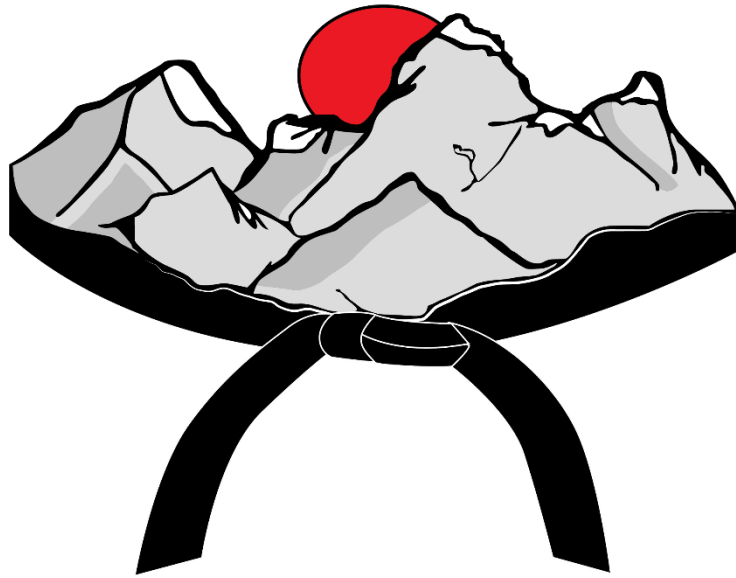


# Denver Judo



## **SENIOR RANK REQUIREMENTS**

## Promotion Points and Time in Grade

- Please note that you are responsible for maintaining your own competition record. 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 80% on the written exam to pass the examination.
- Practical tests will be scored out of 4 points - 0 = failing, 1 = poor, 2 = fair, 3 = good, 4 = excellent.
- An average score of 3 is required to pass the examination.

## How to Earn Points

Enter local tournament: 1 point

Enter national tournament: 2 points (E level, Junior Nationals, Junior Olympics, High School Nationals, Collegiate Nationals, Senior Nationals, Masters Nationals, etc.)

Enter international tournament: 3 points (D level or higher)

Visit

[https://www.usajudo.com/athletes/seniors/2023-national-ranking-rosters#USA\\_Judo\\_Senior\\_Events\\_Point\\_Matrix](https://www.usajudo.com/athletes/seniors/2023-national-ranking-rosters#USA_Judo_Senior_Events_Point_Matrix) for a list of all national and international point events.

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 1<sup>st</sup> place: 3 points

Kata 2<sup>nd</sup> place: 2 points

Kata 3<sup>rd</sup> place: 1 point

## Senior Point Requirements

Rokyu (yellow belt): 10 points

Gokyu (orange belt): 15 points

Yonkyu (green belt): 20 points

Sankyu (3<sup>rd</sup> degree brown belt): 30 points

Nikyu (2<sup>nd</sup> degree brown belt): 30 points

Ikkyu (1<sup>st</sup> degree brown belt): 30 points

Shodan and higher – please visit <https://www.coloradojudo.org/p/promotions.html> for a complete list of requirements.

## 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 a **minimum** standard. You may or may not be eligible to test at these intervals.

Time in grade is from the date of last promotion.

Time in Grade:

Rokyu: 3 months

Gokyu: 3 months

Yonkyu: 6 months

Sankyu: 12 months

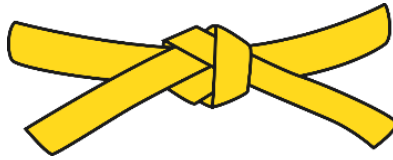
Nikyu: 12 months

Ikkyu: 18 months

Shodan: please visit <https://www.coloradojudo.org/p/promotions.html> for a complete list of requirements.

## Other Requirements

Attitude, Attendance, Participation, Leadership, Teaching Ability  
Upstanding Moral Character, Service to Judo



## Rokyu – Senior Yellow Belt

### **Nage Waza (Throwing Techniques)**

O Soto Gari  
O Goshi  
Ippon Seoi Nage  
Morote Seoi Nage  
O Uchi Gari  
Ko Uchi Gari

Big Outside Reap  
Major Hip Throw  
One Arm Shoulder Throw  
Two Hand Shoulder Throw  
Big Inside Reap  
Small Inside Reap

### **Katame Waza (Ground Techniques)**

Kesa Gatame  
Kata Gatame  
Bridge and roll escape from kesa gatame

Scarf Hold  
Shoulder Hold

### **Ukemi Waza (Falling Techniques)**

Zempo Kaiten Ukemi  
Yoko Ukemi  
Ushiro Ukemi

Forward Rolling Break Falls  
Side Break Falls  
Back Break 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 a Technique  
Person Receiving a Technique  
Falling Methods or Ways  
Technique

Kyotsuke!  
Rei!  
Hajime!  
Matte!  
Dojo  
Sensei  
Seiza  
Anza  
Ayumi Ashi  
Tsugi Ashi  
Judogi  
Judoka  
Tori  
Uke  
Ukemi  
Waza

Free Practice or Sparring	Randori
Form Practice	Kata
Judo Tournament	Shiai
Judo Mat	Tatame
Hold-down! (referee's call)	Osae Komi!
Hold-down Broken! (referee's call)	Toketa!
Full Point!	Ippon!
Half Point!	Waza-ari!
That is all!	Sore Made!

**General Knowledge**

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

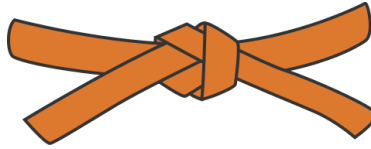
Name the three parts of a judo throw in Japanese and English:

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 nage waza performed on the left and right sides

Koshi Guruma	Hip Wheel Throw
Uki Goshi	Floating Hip Throw
De Ashi Harai	Advancing Foot Sweep
Okuri Ashi Harai	Sliding Foot Sweep
Tani Otoshi	Valley Drop Throw

### Katame Waza (Ground Techniques)

All Rokyū katame waza performed on the left and right sides

Kuzure Kesa Gatame	Modified Kesa Gatame
Yoko Shiho Gatame	Side Four Corners Hold-Down
Kami Shiho Gatame	Upper Four Corners Hold-Down
Leg entanglement escape from Yoko Shiho Gatame	
Okuri Eri Jime	Sliding Lapel Choke

### Vocabulary

All Rokyū vocabulary

Minor penalty!	Shido!
Disqualification!	Hansokumake!
Decision!	Hantai!
Don't Move	Sono Mama!
Continue!	Yoshi!
Sweep	Harai
Reap	Gari
Hook or Dash	Gaki
Hand	Te
Foot	Ashi
Hip	Goshi or Koshi
Big or Major	O
Small or Minor	Ko
Outside	Soto
Inside	Uchi
Internal force or energy	Ki
Shout to gather inner strength	Kiai
Hold or hold-down	Gatame

## General Knowledge

All Rokyū questions

What are the parts of a judogi?

Obi

Sode

Eri

Uwagi

Zubon

Belt

Sleeve

Lapel

Jacket

Pants

What are the three divisions of techniques in judo?

Nage Waza

Katame Waza

Atemi Waza

Throwing Techniques

Ground Techniques

Striking Techniques

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

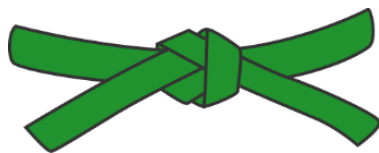
Mutual benefit and welfare

Maximum efficient use of mental and  
physical efforts

Jita Kyoei

Seiryoku Zenyo

Attitude, Attendance, Participation, Leadership



## Yonkyu – Senior Green Belt

### **Nage Waza (Throwing Techniques)**

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

Hiza Guruma	Knee Wheel
Harai Goshi	Sweeping Hip Throw
Tai Otoshi	Body Drop Throw
Sasae Tsurikomi Ashi	Propping Lifting Pull Throw
Ko Soto Gari	Small Outside Reap
Tsubami Gaeshi	Swallow Counter
O Soto Gaeshi	Counter to O Soto Gari

### **Katame Waza (Ground Techniques)**

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

Tate Shiho Gatame	Bottom (or vertical) four corners hold-down
Hadaka Jime	Naked Front Strangle
Uphill escape from Kesa Gatame	
Demonstrate a turn-over (uke in turtle or prone)	

### **Vocabulary**

All Rokyū and Gokyu vocabulary

Favorite Technique	Tokui Waza
Class of belt ranks below black belt	Kyu Grades
Degree in the black belt ranks	Dan
Holder of any black belt rank	Yudansha
Holder of any rank lower than black belt	Mudansha
Repetitive attack practice without throwing	Uchi Komi
Repetitive throwing practice without resistance	Nage Komi
Kneeling bow	Zarei
Standing bow	Ritsurei
Knee	Hiza
Wheel	Guruma
Side	Yoko
Sliding	Okuri
Right	Migi
Left	Hidari



## General Knowledge

All Rokyū and Gokyu questions

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 US Olympic team?

Paul Muruyama

Jim Bregman

George Harris

Ben Nighthorse Campbell

What are the five divisions of throwing techniques in judo?

Te Waza

Hand Techniques

Koshi Waza

Hip Techniques

Ashi Waza

Foot Techniques

Ma Sutemi Waza

Rear Sacrifice Techniques

Yoko Sutemi Waza

Side Sacrifice Techniques

What are the three divisions of ground techniques in judo?

Osae Komi Waza

Holding Techniques

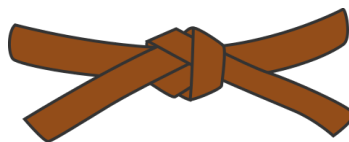
Shime Waza

Choking Techniques

Kansetsu Waza

Arm-locking Techniques

Attitude, Attendance, Participation, Leadership



## Sankyu – Brown Belt 3<sup>rd</sup> Degree

### **Nage Waza (Throwing Techniques)**

All previous techniques performed on the left and right sides

Tomoe Nage	Circle or Stomach Throw
Sode Tsurikomi Goshi	Sleeve-Lift Pull Hip Throw
Hane Goshi	Springing Hip Throw
Uchi Mata	Inner Thigh Throw
Sumi Gaeshi	Corner Throw

### **Katame Waza (Ground Techniques)**

All previous techniques performed on the left and right sides

Sankaku Gatame	Triangle Hold-Down
Ushiro Kesa Gatame	Reverse Scarf Hold-Down
Kata Ha Jime	Single Wing Choke
Ude Hishigi Juji Gatame	Cross Arm-Lock
Demonstrate a guard pass	

### **Nage-no-kata**

First 2 sets of Nage-no-kata

### **Vocabulary**

All previous vocabulary

Instantaneous promotion	Batsugan
Body lock with legs (illegal technique)	Dojime
I surrender!	Maitta!
Standard gripping	Kumi Kata
Judogi measuring device	Sokuteiki
Choke	Jime
Female judoka	Joshi
Place of honor / Judges	Joseki
Normal Walking	Ayumi Ashi
Sliding Foot Walking	Tsugi Ashi

### **General Knowledge**

All previous questions

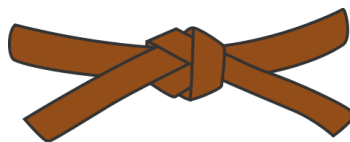
Who was the first American woman to win a gold medal at the World Championships and in what year?

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

Attitude, Attendance, Participation, Leadership, Teaching Ability



## Nikkyu – Brown Belt 2<sup>nd</sup> Degree

### **Nage Waza (Throwing Techniques)**

All previous techniques performed on the left and right sides

Soto Maki Komi	Outer Winding Throw
Kata Guruma	Shoulder Wheel Throw
Te Guruma	Hand Wheel Throw
O Soto Otoshi	Larger Outer Drop
Demonstrate throw into newaza (pin, choke, or armlock)	

### **Katame Waza (Ground Techniques)**

All previous techniques performed on both the left and right sides.

Ude Garami	Bent Arm-Lock
Ude Gatame	Upper Cross Arm Lock
Nami Juji Jime	Normal Cross Choke (thumbs inside)
Gyaku Juji Jime	Reverse Cross Choke (fingers inside)
Kata Juji Jime	Half Cross Choke

### **Nage-no-kata**

First 3 sets of Nage-no-kata

### **Vocabulary**

All previous vocabulary	
Winner stays up competition	Kohaku
Elimination tournament	Tentori
Methods of resuscitation	Kappo
Fundamental Natural Posture	Shizentai
Fundamental Defensive Posture	Jigotai
Continuation Techniques (both in same direction)	Renzokuwaza
Combination Techniques (opposing directions)	Rerakuwaza
Pulling Hand	Hikite
Lifting Hand	Tsurite

## **General Knowledge**

All previous questions

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

### 1. Te Waza – Hand Techniques

Uki Otoshi

Seoi Nage

Kata Guruma

### 2. Koshi Waza – Hip Techniques

Uki Goshi

Harai Goshi

Tsurikomi Goshi

### 3. Ashi Waza – Foot Techniques

Okuri Ashi Harai

Sasae Tsurikomi Ashi

Uchi Mata

### 4. Ma Sutemi Waza – Rear Sacrifice Techniques

Tomoe Nage

Ura Nage

Sumi Gaeshi

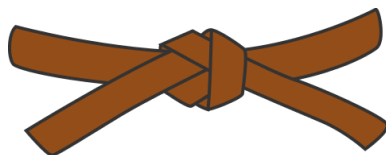
### 5. Yoko Sutemi Waza – Side Sacrifice Techniques

Yoko Gake

Yoko Guruma

Uke Waza

Attitude, Attendance, Participation, Leadership, Teaching Ability



## **Ikkyu – Brown Belt 1<sup>st</sup> Degree**

### **Nage Waza (Throwing Techniques)**

All previous techniques performed on the left and right sides

Uki Otoshi	Floating Drop Throw
Yoko Guruma	Side Wheel Throw
Morote Gari	Two Hand Leg Reaping Throw
Ura Nage	Back Throw

Demonstrate a combination throw  
Demonstrate a counter throw

### **Katame Waza (Ground Techniques)**

All previous techniques performed on the left and right sides

Koshi Jime	Hip Choke
Udi Hishigi Hiza Gatame	Knee Armlock
Udi Hishigi Waki Gatame	Armpit Lock or Crush
Jigoku Jime	Hell Strangle
Sode Guruma Jime	Sleeve Wheel Choke

### **Nage-no-Kata**

All five sets of Nage-no-kata

### **Vocabulary**

All previous vocabulary

### **General Knowledge**

All previous questions

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

Osaekomi Waza	Holding Techniques
Shime Waza	Choking Techniques
Kasetsu Waza	Arm-Locking Techniques

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

Matte!

Sore Made!

Osae Komi!

Toketa!

Shido for stalling

Shido for false attack

Shido for leg grab

Shido for stepping out of bounds

Waza Ari!

Waza Ari Awasete Ippon!  
Ippon

Attitude, Attendance, Participation, Leadership, Teaching Ability