

DENVER JUDO

SENIOR RANK REQUIREMENTS

(rev.03 – May 2018)



Points and Time in Grade

- Please note that you are responsible for maintaining your own competition record. Record books are available at the dojo.
- Time in grade and points requirements are MINIMUMS.
- All promotions must be approved by a Denver Judo sensei
- Points and time in grade accumulated reset to zero after each promotion.
- You may or may not be tested on all items on your list. Be prepared to demonstrate all techniques.
- You must score at least 75% on the written exam to be eligible for promotion.
- Practical tests will be scored out of 4 (0 = failing, 1 = poor, 2 = fair, 3 = good, 4 = excellent). You need to average at least 3 to be eligible for promotion.

How to earn points:

Enter local tournament: 1 point

Enter national tournament: 2 points (E level, Junior Nationals, Junior Olympics, Fall Classic, Ladder Tournament, High School Nationals, Collegiate Nationals, Senior Nationals, Masters Nationals)

Enter international tournament: 3 points (D level or higher, Junior US Open, etc)

Defeat player more than two ranks lower than yours: 0 points

Defeat player one or two ranks lower rank than yours: ½ point

Defeat player with same rank: 1 point

Defeat player 1 rank higher: 1 ½ points (color or dan)

Defeat player 2 ranks higher: 2 points

Defeat player 3 or more ranks higher: 3 points

Keep score or bracket at tournament: 1 point

Referee at tournament: 1 ½ points

Tournament director: 3 points

Enter a local kata tournament: 1 point

Enter a national kata tournament: 2 points

Enter an international kata tournament: 3 points

Kata 1st place: 3 points

Kata 2nd place: 2 points

Kata 3rd place: 1 point

*Non-competitive players will have longer time in grade and lower point requirements than competitive players. This will be determined on a case by case basis.

Senior Point Requirements:

Rokyu (yellow belt): 10 points

Gokyu (orange belt): 15 points

Yonkyu (green belt): 20 points

Sankyu (3rd degree brown belt): 30 points

Nikyu (2nd degree brown belt): 30 points

Ikkyu (1st degree brown belt): 30 points

Shodan and higher – see USA Judo points requirements -

<https://drive.google.com/file/d/0B45SkXim-QJTT1k0ZU5xRIIkQIE/view?usp=sharing> rev.03

Time in grade Requirements:

Promotional will be held 4 times per year: January, April, July, and October. Batsugan (merit) promotions between tests are possible for outstanding performances. Time in grade is generally a minimum standard. You may or may not be eligible to test at these intervals. Time in grade is from date of last promotion.

Senior Time in Grade:

Rokyu: 3 months

Gokyu: 3 months (6 months total in judo)

Yonkyu: 6 months (12 months total in judo)

Sankyu: 12 months (24 months total in judo)

Nikyu: 12 months (36 months total in judo)

Ikkyu: 18 months (54 months total in judo)

Shodan: see USA Judo time in grade requirements -

<http://www.coloradojudo.org/2007PromotionRecommendationProcedures.pdf>

Other Requirements:

Attitude, Attendance, Participation, Leadership, Upstanding Moral Character

Rokyu – Senior Yellow Belt



Nage Waza (Throwing Techniques)

O soto gari – big outside reap

O goshi – hip throw

Ippon seoi nage – one arm shoulder throw

Morote seoi nage – two hand shoulder throw

O uchi gari – big inside reap

Ko uchi gari – small inside reap

Katame Waza (Holding Techniques)

Kesa gatame – Scarf hold

Kata gatame – Shoulder hold

Bridge and roll escape from kesa gatame

Ukemi Waza (Falling Techniques)

Zempo Kaiten Ukemi – forward rolling break falls

Yoko Ukemi – Side falls

Ushiro Ukemi – Back falls

Vocabulary

Attention!

Bow!

Begin!

Stop!

Judo school

Teacher

Sitting formal style

Sitting cross-legged

Normal Walking

Sliding Foot Walking

Judo Uniform

Judo player

Person performing the technique

Person receiving the technique

Falling method or ways

Back Falls

Forward Rolling Falls

Kyotsuke!

Rei!

Hajime!

Matte!

Dojo

Sensei

Seiza

Anza

Ayumi Ashi

Tsugi Ashi

Judogi

Judoka

Tori

Uke

Ukemi

Ushiro Ukemi

Zempo Kaiten Ukemi

Side Falls	Yoko Ukemi
Free practice or sparring	Randori
Form practice	Kata
Tournament	Shiai
Judo Mat	Tatame
Hold-down!	Osae Komi!
Hold-down broken!	Toketa!
Full point!	Ippon!
Half point!	Waza-ari!
That is all!	Sore Made!

General Information:

Who was the founder of judo?	Jigoro Kano
What was the name of the judo school he founded?	The Kodokan
What was the date of the founding of judo?	1882

Name the three parts of a judo throw in Japanese and English:

Kuzushi	Off-balance
Tsukuri	Entrance
Kake	Execution

What are the ordinal numbers from one to ten in Japanese?

Ichi	Roku
Ni	Shichi
San	Hachi
Shi	Ku
Go	Ju

Attitude, Attendance, Participation

Gokyu – Senior Orange Belt



Nage Waza (Throwing Techniques)

All Rokyū throws performed on the left and right sides.

Koshi Guruma – Headlock hip throw

Uki Goshi – Floating Hip Throw

De Ashi Harai – Advancing foot sweep

Okuri Ashi Harai – Sliding sideways sweep

Tani Otoshi – Counter Throw

Katame Waza (Holding Techniques)

All Rokyū Katame Waza performed on the left and right sides.

Yoko Shiho Gatame – side four corners hold-down

Leg entanglement escape from Yoko Shiho Gatame

Kami Shiho Gatame – upper four corners hold-down

Ukemi Waza (Falling Techniques)

Zempo Kaiten Ukemi – forward rolling breakfalls – both sides

Yoko Ukemi – Side falls

Ushiro Ukemi – Back falls

Vocabulary

All Rokyū Vocabulary

Minor Penalty	Shido
Disqualification	Hansokumake
Decision!	Hantai!
Don't Move!	Sono Mama!
Continue!	Yoshi!
Fundamental Natural Posture	Shizen Hontai
Fundamental Defensive Posture	Jigo Hontai
Off balance	Kuzushi
Entry into a throw	Tsukuri
Execution of a throw	Kake
Sweep	Gari
Throwing Techniques	Nage Waza
Hand	Te
Hand Techniques	Te Waza
Foot	Ashi
Foot Techniques	Ashi Waza
Big or Major	O
Small or Minor	Ko

Hip	Goshi or Koshi
Hip Techniques	Koshi Waza
Outside	Soto
Inside	Uchi
Internal Force or energy	Ki
Shout to gather inner strength	Kiai
Hold or hold down	Gatame/Katame

General Information:

All Rokyū questions.

Name the three divisions of techniques in judo:

Nage Waza – Throwing Techniques

Katame Waza – Ground Techniques

Ate Waza – Striking Techniques

Name the two divisions of throwing techniques in judo:

Tachi Waza – Standing Techniques

Sutemi Waza – Sacrifice techniques

Name the Three divisions of Standing Techniques

Koshi Waza – Hip Techniques

Te Waza – Hand Techniques

Ashi Waza – Foot Techniques

Name the Two divisions of Sacrifice Techniques

Ma sutemi waza – Rear sacrifice techniques

Yoko sutemi waza – Side sacrifice techniques

Name the three divisions of grappling techniques in judo:

Osae Waza – pinning techniques

Shime Waza – choking techniques

Kansetsu Waza – arm-locking techniques

Attitude, Attendance, Participation, Leadership

Yonkyu – Senior Green Belt



Nage Waza (Throwing Techniques)

All Rokyū and Gokyū techniques performed on the left and right sides.

Hiza Guruma – Knee Wheel

Harai Goshi – Sweeping Hip Throw

Tai Otoshi – Body Drop

Sasae Tsurikomi Ashi – Lower prop stop foot sweep

Ko Soto Gari – Small outside sweep

Katame Waza (Holding Techniques)

All Rokyū and Gokyū techniques performed on the left and right sides.

Tate Shiho Gatame – Lower four corners hold-down

Uphill escape from Kesa Gatame

Ukemi Waza (Falling Techniques)

Zempo Kaiten Ukemi – forward rolling breakfalls – both sides, coming up to the feet

Yoko Ukemi – Side falls

Ushiro Ukemi – Back falls

Vocabulary

All Rokyū and Gokyū Vocabulary

Favorite Technique

Class of belt ranks in judo below black belt

Degree in the black belt ranks

Holder of any black belt rank

Holder of any rank lower than black belt

Repetitive attack practice without throwing

Repetitive throwing practice without resistance

Kneeling Bow

Standing Bow

Knee

Wheel

Side

Eri

Okuri

Right

Left

Tokui Waza

Kyū grades

Dan

Yudansha

Mudansha

Uchi Komi

Nage Komi

Zarei

Ritsurei

Hiza

Guruma

Yoko

Lapel

Sliding

Migi

Hidari

General Knowledge

All Rokyū and Gokyu questions

What are the two principals of judo as defined by Dr. Kano

Mutual benefit and welfare – Jita Kyoei

Maximum efficient use of mental and physical efforts - Seiryoku Zenyo

What year was judo introduced into the Olympics for men? 1964

What year was judo introduced into the Olympics for women? 1992

Who were the four members of the first Olympic team?

Paul Muruyama

Jim Bregman

George Harris

Ben Nighthorse Campbell

Attitude, Attendance, Participation, Leadership

Sankyu – Senior Brown Belt 3rd degree



Nage Waza (Throwing Techniques)

All Rokyū, Gokyu, and Yonkyū techniques performed on the left and right sides.

Tomoe Nage – Circle Throw

Sode Tsuru Komi Goshi – Sleeve-tip Hip Throw

Morote Gari – double leg grab

Hane Goshi – Spring Hip Throw

Uchi Mata – Inner Thigh Sweep

Katame Waza (Holding Techniques)

All Rokyū, Gokyu, and Yonkyū techniques performed on the left and right sides.

Sankaku Gatame – figure four leg hold down

Ushiro Kesa Gatame – Reverse Kesa Gatame

Shime Waza (Choking Techniques)

Nami Juji Jime - Normal cross choke (thumbs inside)

Gyaku Juji Jime – Reverse cross choke (fingers inside)

Ukemi Waza (Falling Techniques)

Zempo Kaiten Ukemi – forward rolling breakfalls – both sides, coming up to the feet

Yoko Ukemi – Side falls

Ushiro Ukemi – Back falls

Nage-no-kata

First 2 sets of Nage-no-kata

Vocabulary

All Rokyū, Gokyu, and Yonkyū Vocabulary

Third Degree Mudansha Rank Sankyu

Second Degree Mudansha Rank Nikyu

First Degree Mudansha Rank Ikkyu

First Degree Black Belt Rank Shodan

Second Degree Black Belt Rank Nidan

Third Degree Black Belt Rank Sandan

Fourth Degree Black Belt Rank Yodan

Fifth Degree Black Belt Rank Godan

Sixth Degree Black Belt Rank Rokudan

Seventh Degree Black Belt Rank Shichidan

Eighth Degree Black Belt Rank Hachidan

Ninth Degree Black Belt Rank Kudan

Tenth Degree Black Belt Rank	Judan
Instantaneous promotion	Batsugan
Striking Techniques	Atemi Waza
Judo Belt	Obi
Illegal act of locking the body with your legs	Dojime
I surrender!	Maitta!
Standard Gripping	Kumi Kata
Judogi measuring device	Sokuteiki
Choke	Jime

General Knowledge

All Rokyū, Gokyu, and Yonkyū Questions

Who was the first American woman to win a gold medal at the World Championships and in what year?

Annmaria Burns – 1984

Who was the first American man to win a gold medal at the World Championships and in what year?

Mike Swain – 1987

What are the five divisions of the nage-no-kata?

Te Waza – Hand Techniques

Koshi Waza – Hip Techniques

Ashi Waza – Foot Techniques

Ma Sutemi Waza – Rear Sacrifice Techniques

Yoko Sutemi Waza – Side Sacrifice Techniques

Attitude, Attendance, Participation, Leadership, Teaching Ability

Nikyu – Senior Brown Belt 2nd Degree



Nage Waza (Throwing Techniques)

All previous nage waza performed on both the left and right sides.

Soto Maki Komi – Winding Throw

Kata Guruma – Shoulder Wheel

Te Guruma – Hand Wheel

Sumi Gaeshi – Side Sacrifice Throw

Katame Waza (Holding Techniques)

All previous katame waza performed on both the left and right sides.

Shime Waza (Choking

Techniques) All previous shime
waza

Kata Juji Jime – Half cross choke (fingers in on one hand, thumb in on the other)

Okuri Eri Jime – Sliding lapel choke

Kansetsu Waza (Arm Locking Techniques)

Ude garami – Bent armlock

Ude Hishigi Ude Gatame – Upper Cross armlock

Ude Hishigi Juji Gatame – Cross armlock

Ukemi Waza

Zempo Kaiten Ukemi – forward rolling breakfalls – both sides, coming up to the feet

Yoko Ukemi – Side falls

Ushiro Ukemi – Back falls

Nage-no-kata

First 3 sets of Nage-no-kata

Vocabulary

All previous vocabulary

Winner stays up competition

Elimination tournament

Methods of resuscitation

Right/Left Natural Posture

Right/Left Defensive Posture

Kohaku

Tentori

Kappo

Migi/Hidari Shizentai

Migi/Hidari Jigotai

General Knowledge

All previous questions

What are the five divisions of the nage-no-kata and the techniques that comprise them?

Te Waza – Hand Techniques

Uke Otoshi

Seoi Nage

Kata Guruma

Koshi Waza – Hip Techniques

Uke Goshi

Harai Goshi

Tsurkomi Goshi

Ashi Waza – Foot Techniques

Okuri Ashi Harai

Sasae Tsurikomi Ashi

Uchi Mata

Ma Sutemi Waza – Rear Sacrifice Techniques

Tomoe Nage

Ura Nage

Sumi Gaeshi

Yoko Sutemi Waza – Side Sacrifice Techniques

Yoko Gake

Yoko Guruma

Uki Waza

What are the three divisions of the katame no kata?

Katame Waza – Holding techniques

Shime Waza – Choking techniques

Kansetsu Waza – Armlocking Techniques

Attitude, Attendance, Participation, Leadership, Teaching Ability

Ikkyu – Senior Brown Belt 1st Degree



Nage Waza (Throwing Techniques)

All previous nage waza performed on both the left and right sides.

Uki Otoshi – Floating Drop

Yoko Guruma - Side Wheel

Morote Gari – Double Leg Grab

Combination Throws

Katame Waza (Holding Techniques)

All previous katame waza performed on both the left and right sides.

Shime Waza

All previous shime waza.

Hadaka Jime – Naked strangle

Kataha Jime – Single wing choke

Kansetsu Waza

All previous kansetsu waza

Udi Hishigi Hiza Gatame – Knee armlock

Udi Hishigi Waki Gatame – Side arm crush

Ukemi Waza

Zempo Kaiten Ukemi – forward rolling breakfalls – both sides, coming up to the feet

Yoko Ukemi – Side falls

Ushiro Ukemi – Back falls

Nage-no-kata

All five sets of Nage-no-kata

Vocabulary

All previous vocabulary

Three parts of judogi:

Jacket is Uwagi

Belt is Obi

Pants are Zubon or shutobaki

General Knowledge

All previous questions

What are the three divisions of Katame No Kata and the techniques that comprise them?

Katame Waza – Holding techniques

Kesa Gatame

Kata Gatame

Kami Shiho Gatame

Yoko Shiho Gatame

Kuzure Kami Shiho Gatame

Shime Waza – Choking techniques

Kata Juji Jime

Gyaku Juji Jime

Hadaka Jime

Okuri Eri Jime

Kataha Jime

Kansetsu Waza – Armlocking Techniques

Ude Gatame

Udi Hishigi Ude Garami

Udi Hishigi Juji Gatame

Udi Hishigi Hiza Gatame

Ashi Garami

Be able to demonstrate the referee hand signals and calls for the following:

Hajime!

Matte!

Sore Made!

Osae Komi!

Toketa!

Shido for stalling

Shido for false attack

Shido for stepping out of bounds

Waza Ari

Ippon

Attitude, Attendance, Participation, Leadership, Teaching Ability

Denver Judo



Denver Judo Senior Rank Exam

(rev.03 1/2018)

Name: _____ Date: _____

Rank Testing for: _____

ROKYU

Section 1:

Please provide the Japanese Translations for the following:

1. Attention _____
2. Bow _____
3. Begin! _____
4. Stop! _____
5. Judo school _____
6. Teacher _____
7. Sitting formal style _____
8. Sitting cross-legged _____
9. Normal walking _____
10. Sliding foot walking _____
11. Judo uniform _____
12. Judo player _____
13. Person performing the technique _____
14. Person receiving the technique _____
15. Falling methods or ways _____
16. Back falls _____
17. Side falls _____
18. Forward rolling falls _____
19. Free practice or sparring _____
20. Form practice _____
21. Tournament _____
22. Judo mat _____
23. Hold-down! _____
24. Hold-down broken! _____
25. Full point! _____
26. Half point! _____
27. That is all! _____

Section 2:

1. Who was the founder of judo? _____
2. What was the name of the judo school he founded? _____
3. When was the date of the founding of judo? _____
4. Name the three parts of a judo throw in Japanese and English:
 - a) _____
 - b) _____
 - c) _____
5. What are the ordinal number from one to ten in Japanese?

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Score: _____/46

GOKYU

Section 1:

Please provide the Japanese Translations for the following:

1. Minor Penalty _____
2. Disqualification _____
3. Decision! _____
4. Don't move! _____
5. Continue! _____
6. Fundamental natural posture _____
7. Fundamental defensive posture _____
8. Off balance _____
9. Entry into a throw _____
10. Execution of a throw _____
11. Sweep _____
12. Throwing Techniques _____
13. Hand _____
14. Hand Techniques _____
15. Foot _____
16. Foot Techniques _____
17. Big or Major _____
18. Small or Minor _____
19. Hip _____
20. Hip Techniques _____
21. Outside _____
22. Inside _____
23. Internal force or energy _____
24. Shout to gather inner strength _____

Section 2:

1. Name the three divisions of techniques in judo in Japanese and English:

- a) _____
- b) _____
- c) _____

2. Name the two divisions throwing techniques in judo in Japanese and English:

- a) _____
- b) _____

3. Name the three divisions of standing techniques in judo in Japanese and English:

- a) _____
- b) _____
- c) _____

4. Name the two divisions of sacrifice techniques in judo in Japanese and English:

a) _____

b) _____

3. Name the three divisions of ground techniques in judo in Japanese and English:

a) _____

b) _____

c) _____

Score: _____/50

YONKYU

Section 1:

Please provide the Japanese Translations for the following:

1. Favorite technique _____
2. Class of belt ranks in judo below black belt _____
3. Degree in the black belt ranks _____
4. Holder of any black belt rank _____
5. Holder of any rank below black belt _____
6. Repetitive attack practice without throwing _____
7. Repetitive throwing practice without resistance _____
8. Kneeling bow _____
9. Standing bow _____
10. Knee _____
11. Wheel _____
12. Side _____

Section 2:

1. What are the two principals of judo as defined by Dr. Kano (in Japanese and English)?

- a) _____
- b) _____

2. What year was judo introduced into the Olympics for men? _____

3. What year was judo introduced into the Olympics for women? _____

4. Who were the four members of the first US Olympic team?

- a) _____
- b) _____
- c) _____
- d) _____

Score: _____/22

SANKYU

Section 1:

Please provide the Japanese Translations for the following:

1. Third Degree Mudansha Rank _____
2. Second Degree Mudansha Rank _____
3. First Degree Mudansha Rank _____
4. First Degree Yudansha Rank _____
5. Second Degree Yudansha Rank _____
6. Third Degree Yudansha Rank _____
7. Fourth Degree Yudansha Rank _____
8. Fifth Degree Yudansha Rank _____
9. Sixth Degree Yudansha Rank _____
10. Seventh Degree Yudansha Rank _____
11. Eighth Degree Yudansha Rank _____
12. Ninth Degree Yudansha Rank _____
13. Tenth Degree Yudansha Rank _____
14. Instantaneous promotion _____
15. Striking Techniques _____
16. Judo belt _____
17. Illegal act of locking the body with your legs _____
18. I surrender! _____
19. Standard gripping _____
20. Judogi measuring device: _____

Section 2:

1. Who was the first American woman to win a gold medal at the World Championships and in what year? _____
2. Who was the first American man to win a gold medal at the World Championships and in what year? _____
3. What are the five divisions of throwing techniques the nage-no-kata in English and Japanese?
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____

Score: _____/32

NIKYU

Section 1:

Please provide the Japanese Translations for the following:

1. Winner stays up competition _____
2. Elimination tournament _____
3. Methods of resuscitation _____

Section 2:

1. What are the five divisions of the nage-no-kata and the techniques that comprise them?

a) _____

i) _____

ii) _____

iii) _____

b) _____

i) _____

ii) _____

iii) _____

c) _____

i) _____

ii) _____

iii) _____

d) _____

i) _____

ii) _____

iii) _____

e) _____

i) _____

ii) _____

iii) _____

2. What are the three divisions of the katame-no-kata (in English and Japanese)?

a) _____

b) _____

c) _____

Score: _____/29

IKKYU

1. What are the three division of katame-no-kata and the techniques that comprise them?

a) _____

i) _____

ii) _____

iii) _____

iv) _____

v) _____

b) _____

i) _____

ii) _____

iii) _____

iv) _____

vi) _____

c) _____

i) _____

ii) _____

iii) _____

iv) _____

v) _____

Name the three parts of your judogi in Japanese:

Jacket: _____

Belt: _____

Pants: _____

Score: _____/21