Certification

Elite	5%
National	3%

7. Teacher Certification

Master	5%
Instructor	3%
Assistant Instructor	1%

8. Self-Defense Certification

Trainer	5%
Teacher	3%
Assistant Teacher	1%

9. USJF Life Member

Regular	5%
President Club:	
Charter level	6%
Executive level	7%
President level	8%
Executive VIP	9%
Presidential VIP	10%

10. Service as Yudanshakai Officer 10%**11. Service on USJF National Committee**

National Committee Chair	5%
Active Member of National Committee - attending more than 50% of national committee meetings during Time in Grade	3%

12. Service as USJF Officer 10%**13. Other** - Special circumstances or contribution to the Sport of Judo not included in the previous categories.

Time in Grade Reduction Chart for Non-Competitors

Note - the following chart is intended to help Yudanshakai promotion committees, the national promotion committee and the National office accurately calculate each candidate's Time in Grade

	Shodan		Nidan	Sandan	Yodan	Godan	Rokudan	Shichidan	Hachidan
Time in Grade	Year	2	4	6	8	10	12	15	19
Reduction	1%	2y	4y	6y	8y	10y	12y	15y	19y
	2%	1y 11m	3y 11m	5y 11m	7y 11m	9y 11m	11y 11m	14y 11m	18y 11m
	3%	1y 11m	3y 10m	5y 10m	7y 10m	9y 10m	11y 10m	14y 8m	18y 7m
	4%	1y 11m	3y 10m	5y 9m	7y 8m	9y 7m	11y 6m	14y 5m	18y 2m
	5%	1y 10m	3y 10m	5y 8m	7y 7m	9y 6m	11y 5m	14y 4m	18y 1m
	6%	1y 10m	3y 10m	5y 7m	7y 6m	9y 5m	11y 4m	14y 1m	17y 11m
	7%	1y 10m	3y 9.5m	5y 6.5m	7y 5m	9y 4m	11y 2m	14y	17y 8m
	8%	1y 10m	3y 8m	5y 6m	7y 4m	9y 2m	11y	13y 10m	17y 6m
	9%	1y 9m	3y 7.5m	5y 5.5m	7y 3m	9y 1m	10y 11m	13y 8m	17y 4m
	10%	1y 9m	3y 7m	5y 5m	7y 2m	9y	10y 10m	13y 6m	17y 1m
	11%	1y 9m	3y 6m	5y 4m	7y 1m	8y 11m	10y 9m	13y 5m	16y 11m
	12%	1y 9m	3y 6m	5y 3.6m	7y .5m	8y 10m	10y 7m	13y 2m	16y 8m
	13%	1y 8m	3y 5m	5y 3m	7y	8y 8m	10y 5m	13y 1m	16y 6m
	14%	1y 8m	3y 5m	5y 2.4m	6y 11m	8y 7m	10y 4m	12y 11m	16y 4m
	15%	1y 8m	3y 4.8m	5y 1m	6y 10m	8y 6m	10y 2m	12y 10m	16y 2m
	16%	1y 8m	3y 4m	5y	6y 9m	8y 5m	10y 1m	12y 7m	16y
	17%	1y 7m	3y 3.8m	4y 11.5m	6y 8m	8y 4m	10y	12y 6m	15y 10m
	18%	1y 7m	3y 3.1m	4y 11m	6y 7m	8y 2m	9y 10m	12y 5m	15y 8m
	19%	1y 7m	3y 2.6m	4y 10.5m	6y 6m	8y 1m	9y 8m	12y 2m	15y 5m
	20%	1y 7m	3y 2.6m	4y 10.5m	6y 5m	8y	9y 7m	12y	15y 2m
	21%	1y 6m	3y 1.8m	4y 9m	6y 4m	7y 11m	9y 6m	11y 11m	15y
	22%	1y 6m	3y 1.2m	4y 8.2m	6y 3y	7y 10m	9y 4m	11y 8m	14y 10m
	23%	1y 6m	3y .9m	4y 7.5m	6y 2m	7y 8m	9y 3m	11y 7m	14y 8m
	24%	1y 6m	3y .5m	4y 6.7m	6y 1m	7y 7m	9y 1m	11y 5m	14y 5m
	25%	1y 6m	3y	4y 6m	6y	7y 6m	9y	11y 4m	14y 4m
	26%	1y 5m	2y 11.2m	4y 5.3m	5y 11m	7y 5m	8y 11m	11y 1m	14y 1m
	27%	1y 5m	2y 11m	4y 4.6m	5y 10m	7y 4m	8y 10m	11y	13y 11m
	28%	1y 5m	2y 10.5m	4y 4m	5y 10m	7y 2m	8y 7m	10y 9m	13y 8m
	29%	1y 5m	2y 9.7m	4y 3m	5y 8m	7y 1m	8y 6m	10y 7m	13y 6m
	30%	1y 4m	2y 9.5m	4y 2m	5y 7m	7y	8y 5m	10y 6m	13y 4m

Senior Promotional Guidelines

The rank requirements specified below serve as guidelines for the requirements for promotion. Rank conversions from junior to senior may occur as outlined on page one of the Handbook. Yudanshakais may modify specific rank requirements for each rank, depending on circumstances, for ranks within each Yudanshakai's promotion authority, but these requirements are mandatory for all other promotions.

- Rokkyu** **General Requirements:** This rank is assigned to individuals of good moral character who have been accepted as students of Judo in a Judo club or class.
- Gokyu** **Minimal Age:** None
Minimal Time in grade: 12 classes or 1 month
- General Requirements:** Judo etiquette, basic judo hygiene, the correct forms of sitting, kneeling and standing.
Correct fundamentals of: **a.** Kumikata, **b.** Shisei – shizentai (hon, migi, hidari), jigotai (hon, migi, hidari)
c. Shintai (ayumiashi, suriashi, tsugiashi), **d.** Tai sabaki, **e.** ukemi
Fundamentals of throwing: (kuzushi, tsukuri and kake), Happo no kuzushi.
Nage Waza: Osoto-gari, O-Goshi, Deashi-harai, Ippon-seoi-nage, Uki-goshi
Osaekomi Waza: Hon-Kesa-gatame, Makura-Kesa-gatame, Kuzure-Kesa-gatame, Kata-gatame
Shime Waza: None
Kansetsu Waza: None
Kata: None
Tournament Experience: None
Referee: None
- Yonkyu** **Minimal Age:** None
Minimal Time in Grade: 24 classes or 2 months (from last promotion)
- General Requirements:** Improved knowledge and ability of from previous rank requirements. The difference between Judo and ju-jitsu. Seiryoku Zenyo (Maximum Efficiency with minimum effort)
Nage Waza: Sasae tsuri komi ashi, Hiza Guruma, Uchigari, Kouchi gari, Morote Seionage, Osoto-gaeshi
Osaekomi Waza: Kami-shiho-gatame, Hon-Yoko-shiho-gatame, Kuzure-Yoko-shiho-gatame
One escape from Kesa-gatame
Shime Waza: Hadaka-juji-jime, Okuri-eri-juji-jime, defense against each
Kansetsu Waza: Juji-gatame, defense against
Kata: None
Tournament Experience: None
Referee: None

Sankyu**Minimal Age:** None**Minimal Time in Grade:** Time in grade as Yonkyu

Non-competitor - 5 months

Competitor, 5 points - 3 months

Competitor, 10 points - 0 time

General Requirements: Improved knowledge and ability of previous ranks. Names, colors, order of "kyu" belt ranking system. Purpose of "kata" and "randori". Jita kyoei (Mutual Welfare and Benefit)**Nage Waza:** Kosoto gari, Tsuru komi goshi, Sode tsurikomi goshi, Harai goshi, Okuri ashi barai, Kouchi gaeshi**Osaekomi Waza:** Kuzure-kami-shiho-gatame, Tate-shiho-gatame, Ushiro-kesa-gatame, One escape from Yoko-shiho-gatame.**Shime Waza:** Name-juji-jime, Kata-juji-jime, Gyaku-juji-jime, defense against each**Kansetsu Waza:** Ude-garami, Ude-gatame, defense against each**Kata:** Non-competitor – Nage no Kata (Uke) first 3 sets**Tournament Experience:** Continued contest experience with expanded interpretation of the sport phase.**Additional Experience for Non-competitor:** Recommend the following - Referee in club, assist with teaching beginners, assist shiai as score keeper / timekeeper / match recorder**Nikyu****Minimal Age:** None**Minimal Time in Grade:**

Time in grade as Sankyu:

Non-competitor – 9 months,

Competitor, 5 pts – 6 months,

Competitor, 10 pts – 3 months

Batsu-gun, 20 pts – 0 months

General Requirements: Improved knowledge and ability of previous rank requirements.**Nage Waza:** Koshi Guruma, Tai Otoshi, Uchimata, Tomoe nage, Tsubame-gaeshi, Ouchi-gaeshi, Harai-goshi-gaeshi, One throw opposite side throw, One combination, One counter**Osaekomi Waza:** Sankaku-gatame, Escape from Kami-shiho-gatame, Escape from Tate-shiho-gatame, Tori leg extraction from leg scissor**Shime Waza:** Sankaku-jime, Kata-ha-jime, Kata-te-jime, defense against each**Kansetsu Waza:** Hiza-gatame, Waki-gatame, defense against each**Kata:** Non-competitor – Nage no kata (Tori) first 3 sets

Competitor – Nage no kata (uke) first 3 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, timekeeper/scorekeeper local/regional certification

Ikkyu**Minimal Age:** None**Minimal Time in Grade: Time in grade as Nikyu**

Non-competitor - 1 year

Competitor, 5 points - 9 months

Competitor, 10 points - 6 months

Competitor, 15 points - 3 months

Batsu-gun, 20 points – 0 months

General Requirements: Improved knowledge and increased proficiency in all lower rank requirements**Nage Waza:** Kosoto gake, Kata Guruma*, Hane goshi, Uchimata-sukashi, Uchimata-gaeshi, Hanegoshi-gaeshi, Two opposite side throws, Two Combinations, Two Counters

(* classical form of 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:** Sode-guruma-jime, Sankaku-jime, defense against each**Kansetsu Waza:** Te-gatame, Sankaku-gatame, defense against each**Kata:** Non-competitor – Nage no Kata – (Uke) all 5 sets

Competitor – Nage no Kata (Tori) first 3 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**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 are **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/local level, Teacher – assist with beginners, Tournament official – timekeeper/scorekeeper local/ regional certification

Nidan**Minimal Age:** 17-18**Minimal Time in Grade:****Time in grade as Shodan:**

Non-competitor - 4 years

Competitor, 5 points - 3 years

Competitor, 10 pts - 2 years

Competitor, 15 pts - 1.5 years

Batsugun or 20 pts - 1 year

General Requirements: Terminology required for lower ranks, increased proficiency in all lower rank requirements. First Aid and CPR Certification, Safe Sport and CDC Heads Up Certification, Good moral character and maturity.**Nage Waza:** Sumi Gaeshi, Soto maki komi, Tani Otoshi, O Guruma, Sukui nage, Harai maki komi**Osaekomi Waza:** All Osaekomi-waza and escapes**Shime Waza:** All Shime-waza, defense against each**Kansetsu Waza:** All Kansetsu-waza, Ashi-garami, defense against each**Kata:** Non-competitor - Katame no Kata (Tori).

Competitor - Nage no Kata (Tori) 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 – Regional, Teacher, Tournament official – timekeeper/scorekeeper local/regional certification**Sandan****Minimal Age:** 19-20**Minimal Time in Grade:** Time in grade as Nidan

Non-Competitor - 6 years

Competitor, 5 pts - 4 years

Competitor, 10 pts - 3 years

Competitor, 15 pts - 2.5 years

Batsugun or 20 pts - 1.5 years

General Requirements: Terminology required for lower ranks, increased proficiency in all lower rank requirements. First Aid, CPR, Safe Sport and CDC Heads Up Certification. Excellent moral character and maturity.**Nage Waza:** Hane maki komi, Utsuri goshi, Uki Otoshi, Osoto Guruma, Uki waza, Osoto-makikomi**Osaekomi Waza:** All Osaekomi-waza and escapes**Shime Waza:** All Shime-waza, Counters to all**Kansetsu Waza:** All Kansetsu-waza, Ashi-garami**Kata:** Non-Competitor – Complete – Nage no Kata (Tori & Uke), Katame no Kata (Tori & Uke), Kime no Kata or Ju no Kata (Tori)

Competitor – Complete – Nage no Kata (Tori & Uke), Katame no Kata (Tori)

Tournament Experience: Continued contest experience with expanded interpretation of the sport phase.**Additional Experience for Non-competitor:** Recommend the following - Referee – regional/national, Coach – Regional, Teacher, Tournament official – timekeeper/scorekeeper local/regional certification

Yodan**Minimal Age:** 21-22**Minimal Time in Grade:**

Time in grade as Sandan
 Non-competitor - 8 years
 Competitor, 5 pts - 5.5 years
 Competitor, 10 pts - 4 years
 Competitor, 15 pts - 3 years
 Batsugun or 20 pts - 2 years

General Requirements: Terminology required for lower ranks

increased proficiency in all lower rank requirements. First Aid, CPR, Safe Sport and CDC Heads Up Certification. Excellent moral character and maturity

Nage Waza: Yoko Guruma, Ushiro goshi, Ura nage, Sumi otoshi, Yoko gake, Yoko Wakare, Daki age, Kani-basami*, Kawazu-gake *(* illegal techniques – too dangerous to attempt but candidate **must** be aware of these techniques)**Osaekomi-Waza:** All Osaekomi-waza and escapes**Shime Waza:** All Shime-waza, defense against each**Kansetsu Waza:** All Kansetsu-waza, defense against each**Kata:**

Non-competitor - Kime no Kata (Tori & Uke), Kodokan Goshinjutsu (Tori & Uke), and Ju no Kata (Tori & Uke).

Competitor - Kime no Kata (Tori) or Kodokan Goshinjutsu (Tori).

Tournament Experience: Continued contest experience with expanded interpretation of the sport phase.**Additional Experience for Non-competitor:** Recommend the following - Referee – regional/national, Coach – Regional, Teacher/Instructor, Tournament official – timekeeper/scorekeeper regional certification**Godan****Minimal Age:** 23-24**Minimal Time in Grade:**

Time in grade as Yodan
 Non-Competitor – 10 years
 Competitor, 5 pts. – 6.5 years
 Competitor, 10 pts. – 5 years
 Competitor, 15 pts. – 4 years
 Batsugun or 20 pts. – 3 years

General Requirements: Terminology required for lower ranks, increased proficiency in all lower rank requirements, Good understanding of and skill teaching certification

Major levels of refereeing and judging (shiai and/or kata). First Aid, CPR, Safe Sport and CDC Heads Up Certification. Outstanding moral character and maturity

Nage Waza: Demonstrate knowledge of previous ranks.**Osaekomi Waza:** All Osaekomi-waza and escapes**Shime Waza:** All Shime-waza, Counters to all**Kansetsu Waza:** All Kansetsu-waza**Kata:** Competitor - Kime no kata – tori & uke, Kodokan Goshinjutsu - tori & uke

Non-competitor – Kime no kata – tori and uke, Kodokan Goshinjutsu – tori & uke, Ju no kata – tori & uke

Tournament experience: As noted above.

Additional Experience for Non-competitor: Recommend the following - Referee – regional/national or higher, Coach – Regional/National, Teacher, Tournament official.

Rokudan

Minimal Age: 27

Minimal Time in Grade:

- Time in grade as Godan
- Non-Competitor – 12 years
- Competitor, 5 pts. – 8 years
- Competitor, 10 pts. – 6 years
- Competitor, 15 pts. – 5 years
- Batsugun or 20 pts. – 4 years

General Requirements: Unquestioned moral character and maturity. Continued practice and involvement in judo, Terminology required for lower ranks, with increased proficiency in all lower rank requirements, Good understanding of and skill teaching certification. Major levels of refereeing and judging (shiai and/or kata), First Aid, CPR, Safe Sport and CDC Heads Up Certification.

Nage Waza: Demonstrate knowledge of previous ranks.

Osaekomi Waza: All Osaekomi-waza and escapes

Shime Waza: All Shime-waza, Counters to all

Kansetsu Waza: All Kansetsu-waza

Kata: Non-competitor – Ju no Kata (Tori & Uke), Itsutsu no Kata (Tori & Uke).

Competitor –Ju no kata (tori & uke), Itsutsu no kata (Tori)

Tournament Experience and Referee: None but expect leadership in these areas

Additional Requirements

Demonstrative moral characters and skills such as:

- Sharing of an historical and philosophic perspective of Judo
- Increased expertise in one or more areas
- Leadership in dojo, Yudanshakai, USJF and the community
- Recognition by one's peers
- Direct participation in on-the-mat activities in uniform

Shichidan

Minimal Age: 33

Minimal Time in Grade:

- Time in grade as Rokudan**
- Non-competitor 15 years
- Competitor, 5 points 10 years
- Competitor, 10 points 8 years
- Competitor, 15 points 6 years
- Batsugun or 20 points 5 years

General Requirements: Unquestioned moral character and maturity. Continued practice and involvement in judo. Terminology required for lower ranks, with increased proficiency in all lower rank requirements. Good understanding of and skill with teaching. First Aid, CPR, Safe Sport and CDC Heads Up Certification. Major levels of refereeing and judging (shiai and/or kata).

Nage Waza: Demonstrate knowledge of previous ranks

Kata: Competitor: Itsutsu no Kata (tori & uke) and Koshiki no Kata (tori)

Non-competitor: Complete: Itsutsu no Kata (tori & uke) and Koshiki no Kata (tori & uke)

Additional Requirements

Demonstrative moral characters and skills such as:

- Invoking purpose and meaning to what we do
- Providing higher and personalized motivation and inspiration
- Regional, National, and International contribution and experiences

- Developing all students to help achieve higher levels
- Direct participation in on-the-mat activities in uniform

Hachidan

Minimal Age: 42 years old

Minimal Time in Grade: 19 years

General requirements: Unquestioned moral character and maturity.

Continued practice and involvement in judo.

Terminology required for lower ranks,

With increased proficiency in all lower rank requirements

Good understanding of and skill teaching certification

Major levels of refereeing and judging (shiai and/or kata),

First Aid, CPR, Safe Sport and CDC Heads Up Certification

Kata: (Competitor) Koshiki no Kata (tori & uke)

Additional Requirements

Demonstrative moral characters and skills such as:

Ability to inspire and organize

Recognition for a lifetime of Judo

Being a life coach

Being an extraordinary individual

Kudan

- **Nomination for Kudan:** Requires no less than 50% of Yudanshakais represented on the Promotion Committee at the time of nomination. Each Yudanshakai joining in a Kudan nomination shall have its action pre-approved by its Yudanshakai Board of Directors prior to submission.
- **Minimal Time in grade:** Candidates for Kudan shall have held USJF rank of Hachidan. No minimum time in grade is required
- **When Kudan Nomination may be considered:** Candidates for Kudan may be considered by the Promotional Committee and Board of Examiners only at the annual (Spring) corporate meeting in even numbered years (i.e. 2022, 2024, etc.)
- **Approval or Tabling:** A vote of 90% of both the Promotional Committee and the Board of Examiners shall be required for approval of Kudan rank. No Kudan application can be rejected. Any Kudan promotion not approved must be tabled. Tabled Kudan applications may be taken from the table for reconsideration at the next scheduled meeting according to the timing limitation set forth here in above; or may be withdrawn at any time by the Yudanshakai responsible for its original submission.
- **Consistent USJF Yudanshakai Loyalty:** Absence of consistent LIFE-LONG loyalty can be considered one reason for tabling a candidate for Kudan application.
- **General Requirements:** Unquestioned moral character and maturity, continued practice and involvement in judo. Mastery of the principles and philosophy of judo. Substantial contribution to judo and to society. Major levels of contributions to judo organizations. First Aid, CPR, Safe Sport and CDC Heads Up Certification. The USJF Promotional Committee makes the recommendation to the Board of Examiners.

- Lifetime Achievements in Judo

Judan

- **Nomination for Judan: Nomination for Judan:** Requires the affirmative nominations of no less than 50% of Yudanshakais represented on the Promotion Committee at the time of nomination. Each Yudanshakai joining in a Judan nomination shall have its action pre-approved by its Yudanshakai Board of Directors to submission.
- **Minimal Time in grade:** Candidates for Judan shall have held USJF rank of Kudan for no less than 10 years. There shall be **no** Judan promotion awarded to any candidate **not** holding USJF Kudan rank.
- **When Judan Nomination may be considered:** Candidates for Kudan may be considered by the Promotional Committee and Board of Examiners only at the annual (Spring) corporate meeting in even numbered years (i.e. 2022, 2024, etc.)
- **Approval or Tabling:** A vote of 100% of both the Promotional Committee and the Board of Examiners shall be required for approval of Judan rank. No Judan application can be rejected. Any Judan promotion not approved must be tabled. Tabled Judan applications may be taken from the table for reconsideration at the later scheduled meetings according to the timing limitation set forth here in above; or may be withdrawn at any time by the Yudanshakai responsible for its original submission.
- **Lifelong USJF Yudanshakai Loyalty:** Absence of consistent lifelong loyalty can be considered one reason for tabling a candidate for Judan
- **General Requirements:** Criteria include multiple factors including e.g. highest level of lifetime achievements in judo, leadership achievements in judo, leadership contributions at all levels of USJF judo, long record of the highest level of competition, coaching, officiating successes, unimpeachable character. Major contributions in multiple areas of judo development, promotion, support, published Judo works, etc. First Aid, CPR, Safe Sport and CDC Heads Up Certification. The USJF Promotional Committee makes the recommendation to the Board of Examiners.
- **Lifetime Achievements in Judo**

Dojo Shodan Promotional Procedure

The Yudanshakai and club must meet the following criteria:

- A. Any USJF registered club can petition for a **Shodan** promotion in their club to their Yudanshakai. Must meet all Yudanshakai requirements for Shodan promotion.
- B. Candidate must fill out a form 20, obtain the following certifications: SafeSport, CDC Heads Up, and a background check (if a candidate is a minor, SafeSport and background check are not required). If non-competitor, a USJF Coaching or Teachers Certification is needed. A written essay from the candidate covering the following: why the candidate thinks they should be promoted to Shodan: what service they can provide to Judo and qualities it takes to be a Shodan. The essay will be sent to the Yudanshakai Chair of the Board of Examiners
- C. Examination will be conducted by three (3) USJF Sandans or higher.
- D. If the candidate passed the test, the score sheets will be sent to the Yudanshakai Chair of the BOE. The Yudanshakai Chair of the BOE will then send out an email vote to either pass or reject. If the candidate passes the vote of the Yudanshakai BOE, the Yudanshakai Chair of the BOE inform the candidate of his/her approved promotion. The candidate will then send all the required paperwork and fees to the appropriate Yudanshakai official. That official will then submit the signed Promotional Form 20 and all other paperwork and fees to the USJF National Office. The Yudanshakai official or candidate will submit Yudanshakai fees for promotion to the Yudanshakai Treasurer.
- E. If the next Yudanshakai BOE meeting is less than a month away, they can have the vote then.

Regulation for Honorary and Posthumous Promotion

- Honorary promotion to Shodan has a past precedent in USJF. This will be the only honorary promotion considered for a living person.
- All posthumous promotions must reflect the rank integrity of the USJF
- Regardless of the rank considered posthumous promotion can only be for honorary rank
- A completed promotion application must be submitted to the Promotion Committee for review at the subsequent semi-annual meeting to the applicant's passing. Should an individual pass away within 30 days of the semi-annual meeting, the application may be submitted at the next semi-annual meeting. Applications submitted after that time will not be considered. Only one application for posthumous promotion may be submitted.
- Should a promotion application be submitted to the Promotional Committee as per standard promotion regulations, and the candidate passes after that submission but before the semi-annual meeting. That application will be considered for a full promotion rather than an honorary one.

Promotional Application

1. **USJF Membership:** In order for the USJF to process a promotion the candidate must be a current paid up primary or secondary member of the USJF at the time of the application.
 - A Shodan applicant must show current membership plus one year prior membership.
 - For Nidan and above they must have current membership plus three years prior membership.
 - If the applicant does not have the required membership history, the history may be purchased for \$25.00 per year.
 - For applicants who are life members of the USJF then there is a flat fee of \$15.00 whether they need one or three years.”

2. **Background Check:** All applicants for Shodan and above must undergo the USJF background/screening program per USJF documented procedure. (If candidate is a minor this is not needed.) Failure to complete this process will terminate the applicant’s promotion process.
 - Please use latest USJF Form 590 available from the USJF website.
 - Proof of Background Screening provided through other judo national bodies is acceptable, as long as it is current and with at least one year before expiration. Proof must be included with the application.

3. **Dan rank awarded by other Judo organizations:** Dan rank is recognized if issued by legitimate national federations of Judo. Assuming that the rank can be verified, the rank can be used to earn their next rank through the normal rank promotion process for the Yudanshakai.

4. **Application Process:** For all Dan promotions, all applications need to meet the following criteria:
 - All Form 20s need to be submitted TYPED (filled in PDF format) with sections 1 through 13 completed in full. Be specific and informative. If this is not done the candidate risks a delay in processing the application.
 - Unanswered categories on Form 20 may result in rejection or tabling of the application.
 - The applicant and other responsible persons involved in completing Form 20 should not assume that the Board of Examiners or Promotion Committee will supply missing information.
 - Any Yudanshakai’s promotion under their authority is a matter as standard procedure, unless otherwise specifically defined, when any deficiencies are identified by the National Office, a promotion package is to be returned to the Yudanshakai. If the Yudanshakai does not respond to the deficiencies within six (6) months, the package will be returned to the submitting Yudanshakai with no action taken.
 - For National Promotion Committee candidates. All Dan promotion applications above the rank authority of the Yudanshakai must be mailed to the National Office at least 45 days prior to the announced USJF Promotion

Committee meeting together with the correct USJF Dan fee and a copy of the candidate's current Dan certificate, to be considered at the meeting. The National office will notify the Yudanshakai official if there is incorrect or missing information on their candidate's paperwork. The candidate has 2 weeks (from the 45 day deadline date) to rectify any incorrect or missing information. If the information is not complete, their promotion will not be on the promotion roster for the National Promotion Committee meeting and will have to wait until the next Promotional meeting

- Applications for Godan and higher rank that are rejected cannot be resubmitted for at least two years.
 - Applications for Yodan and lower rank that are rejected cannot be resubmitted for at least one year.
CLARIFICATION: An application which has been "tabled" upon due consideration or that has been "withdrawn" by the Yudanshakai shall not be treated as a "rejected" application.
 - Individuals currently holding USJF Teachers' Certification in a specific kata shall be exempt from any future kata examination of the specific kata required for promotion while maintaining such certification.
 - A tabled application submitted will be in our packet of candidates for our next meeting. A withdrawn application by the Yudanshakai or by the candidate will have to be resubmitted when they want to submit their promotion again to the committee.
 - The applications together with the correct USJF Dan fee and the required supporting documentation should be sent to the USJF National Office.
 - A Yudanshakai shall be entitled to be represented before the USJF Promotion Committee when its member is being considered for promotion by the USJF Promotion Committee. The representative shall act only for the purpose of introducing the candidate and providing background information relevant to the applicable rank standards.
 - The Promotion Committee will not take any Promotion application off the floor at the meeting.
5. **Promotion Fee Schedule:** The following is the current USJF Promotion Fees Effective 5/15/13
- Shodan \$125
 - Nidan \$150
 - Sandan \$175

- Yodan \$200
- Godan \$225
- Rokudan \$250
- Shichidan \$300
- Hachidan \$350

6. Changes to promotion requirements and rules will become effective 90 days after approval by the Board of Examiners as a matter of standard procedure unless otherwise specified.

Section VII

Junior Rank Recommendations

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

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

Jukyu 10th (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 9th (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

Comment:

Comment:

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 8th (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, Tsuikuri, 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 7th (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 6th (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 5th (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 4th (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, Tsuru-goshi, 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 Osae 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.

Section VII

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Junior Rank Recommendations

Sankyu 3rd (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 2nd (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.
8. **Personal:** Good moral character and participates in class activities, contribute to some aspect of our/state or community program.

Junior Rank Recommendations

Ikkyu 1st (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-tsuri-komi-ashi, Morote-gari *, 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?