International Freestyle Judo Alliance
Rank Syllabus and Standards

“JUDO THE WAY IT OUGHT TO BE”

Version 1.0

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Judo is more than simply a sport. It is one of the most comprehensive forms of physical education ever devised. It is one of those subjects that is so complex that it takes a lifetime to study and appreciate. That being said, Judo is also a rugged, dynamic, exciting and technically advanced sport. The introduction of Freestyle Judo in 2008 introduced some innovative rule changes in the conduct of Judo as a sport. The concept of Freestyle Judo with its total approach to all phases of Judo is appealing to many people because they reflect the original intent that Judo is method of physical education, a method of character development and a combat sport. This approach taken by Kodokan Judo in its early days is reflected in the teaching, practice, study and training advocated by the International Freestyle Judo Alliance (IFJA). This is why we say that we promote “Judo the way it ought to be.”

Introduction
Kodokan Judo is an ideal form of physical education, sport, self-defense and recreation. It is truly a “lifetime” sport or activity where anyone of any age can participate. The IFJA offers a conservative approach to earning rank in Kodokan Judo. Rank in Judo must be earned, not given, and the standards set forth in this syllabus are strict and intended to assist both Judo coaches and Judo students in a sincere study of Kodokan Judo.

Not everyone is a competitive athlete and the IFJA understands this by maintaining exacting standards for the issuing of belt rank in Judo. Winning Judo tournaments is one aspect of the broad appeal of Kodokan Judo. The standards in this syllabus are designed so that anyone teaching or studying Judo will benefit.

The techniques presented in this syllabus embody a tradition of excellence in Kodokan Judo with the emphasis on functional application of the technical skills and ideal for those individuals and coaches who are involved in Freestyle Judo. It is hoped that coaches and serious students of Judo use this syllabus as a resource for many years.

International Freestyle Judo Alliance (IFJA)
The IFJA is an independent alliance of judoka who advocate and promote the use of the Freestyle Judo contest rules. The IFJA believes that this set of contest rules best allows for the full and total application of Kodokan Judo, technically and tactically, as a competitive sport. This total approach to Judo as a sport carries over into the actual learning, teaching, study, practice and application of Kodokan Judo in its fullest sense; as a method of physical education and character development.

The IFJA has established a technical syllabus and standards that, to our knowledge, are unique in the Judo community. The IFJA believes that Judo rank should be viewed in the same way that one approaches his or her education. The IFJA syllabus and standards are based on sound tenets of physical education. It is our belief that earning a Shodan in Judo through our IFJA standards is analogous to earning a Bachelor’s Degree from a university. Subsequent Judo ranks are similar to earning higher university degrees as well. With this being stated, the IFJA makes no claim that earning a Shodan equals earning a college degree, but this analogy is being used to illustrate that the IFJA approaches Judo rank with the same seriousness that one approaches getting a higher education.

The IFJA also believes that Judo belt rank is a serious matter. For too long, people in the Judo community have used belt rank as a reward for loyalty or service to a particular organization or group. Additionally, the value of belt rank in Judo has been inflated, much like a currency is inflated and this has dramatically decreased the technical quality of what is expected of being a black belt. And, to be blunt, it is well known that Judo belt rank has at times been assigned to people who have the money to pay for it.

The IFJA also takes a serious view of issuing, assigning or granting belt rank from a legal perspective. Any organization or individual issuing or granting Judo belt rank, coaching credentials or any other accreditation, certification, license or diploma has an ethical and legal responsibility to the public. As a result of this, the IFJA (as part of our standards) requires that the person being promoted to any Black Belt rank sign an agreement of expectations and behavior.
The IFJA: An Alliance of Independent Judo Organizations, Clubs, Groups and Individuals

The IFJA is not a “top-down” organization, federation or association. It is an alliance or network of individuals and groups that support and promote the contest rules of Freestyle Judo as well as AAU Judo. The IFJA serves two primary purposes.

1 - International Network. The IFJA has been formed to provide an international network for Freestyle Judo. When Freestyle Judo becomes an international sport, the IFJA will provide the international structure to administer the sport at this level.

2 - Judo Belt Rank. The IFJA does not issue Judo belt rank on its own. It is an umbrella organization with established guidelines and standards providing a high standard of excellence in the issuing and granting of Judo belt rank for those independent Judo organizations that choose to use these standards.

How to Join the IFJA

Any independent Judo organization, club or group that wishes to be part of our alliance or network are welcome to do so. At this time, there is no financial cost for affiliation. The only things required are that all organizations, clubs or groups affiliating with the IFJA:

1 - support and promote AAU Freestyle Judo with club, local and regional tournaments, scrimmages, clinics and events,
2 - agree to and use the Code of Conduct as listed to follow and require all persons that the independent Judo organization promote to Shodan (or above) to agree to and sign this Code of Conduct,
3 - Join the Amateur Athletic Union (AAU) as a member club or organization,
4 - encourage everyone affiliated with the Judo organization to likewise join the AAU as an athlete member or non-athlete member.

Contact Steve Scott at stevescottjudo@yahoo.com for more information. To join the AAU as an individual or as a club/organization, go to www.aausports.org.

AAU Judo

The Amateur Athletic Union (AAU) is the oldest, and largest, amateur sports organization in the United States. Judo is one of over 35 different sports that the AAU promotes. The AAU sanctions all Freestyle Judo tournaments and events in the United States. The AAU also provides the best club and individual practice and competition insurance policy in Judo. AAU Judo does not issue Judo belt rank.

As stated previously, one of the purposes of the IFJA is to provide an umbrella organization for independent Judo groups or individuals who issue their own Judo rank. AAU Judo does not endorse any organization for the purposes of Judo belt rank, but instead welcomes all judoka from all Judo organizations, clubs or groups to participate in AAU Judo (and specifically, AAU Freestyle Judo).

The IFJA Code of Conduct for Black Belts

The IFJA Code of Conduct is unique to the subject of issuing black belt Judo rank. All independent Judo organizations wishing to be use the IFJA rank syllabus and standards are expected to have all individuals who receive black belt Judo rank from their organizations sign the following Code of Conduct.

The following Terms, Conditions and Agreement must be understood and signed by any person applying for a Black Belt. The generic phrase “rank granting authority” (or RGA) in this Code of Conduct is used in lieu of the name of the actual Judo organization issuing the rank.
CODE OF CONDUCT, TERMS, CONDITIONS AND AGREEMENT FOR JUDO RANK PROMOTION

Certain terms and conditions apply upon the acceptance, granting and issuing of Judo belt rank by the rank granting authority (hereafter referred to as RGA). Further, upon acceptance of the rank granted (as specified on this membership/promotion application), the person applying for and/or accepting the Judo belt rank issued by the RGA (hereafter referred to as “applicant”), understands and agrees to the following terms and conditions.

1 - The applicant understands and agrees that he or she is not compelled (or under any duress) to apply for or accept Judo belt rank from the RGA. The student understands and agrees that he or she has the choice to affiliate with any Judo or martial arts organization other than the RGA and gain Judo belt rank recognition by any or all of these other groups and, understanding these conditions, voluntarily and willingly enters into this agreement. The applicant has read, or has someone read to him/her these conditions, understands them and voluntarily and willingly agrees to them.

2 - The RGA shall grant or issue Judo belt rank based on the factual, truthful and accurate information represented and provided by the applicant to the RGA (or its representatives, employees or assigns). The applicant verifies and attests that all information he/she provides is factual, truthful and accurate. The RGA reserves the right to rescind, revoke, repeal or withdraw recognition of belt rank issued previously by the RGA if the applicant has falsified any information in applying for this Judo belt rank.

3 - The applicant agrees to comply with the rank standards or requirements and demonstrate all technical skills and provide all necessary information as required or requested by the RGA Judo belt rank examiner. The applicant voluntarily and willingly accepts the decision of the RGA and the rank examiner as to whether the applicant successfully fulfills the Judo belt rank standards or requirements when examined.

4 - The rank issued by the RGA to the applicant is issued on the basis on technical knowledge and skill in Judo and is not a coaching credential or instructor’s license. The applicant understands that he/she is not to use represent himself/herself as a coach, sensei or instructor based on this rank issued by the RGA.

5 - The RGA is under no obligation to recognize any previously issued or existing belt rank, teaching credential, coaching credential, or any title from any organization, club or group in Judo or any martial art.

6 - The applicant understands that the Judo belt rank granted or issued to him/her by the RGA may not be recognized by any other Judo organization or martial arts organization.

7 - The applicant attests that he/she has no prior conviction of child molestation and is not a registered sex offender. The applicant understands and agrees that if he/she should ever be convicted of a felony involving child molestation, child pornography, rape or any violent felony, or is legally bound or required by law to register as a sex offender, the RGA will no longer recognize or consider valid the Judo belt rank that it has granted or issued previously.

8 - As a condition and requirement in the granting and issuing of Judo rank, the RGA requires that the applicant actively support the sport and activity of Judo (and specifically Freestyle Judo) by being a current member of the Amateur Athletic Union (AAU). The AAU and/or the AAU Judo Committee do not grant or issue Judo belt rank and do not have an exclusive agreement with the RGA (or any organization) for the granting and issuing of Judo rank. The AAU and/or the AAU Judo Committee do not require membership in any organization other than the AAU for participation in AAU programs or activities, including Judo. The AAU and/or the AAU Judo Committee do not endorse any Judo organization as the sole or exclusive authority or arbiter of the granting or issuing of Judo rank. The applicant certifies that he/she is a current member of the Amateur Athletic Union (AAU) and has successfully passed the AAU’s background check. The applicant shall provide a copy of his/her current AAU membership card as a condition of acceptance of this application.

9 - As a condition and requirement in the acceptance, granting and issuing of Judo rank for the Judo belt ranks of Shodan and higher, the RGA requires that the applicant provide proof that he/she is trained and certified in Cardio-Pulmonary Resuscitation (CPR) by an accredited agency (examples-American Heart Association or American Red Cross). The applicant shall provide a copy of his/her current CPR card or membership as a condition of acceptance of this application.

I, the undersigned, have read, understand and agree to the above terms and conditions and voluntarily and willingly sign this document.

Signature __________________________________________ Date __________________

Signature of Parent/Guardian (if under 18) __________________________________________ Date __________________

Printed Name __________________________________________ Date __________________
The following IFJA Syllabus and Rank Standards are provided as a guideline for all independent Judo organizations. Each independent Judo organization is free to use its own specific standards and requirements for the issuing and granting of belt rank, but the IFJA syllabus and standards are available to provide a structure and standard of excellence that any independent Judo organization can use.

INTERNATIONAL FREESTYLE JUDO ALLIANCE
BLACK BELT SYLLABUS

STATEMENT OF PURPOSE
The purpose of this syllabus is to provide a fundamentally sound basis of knowledge and technical skill in Kodokan Judo and to provide a standard of knowledge and expertise in technical skill for the advancement of rank. One should consider earning the Shodan as the same as earning a bachelor’s degree from a university, and in a Judo sense, advancing through the black belt ranks is equivalent to further advancing one’s education in a college or university. The color of one’s belt or accumulation of rank is of less importance than the skill and knowledge one possesses. Ability is more important than belt rank, but belt rank is a useful tool as a method of external motivation in learning. This syllabus can also serve as an organized plan of learning the technical skills and general knowledge in Kodokan Judo.

THE 67 THROWS OF KODOKAN JUDO

The standard syllabus of Judo Nage Waza (Throwing Techniques) was the Gokyo no Waza and originally developed in 1895. In 1920, the Kodokan modified the Goko no Waza and it was comprised of forty (40) throwing techniques. In 1982, the Kodokan again revised the throwing syllabus to include eight (8) of the traditional or classical throwing techniques that were omitted in 1920. Additionally, seventeen (17) other throwing techniques, called the Shinmeisho no Waza, were recognized. One more change took place in 1997 when two (2) additional throwing techniques were added to the Shinmeisho no Waza, making a total of 67 standard throwing techniques recognized in Kodokan Judo. Of course, there are many more throwing techniques studied, practiced and used in Judo, but these 67 Nage Waza comprise the core of the Kodokan Judo throwing syllabus. These 67 techniques are listed here for further reference when using this syllabus.

DAI IKKYO
DE ASHI BARAI - ADVANCING FOOT SWEEP
HIZA GURUMA - KNEE WHEEL
SASAE TSURIKOMI ASHI - PROPPING LIFTING PULLING FOOT THROW
UKI GOSHI - FLOATING OR STRADDLING HIP THROW
O SOTO GARI - MAJOR OUTER REAP
OGOSHI - MAJOR HIP THROW
O UCHI GARI - MAJOR INNER REAL
SEOI NAGE - SHOULDER THROW

DAI NIKYO
KO SOTO GARI - MINOR OUTER REAP
KO UCHI GARI - MINOR INNER REAP
KOSHI GURUMA - HIP WHEEL
TSURIKOMI GOSHI - LIFTING PULLING HIP THROW
OKURI ASHI BARAI - SLIDING OR SEND AFTER FOOT SWEEP
TAI OTOSHI - BODY DROP
HARAI GOSHI - SWEEPING HIP THROW
UCHI MATA - INNER THIGH THROW

DAI SANKYO
KO SOTO GAKE - MINOR OUTER HOOK
TSURI GOSHI - LIFTING HIP THROW
YOKO OTOSHI - SIDE DROP
ASHI GURUMA - LEG WHEEL
HANE GOSHI - SPRINGING HIP THROW
HARAI TSURIKOMI ASHI - SWEEPING LIFTING PULLING FOOT THROW
TOMOE NAGE - CIRCLE THROW
KATA GURUMA - SHOULDER WHEEL

DAI YONKYO
SUMI NAGE - CORNER COUNTER THROW
TANI OTOSHI - VALLEY DROP
HANE MAKIKOMI - SPRINGING WINDING THROW
SUKUI NAGE - SCOOPING THROW
UTSURI GOSHI - CHANGING HIP THROW
O GURUMA - MAJOR WHEEL THROW
SOTO MAKIKOMI - OUTER WINDING THROW
UKI OTOSHI - FLOATING DROP THROW

DAI GOKYO
O SOTO GURUMA - MAJOR OUTER WHEEL
UKI WAZA - FLOATING TECHNIQUE
YOKO WAKARE - SIDE SEPARATION
YOKO GURUMA - SIDE WHEEL
USHIRO GOSHI - REAR HIP THROW
URA NAGE - REAR THROW
SUMI OTOSHI - CORNER DROP
YOKO GAKE - SIDE HOOK

HABUKARETA WAZA
(PRESERVED CLASSICAL TECHNIQUES FROM 1895 SYLLABUS)
OBI OTOSHI - BELT DROP
SEOI OTOSHI - SHOULDER DROP
YAMA ARASHI - MOUNTAIN STORM
O SOTO OTOSHI - MAJOR OUTER DROP
DAKI WAKARE - HOLDING SEPARATION THROW
HIIKOMI GAESHI - PULLING COUNTER THROW
TAWARA GAESHI - BALE COUNTER THROW
UCHI MAKIKOMI - INNER WINDING THROW

SHINMESISHO NO WAZA (TECHNIQUES ADDED AFTER 1982)
MOROTE GARI - BOTH HANDS REAP
KUCHIKI DASHI (OR TAOSHI) - DEAD TREE DROP
KIBISU GAESHI - HEEL COUNTER THROW
UCHI MATA SUKASHI - INNER THIGH AVOIDANCE THROW
DAKI AGE - HOLDING LIFTING THROW
TSUBAME GAESHI - SWALLOW FLIGHT COUNTER THROW
KO USHI GAESHI - MINOR INNER THROW COUNTER
O UCHI GAESHI - MAJOR INNER THROW COUNTER
O SOTO GAESHI - MAJOR OUTER THROW COUNTER
HARAI GOSHI GAESHI - SPRINGING HIP THROW COUNTER
HANE GOSHI GAESHI - SPRINGING HIP THROW COUNTER
KANI BASAMI - CRAB SCISSORS THROW
O SOTO MAKIKOMI - MAJOR OUTER WINDING THROW
KAWAZU GAKE - LEG ENTWINING THROW
SODE TSURIKOMI GOSHI - SLEEVE LIFTING PULLING HIP THROW
IPPON SEOI NAGE - ONE ARM SHOULDER THROW
SHODAN (1st Degree Black Belt)

Earning a black belt in Judo is similar to earning a bachelor’s degree from a university. This Shodan Syllabus is designed so that the person who earns the rank of Shodan has a solid foundation and can further his skills and abilities in Judo. Shodan means “Initial Grade, Step or Level” and this syllabus reflects that. It normally takes anywhere from 4 (at a minimum) to 6 years of hard work to achieve the rank of Shodan. When earning the rank of Shodan, one is a “Yudansha” or “graded” judoka and is entitled to wear the black belt. Anyone who has not achieved the rank of Shodan is considered a “Mudansha” or “ungraded” judoka. As stated before, one should consider earning the Shodan as the same as earning a bachelor’s degree from a university. In a Judo sense, advancing through the black belt ranks is equivalent to further advancing one’s education in a college or university.

GENERAL REQUIREMENTS FOR SHODAN

1 - APPLICANT MUST BE A MINIMUM AGE OF 16 YEARS OLD.
2 - APPLICANT MUST BE A CURRENT AAU MEMBER AND PASS THE AAU BACKGROUND CHECK.
3 - APPLICANT MUST HAVE EXCELLENT ATTENDANCE IN ALL CLASSES, WORKOUTS, CLINICS AND SEMINARS IS REQUIRED.
4 - APPLICANT MUST HAVE A FUNCTIONAL, WORKING KNOWLEDGE OF THE JAPANESE TERMINOLOGY USED IN JUDO.
5 - APPLICANT MUST HAVE A WORKING, FUNCTIONAL KNOWLEDGE OF THE HISTORY OF KODOKAN JUDO.
6 - APPLICANT MUST BE CURRENTLY CERTIFIED OR ACCREDITED IN CPR WITH A VALID, RECOGNIZED AGENCY.
7 - APPLICANT MUST HAVE A MINIMUM TIME IN GRADE AS IKKYU OF ONE (1) YEAR. (THIS IS A MINIMUM-NOT STANDARD TIME IN GRADE.)
8 - APPLICANT MUST ASSIST A SENIOR COACH IN TEACHING OR COACHING DUTIES.
9 - APPLICANT MUST DEMONSTRATE SKILLFUL JUDO IN BOTH STANDING AND GROUNDFIGHTING DURING RANDORI.
10 - IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN A MINIMUM OF TEN (10) PROMOTION POINTS OR WIN THE PROMOTION BY BATSUGAN (SEE EXPLANATION BELOW).
11 - IF THE APPLICANT IS NOT A COMPETITIVE ATHLETE, HE MUST HAVE ACTIVELY TRAINED AS A JUDO REFEREE AND HAVE EARNED A REFEREE’S ACCREDITATION IN THE AMATEUR ATHLETIC UNION (AAU).
12 - APPLICANT MUST KNOW BOTH THE JAPANESE AND ENGLISH TERMINOLOGY FOR ALL THE TECHNIQUES HE OR SHE IS REQUIRED TO DEMONSTRATE AS WELL KNOW THE REQUIRED JAPANESE TERMINOLOGY AS USED IN JUDO AND LISTED IN THIS SYLLABUS.

PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)

1 - IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO IKKYU. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:

- 2 POINTS - FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.
- 1 POINT - FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.
- 0.5 POINT - FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.

2 - IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SHODAN).

3 - IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SHODAN).

TIME IN GRADE SCALE

<table>
<thead>
<tr>
<th>Promotion Points Earned</th>
<th>Time in Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>1 year as Ikkyu</td>
</tr>
<tr>
<td>7</td>
<td>2 years as Ikkyu</td>
</tr>
<tr>
<td>5</td>
<td>3 years as Ikkyu</td>
</tr>
<tr>
<td>3</td>
<td>4 years as Ikkyu</td>
</tr>
<tr>
<td>2 or less</td>
<td>5 years as Ikkyu</td>
</tr>
</tbody>
</table>

IMPORTANT: 1 - IT IS ESSENTIAL AND FUNDAMENTALLY IMPORTANT THAT WHEN DEMONSTRATING ALL TECHNICAL SKILLS FOR ANY AND ALL RANK PROMOTIONS, THE APPLICANT MUST DEMONSTRATE ALL TECHNIQUES IN A FUNCTIONAL, REALISTIC AND DYNAMIC MANNER, AND WHEN APPLICABLE (AS, FOR EXAMPLE, IN THE DEMONSTRATION OF THROWING TECHNIQUES) IN A MOVING AND REALISTIC MANNER.

2 - BASED ON A SCALE OF 1 (BEING THE LOWEST) UP TO AND INCLUDING 10 (BEING THE BEST), THE APPLICANT MUST DEMONSTRATE A SKILL LEVEL OF AT LEAST A “7.” THIS IS IF THE APPLICANT IS TAKING A TEST AND BEING EXAMINED BY SENIOR COACHES FOR RANK PROMOTION, BUT IS IMPORTANT FOR THE APPLICANT TO DEMONSTRATE THIS LEVEL OF SKILL ON A REGULAR BASIS.
NAGE WAZA (THROWING TECHNIQUES)

GOALS - EXCELLENT FUNCTIONAL SKILL AND UNDERSTANDING OF THROWING TECHNIQUES.
APPLICANT MUST HAVE A GOOD, FUNCTIONAL UNDERSTANDING AND ABILITY AT GRIP FIGHTING AND DEMONSTRATE EFFECTIVE, FUNCTIONAL AND REALISTIC GRIPPING SKILLS WHEN DEMONSTRATING THE FOLLOWING TECHNIQUES LISTED.

APPLICANT MUST DEMONSTRATE AND UNDERSTAND CONCEPT OF:
KUZUSHI/UNBALANCE
TSUKU/FIT IN
KAKE/EXECUTE TECHNIQUE

DEMONSTRATON OF NAGE WAZA (THROWING TECHNIQUES)

1 - APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI IKKYO.
2 - APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI NIKYO.
3 - APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI SANKYO.
4 - APPLICANT SELECTS AND DEMONSTRATES THREE (3) TECHNIQUES FROM THE DAI YONKYO.
5 - APPLICANT SELECTS AND DEMONSTRATES THREE (3) TECHNIQUES FROM THE DAI GOKYO.
6 - APPLICANT SELECTS AND DEMONSTRATES THREE (3) TECHNIQUES FROM THE HABUKARETA WAZA.
7 - APPLICANT SELECTS AND DEMONSTRATES THREE (3) TECHNIQUES FROM THE SHINMEISHO NO WAZA.

RENRAKU WAZA/ CONTINUATION OR COMBINATION TECHNIQUES

GOAL - DEMONSTRATE A REALISTIC CONTINUATION OR COMBINATION OF ONE THROWING SKILL TO ANOTHER.
1 - DEMONSTRATE A FOOT THROW TO ANY OTHER THROW.
2 - DEMONSTRATE A FORWARD THROW TO ANY OTHER THROW.

RENRAKU WAZA/ CONTINUATION OR COMBINATION TRANSITION FROM STANDING TO GROUNDFIGHTING TECHNIQUES

GOAL - DEMONSTRATE REALISTIC TRANSITION FROM A THROW TO GROUNDFIGHTING.
1 - DEMONSTRATE ANY FORWARD THROW TO ANY OSAEKOMI WAZA.
2 - DEMONSTRATE ANY FORWARD THROW TO ANY KANSETSU WAZA.
3 - DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY OSAEKOMI WAZA.
4 - DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY KANSETSU WAZA.
5 - DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY SHIME WAZA.

RENRAKU WAZA/CONTINUATION OR COMBINATION TECHNIQUES FROM ONE GROUNDFIGHTING SKILL TO ANOTHER GROUNDFIGHTING SKILL

GOAL - DEMONSTRATE HOW TO LINK ONE GROUNDFIGHTING SKILL TO ANOTHER, KEEPING CONTROL OF OPPONENT.
1 - DEMONSTRATE MUNE GATAME TO ANY OTHER OSAEKOMI WAZA.
2 - DEMONSTRATE ANY OSAEKOMI WAZA TO ANY OTHER OSAEKOMI WAZA.
3 - DEMONSTRATE A REALISTIC AND FUNCTIONAL CONTINUATION OF 3 OR MORE OSAEKOMI WAZA.
4 - DEMONSTRATE ANY OSAEKOMI WAZA TO ANY KANSETSU WAZA (PIN TO ARMLOCK).
5 - DEMONSTRATE ANY KANSETSU WAZA TO ANY OSAEKOMI WAZA (ARMLOCK TO PIN).
6 - DEMONSTRATE ANY SHIME WAZA TO ANY OSAEKOMI WAZA (PIN TO CHOKE).
7 - DEMONSTRATE ANY KANSETSU WAZA TO ANY SHIME WAZA (ARMLOCK TO CHOKE).
8 - DEMONSTRATE ANY SHIME WAZA TO ANY KANSETSU WAZA (CHOKE TO ARMLOCK).

FUSEGI/DEFENSE AND KAESHI WAZA/COUNTER TECHNIQUES FOR NAGE WAZA (THROWING TECHNIQUES)

GOAL - DEMONSTRATE REALISTIC DEFENSIVE SKILLS AND COUNTER ATTACKS.
1 - DEMONSTRATE HIP BLOCK AND CUT-AWAY AGAINST ANY THROW (TAISABAKI).
2 - DEMONSTRATE AROUND DEFENSE AGAINST ANY THROW (TAISABAKI).
3 - DEMONSTRATE HOW TO BLOCK FORWARD THROW AND USE A KAESHI WAZA (COUNTER ATTACK).
4 - DEMONSTRATE “SUKASHI” AVOIDANCE OF A FORWARD THROW AND COUNTER ATTACK.
KATAME WAZA (GRAPPLING TECHNIQUES)
THE KATAME WAZA OF KODOKAN JUDO ARE THE GROUNDFIGHTING OR GRAPPLING TECHNIQUES AND SKILLS.

OSAEKOMI WAZA/IMMOBILIZATION (HOLDING OR PINNING) TECHNIQUES
GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.

APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.
1 - MUNE GATAME/CHEST HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
2 - KESA GATAME/SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
3 - KATA GATAME/SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
4 - YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
5 - KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
6 - TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) (AND NOGARE KATA) ESCAPE FORM

GENERAL NEWAZA SKILLS
GENERAL SKILLS AT NEWAZA/GROUNDFIGHTING POSITION, BREAKDOWNS, TURNOVERS, OFFENSE AND DEFENSE WHEN OPPONENT IS POSITIONED ON HANDS AND KNEES, PRONE (OR LYING ON THE FRONT) OR SUPINE (POSITIONED ON THE BUTTOCKS OR BACKSIDE).

GOALS-STUDENT MUST POSSESS EXCELLENT FUNCTIONAL ABILITY AT CONTROLLING OPPONENT’S POSITION TO APPLY PINS OR SUBMISSION TECHNIQUES. DEMONSTRATE EXCELLENT ABILITY AT LEG CONTROL, HIP CONTROL AND HAND CONTROL AND HOW THESE SKILLS CONTROL AN OPPONENT. EFFECTIVE JUDO (IN THIS CASE, GROUNDFIGHTING) IS A SERIES OF CONTROLLING POSITIONS THAT ULTIMATELY LEADS TO DEFEATING HIM.

IMPORTANT—(WHEN DEMONSTRATING ALL BREAKDOWNS, GUARD PASSES OR GUARD SWEEPS, APPLICANT MUST IMMEDIATELY AND EFFECTIVELY MOVE INTO ANY PIN, CHOKE OR ARMLOCK OF HIS CHOICE.)

DEMONSTRATION OF BREAKDOWNS OR TURNOVERS WHEN OPPONENT IS ON ALL FOURS OR PRONE AND LYING FLAT ON FRONT
1 - DEMONSTRATE SEVEN (7) BREAKDOWNS OR TURNOVERS TO PLACE OPPONENT ON HIS/HER BACK FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

APPLICANT IS POSITIONED ON HIS/HER BUTTOCKS OR BACKSIDE IN A SUPINE POSITION (NEWAZA OR “GUARD”)
1 - DEMONSTRATE AT LEAST SEVEN (7) METHODS OF SWEEPING, ROLLING OR TURNING OPPONENT OVER OR ONTO HIS/HER BACK TO CONTROL FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

IF APPLICANT IS POSITIONED BETWEEN HIS/HER OPPONENT’S LEGS WHO IS IN A POSITION SEATED ON HIS/HER BUTTOCKS OR BACK (NEWAZA OR COMMONLY CALLED THE “GUARD”).
1 - DEMONSTRATE AT LEAST FIVE (5) METHODS TO CONTROL OPPONENT’S LEG(S) TO GET PAST HIS/HER LEGS OR GUARD TO INITIATE OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

KANSETSU WAZA/JOINT OR ARMLOCK TECHNIQUES
GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.

1 - UDEHISHIGI JUJI GATAME (JUJI GATAME)/CROSS-BODY ARMLEOCK
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF JUJI GATAME.

2 - UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)
   • A-BASIC FROM TOP IN THE “UP” POSITION.
   • B-BASIC FROM TOP IN THE “DOWN” POSITION.
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.

3 - WAKI GATAME/ARMPIT LOCK
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF WAKI GATAME.

4 - UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)
   1 - DEMONSTRATE THE BASIC FIGURE-4 VARIATION.
   2 - DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GATAME.

APPLICANT MUST DEMONSTRATE AT LEAST ONE (1) NOGARE KATA (DEFENSE FORM) FOR EACH OF THE FOUR CORE KANSETSU WAZA OF JUJI GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME.
SHIME WAZA/STRANGLING AND CHOKING TECHNIQUES

GOAL - HAVE FUNCTIONAL SKILL IN STRANGLES AND CHOKE, KNOW THE IMPORTANCE OF SAFETY WHEN USING CHOKE AND ABILITY TO USE POSITION TO SET UP THE STRANGLE OR CHOKE.

APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST ONE (1) FUNCTIONAL VARIATION OF EACH:
1. HADAKA JIME/NAKED CHOKE (SQUARE GRIP)
2. HADAKA JIME/FIGURE 4 VERSION NAKED STRANGLE
3. JUJI JIME/CROSS CHOKE FROM BOTTOM
4. JUJI JIME/CROSS CHOKE FROM TOP

ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE:
1. NAMI (NORMAL) POSITION.
2. GYAKU (REVERSE) POSITION.
3. KATA (HALF AND HALF OR CROSSED) POSITION.

5. OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)
6. KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)
7. KATA JIME/SHOULDER CHOKE
8. SANKAKU JIME/TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)

APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY TWO SHIME WAZA OF HIS/HER CHOICE.

KATA/DEMONSTRATION OF TECHNIQUE

Goal - Demonstrate functional skill in selected Kodokan Judo Kata.

DEMONSTRATE WHOLE NAGE NO KATA (FORM OF THROWING) AS TORI PERFORMING TECHNIQUES ON APPLICANT’S FAVORITE SIDE (RIGHT OR LEFT).

Kata is structured learning. It is considered a form of training in the same way randori (free practice) and shiai (contest) are. If an applicant is a “non-competitor” and has less than 2 promotion points, the demonstration of kata may substitute for promotion points earned in contest.
TERMINOLOGY AND HISTORY

Goal - Every activity has its own terminology that helps everyone understand the concepts, theories and actual application of that particular activity. Judo is no different. Japanese terminology is useful in understanding the underlying and foundational concepts and theories of Kodokan Judo. Additionally, the Japanese terminology is used as the common language of Judo all over the world. It is essential to understand as much of the Japanese terminology as possible to have a real comprehension of Kodokan Judo. Understanding the history of Kodokan Judo is essential to a more complete comprehension of Judo as a method of physical education, sport, self-defense and recreational activity. One must know and appreciate the history of any activity or subject to have a good understanding of how and why that activity thrives. Kodokan Judo is no different.

APPLICANT MUST KNOW THE FOLLOWING TERMINOLOGY.

Important: Applicant must know both the English and Japanese names for all the techniques required for all ranks. This is especially true for the rank of Shodan. The following are not in alphabetical order.

KODOKAN JUDO - The correct name for what is commonly called Judo. Kodokan means “School to learn the way” and Judo means “flexible, yielding, adaptable or gentle way or philosophy.” Judo is often called the “gentle way” but the word “ju” means more than simply “gentle” when referring to what is known as Judo. Ju means adaptable, functional or having the ability to use your strength to its most efficient abilities and using your opponent’s strength against him. Judo is far from gentle in its theory and application. It is functional and adaptable.

Important: Applicant must know both the English and Japanese names for all the techniques required for all ranks. This is especially true for the rank of Shodan. The following are not in alphabetical order.

KUDOSHI - CONTROLLING THE OPPONENT’S BALANCE.
UNBALANCING THE OPPONENT.

TSUKURI - THE PREPARATORY ACTION OF THE THROWER OR FITTING INTO THE TECHNIQUE.

KAKE - EXECUTING THE TECHNIQUE.

KATA – STRUCTURE OR FORM. ONE OF THE 3 PRIMARY ASPECTS OF JUDO TRAINING. THE WORD KATA ALSO MEANS “SHOULDER.” THERE ARE SEVERAL STANDARDIZED KATA (FORMAL EXERCISES) OF KODOKAN JUDO.
Nage no Kata - Forms of Throwing
Katame no Kata - Forms of Grappling
Kime no Kata - Forms of Decision
Ju no Kata - Forms of Gentleness
Koshi no Kata - Form of Antiquity
Iitsuu no Kata - Forms of Five
Goshin-ho (or Goshin-jutsu) - Self-Defense Exercises

RANDORI - FREE PRACTICE. ONE OF THE 3 PRIMARY ASPECTS OF KODOKAN JUDO TRAINING.

SHIAI - TESTING YOURSELF IN A REAL SITUATION OR COMPETITION. ONE OF THE 3 PRIMARY ASPECTS OF JUDO TRAINING.

SHOBU - CONTEST OR MATCH
DOJO - PRACTICE HALL OR PLACE TO TRAIN OR STUDY KODOKAN JUDO.
JUDOKA - JUDO PRACTITIONER
SHIAJO - CONTEST AREA

TATAMI - THE MAT USED IN JUDO.

KACHI - TO WIN
MAKE - TO LOSE

KUMI KATA - NORMAL GRIP. THIS IS THE BASIC GRIP USED IN KODOKAN JUDO.

TORI - THE JUDOKA APPLYING THE TECHNIQUE.

UE - THE JUDOKA RECEIVING THE TECHNIQUE.

SENSEI - A PHRASE THAT IS USED TO DENOTE SOMEONE AS AN “HONORED TEACHER” OR “COACH.”

FUSEGI - DEFENSE
KAESHI WAZA-COUNTER TECHNIQUE

KAZUSHI - CONTROLLING THE OPPONENT’S BALANCE.

UNBALANCING THE OPPONENT.

TSUKURI - THE PREPARATORY ACTION OF THE THROWER OR FITTING INTO THE TECHNIQUE.

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KUMI KATA - NORMAL GRIP. THIS IS THE BASIC GRIP USED IN KODOKAN JUDO.

TORI - THE JUDOKA APPLYING THE TECHNIQUE.

UE - THE JUDOKA RECEIVING THE TECHNIQUE.

SENSEI - A PHRASE THAT IS USED TO DENOTE SOMEONE AS AN “HONORED TEACHER” OR “COACH.”

FUSEGI - DEFENSE
KAESHI WAZA-COUNTER TECHNIQUE

KAI - A SPIRIT SHOUT
MIGI - RIGHT
HIDARI - LEFT
MATTE (OR MATE) - MEANS “PAUSE” AND IS THE VERBAL COMMAND BY THE REFEREE IN A JUDO MATCH TO STOP THE ACTION.
MAITTATA - A PHRASE USED BY A DEFEATED JUDOKA TO EXPRESS DEFEAT. ROUGHLY TRANSLATES TO “I'M BEATEN.”
WAZA - TECHNIQUE
WAZA-ARI - MEANS “ALMOST A TECHNIQUE” AND IS USED BY THE REFEREE IN JUDO MATCHES TO DENOTE A SCORE OF LESS THAN IPPON (FULL POINT).
HAPPO NO KAZUSHI - THE “EIGHT DIRECTIONS OF UNBALANCING” AN OPPONENT INITIALLY DEVELOPED BY PROF. JIGORO KANO, FOUNDER OF KODOKAN JUDO.

TE WAZA - HAND TECHNIQUES IN THROWING.

ASHI WAZA - FOOT OR LEG TECHNIQUES IN THROWING.
KOSHI WAZA - HIP TECHNIQUES IN THROWING.

TACHI WAZA - THROWING TECHNIQUES APPLIED IN A STANDING POSITION.

SUTEMI WAZA - SACRIFICE TECHNIQUES IN THROWING. SUTEMI WAZA IS FURTHER DIVIDED INTO MASUTEMI WAZA (BACK SACRIFICE TECHNIQUES) AND YOKO SUTEMI WAZA (SIDE SACRIFICE TECHNIQUES).

KATAME WAZA - GRAPPLING TECHNIQUES. KATAME ACTUALLY MEANS TO “LOCK INTO PLACE” OR “CONTROL,” BUT IN THIS SENSE, MEANS THE MORE GENERIC TERM OF GRAPPLING OR GROUND-FIGHTING.

NEWAZA - A GENERIC TERM FOR ALL GROUND GRAPPLING. THE WORD “NE” REFERS TO LYING DOWN OR RECLINING, GENERALLY ON THE BACK OR BACK SIDE. WAZA MEANS “TECHNIQUE.” GROUND-FIGHTING OR GROUND-FIGHTING TECHNIQUES IN JUDO ARE OFTEN CALLED NEWAZA.

OSAEKOMI WAZA - HOLDING TECHNIQUES. OSAEKOMI MEANS TO “IMMOBILIZE” OR TO HOLD, PIN OR PRESS THE OPPONENT DOWN TO THE MAT.
SHIME WAZA - STRANGLING OR CHOKING TECHNIQUES.
ACTUALLY, “SHIME” MEANS “TO SQUEEZE TOGETHER” AND REFERS TO THE ACTION OF SQUEEZING THE OPPONENT’S NECK, THROAT OR BODY TO DEPRIVE HIM OF OXYGEN OR ADEQUATE BLOOD FLOW.

KANSETSU WAZA – JOINT TECHNIQUES (IN KODOKAN JUDO, THIS REFERS TO ARMLOCKS.)

ATEMI WAZA - STRIKING TECHNIQUES

RENRAKU WAZA - COMBINATION OR CONNECTING TECHNIQUES

MAKIKOMI - WINDING ACTION WHEN THROWING AN OPPONENT

JUDOGI - JUDO UNIFORM. IT IS PROPER TO USE THE ENTIRE TERM “JUDOGI” AND NOT SIMPLY “GI.”

UWAGI - JUDO JACKET

OBI - JUDO BELT

ZUBON - JUDO PANTS

ZORI - SANDALS OR FOOTWEAR WHEN OFF OF THE MAT.

SODE - SLEEVE

JUDOKA - PERSON WHO DOES JUDO.

TORI - PERSON PERFORMING THE TECHNIQUE.

UKE - PERSON HAVING THE TECHNIQUE PERFORMED ON HIM.

UKEMI - THE METHOD OF FALLING SAFELY USED IN JUDO; OFTEN CALLED BREAKFAILS.

TOKUI WAZA - THE WORD TOKUI MEANS “PROFICIENT” AND THIS IS A PHRASE TO REFER TO A JUDOKA’S FAVORITE OR PREFERRED TECHNIQUE.

KIYOTSUKE - MEANS ‘ATTENTION” AND IS USED TO CALL STUDENTS TO ATTENTION WHEN BOWING IN OR OUT OF JUDO PRACTICE.

REI-ETIQUETTE - BOW (RITSU REI-STANDING BOW) (ZAREI-KNEELING BOW)

HARAI-SWEEPING ACTION

O - MAJOR

KO - MINOR

SOTO - OUTER

UCHI - INNER

DAN - GRADE OR STEP IN THE BLACK BELT RANKS.

KYU - CLASS OR DEGREE IN THE RANKS UNDER BLACK BELT.

THE APPLICANT MUST HAVE A GOOD KNOWLEDGE OF THE JAPANESE TERMINOLOGY FOR EACH OF THE RANKS USED IN KODOKAN JUDO.

Shihan-Title reserved for Prof. Jigoro Kano, the founder of Kodokan Judo. Shihan means “past master.”

Judan – 10th Grade

Kudan – 9th Grade

Hachidan – 8th Grade

Shichidan – 7th Grade

Rokudan – 6th Grade

Godan – 5th Grade

Yondan – 4th Grade

Sandan – 3rd Grade

Nidan – 2nd Grade

Shodan – 1st Grade (actually means “initial grade.”)

Nikyu – 1st Class

Sankyu – 3rd Class

Yonkyu – 4th Class

Gokyu – 5th Class

Rokkyu – 6th Class

BASIC KODOKAN JUDO HISTORY AND PHILOSOPHY

Prof. Jigoro Kano founded Kodokan Judo in 1882 in Tokyo, Japan. Prof. Kano studied various forms of Jujutsu (primarily Tenshin Shinyo-ryu and Kito-ryu forms of jujutsu) starting in 1877. From these sources, he developed the theories and practical application of Kodokan Judo. Judo became an Olympic sport in 1964 for men and in 1988 for women and is practiced worldwide.

Kodokan Judo, as expressed by Prof. Jigoro Kano, is “The principle of the maximum-efficient use of mind and body. In studying Judo, it is essential to train the body and to cultivate the mind through the methods of attack and defense. Thereby, perfecting oneself and contributing to the welfare of the world.” Prof. Kano summarized the above by using the slogans “Maximum efficiency with minimum effort” and “Mutual welfare and benefit.” These two slogans define the two primary goals of the theory and philosophy of Kodokan Judo.

There are many good resources to find out more information on the history of Judo and everyone is encouraged to learn more about the history and philosophy of Kodokan Judo.
NIDAN (2nd Degree Black Belt)

The rank of Nidan is an extension of Shodan and the judoka is expected to continue his progress and refine the fundamental skills he has learned for Shodan. Time in grade is important as the judoka matures and continues in his study of Judo. This is a time when the judoka also “makes his/her Judo work for him” and applies the basic skills so that they best suit his strength, size and any other factors. This is also a time when the judoka assists a senior coach or starts teaching on his own so that he has a better understanding of as many aspects of Judo as possible. The student is required to attend as many AAU or IFJA clinics, seminars, workshops and classes as possible to improve his skill level. The student is also required to go through coach education and become accredited or certified as an AAU or IFJA Judo Coach (this applies to everyone, including competitive Judo athletes).

There are few additional technical requirements for Nidan other than the fact that the judoka must progress in the quality of his technical skills and understanding of Judo. If the judoka’s technical skill was a “7” on a scale of 1 to 10 (with 10 as the best), then he should improve it to as close to “10” as possible to be a Nidan. The judoka is expected to broaden his functional knowledge base as much as possible. It’s best to have the judoka work under the supervision of a senior coach so his skill level can be better assessed and suggestions on individual improvement can be made. The minimum age requirement for Nidan is 18 years of age. Time in grade is a minimum of 2 years and more often, it’s anywhere from 2 to 6 years. The student must also be current in his CPR certification and he is expected to continue to improve as a Judo referee. When testing for this rank, the applicant will be required to undergo the same test as that for Shodan and meet all the requirements as listed for Shodan.

1 - APPLICANT MUST BE A MINIMUM AGE OF 18 YEARS OLD.
2 - APPLICANT MUST BE A CURRENT AAU MEMBER AND PASS THE AAU BACKGROUND CHECK.
3 - APPLICANT MUST HAVE EXCELLENT ATTENDANCE IN ALL CLASSES, WORKOUTS, CLINICS AND SEMINARS IS REQUIRED.
4 - APPLICANT MUST HAVE A FUNCTIONAL, WORKING KNOWLEDGE OF THE JAPANESE TERMINOLOGY USED IN JUDO.
5 - APPLICANT MUST HAVE A WORKING, FUNCTIONAL KNOWLEDGE OF THE HISTORY OF KODOKAN JUDO.
6 - APPLICANT MUST BE CURRENTLY CERTIFIED OR ACCREDITED IN CPR WITH A VALID, RECOGNIZED AGENCY.
7 - APPLICANT MUST HAVE A MINIMUM TIME IN GRADE AS SHODAN OF TWO (2) YEARS. (THIS IS A MINIMUM-NOT STANDARD TIME IN GRADE).
8 - APPLICANT MUST ASSIST A SENIOR COACH IN TEACHING OR COACHING DUTIES.
9 - APPLICANT MUST DEMONSTRATE SKILLFUL JUDO IN BOTH STANDING AND GROUND FIGHTING DURING RANDORI.
10 - IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN A MINIMUM OF TEN (10) PROMOTION POINTS OR WIN THE PROMOTION BY BATSUGAN (SEE EXPLANATION BELOW).
11 - IF THE APPLICANT IS NOT A COMPETITIVE ATHLETE, HE MUST HAVE ACTIVELY TRAINED AS A JUDO REFEREE AND HAVE EARNED A REFEREE’S ACCREDITATION IN THE AMATEUR ATHLETIC UNION (AAU).
12 - APPLICANT MUST KNOW BOTH THE JAPANESE AND ENGLISH TERMINOLOGY FOR ALL THE TECHNIQUES HE OR SHE IS REQUIRED TO DEMONSTRATE AS WELL AS KNOW THE REQUIRED JAPANESE TERMINOLOGY AS USED IN JUDO AND LISTED IN THIS SYLLABUS.

PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)

1 - PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:
2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.
1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.
½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.
2 - IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SHODAN).
3 - IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE NIDAN).
4 - ONE (1) POINT FOR EACH YEAR APPLICANT IS A CERTIFIED AAU JUDO COACH.
5 - ONE (1) POINT FOR EACH YEAR APPLICANT IS AN ACCREDITED AAU JUDO REFEREE.

TIME IN GRADE SCALE

<table>
<thead>
<tr>
<th>Promotion Points Earned</th>
<th>Time in Grade</th>
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<tbody>
<tr>
<td>10</td>
<td>2 years’ time as Shodan</td>
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<td>7</td>
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<tr>
<td>5</td>
<td>4 years’ time as Shodan</td>
</tr>
<tr>
<td>3</td>
<td>5 years’ time as Shodan</td>
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<tr>
<td>2 or less</td>
<td>6 years’ time as Shodan</td>
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</tbody>
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KATA/Demonstration of Technique

Goal - Demonstrate functional skill in selected Kodokan Judo Kata.

DEMONSTRATE ENTIRE NAGE NO KATA (FORM OF THROWING) OR KATA OF APPLICANT’S CHOICE AS TORI PERFORMING TECHNIQUES ON BOTH RIGHT AND LEFT SIDES.

Kata is structured learning. It is considered a form of training in the same way randori (free practice) and shiai (contest) are. If an applicant is a “non-competitor” and has less than 2 promotion points, the demonstration of kata may substitute for promotion points earned in contest.
TERMINOLOGY AND HISTORY

Goal - Every activity has its own terminology that helps everyone understand the concepts, theories and actual application of that particular activity. Judo is no different. Japanese terminology is useful in understanding the underlying and foundational concepts and theories of Kodokan Judo. Additionally, the Japanese terminology is used as the common language of Judo all over the world. It is essential to understand as much of the Japanese terminology as possible to have a real comprehension of Kodokan Judo. Understanding the history of Kodokan Judo is essential to a more complete comprehension of Judo as a method of physical education, sport, self-defense and recreational activity. One must know and appreciate the history of any activity or subject to have a good understanding of how and why that activity thrives. Kodokan Judo is no different.

APPLICANT MUST KNOW THE FOLLOWING TERMINOLOGY.

Important: Applicant must know both the English and Japanese names for all the techniques required for all ranks. The following are not in alphabetical order.

RENZOKU WAZA - CONTINUOUS TECHNIQUES (OFTEN A TRANSITION FROM ONE TECHNIQUE IMMEDIATELY TO THE NEXT.)

KAESHI WAZA - COUNTER TECHNIQUES

NAGEKOMI - THROWING PRACTICE

HON - BASIC. THE BASIC APPLICATION OF A TECHNIQUE.

KUZURE - BROKEN. REFERS TO A VARIATION OF THE BASIC TECHNIQUE.

HENKA - VARIATION OR MODIFICATION OF A TECHNIQUE.

MOROTE - MEANS “BOTH HANDS.”

IPPON - THE REFEREE’S SIGNAL THAT A WINNING TECHNIQUE HAS BEEN SCORED (FULL POINT). “IPPON” MEANS A VARIETY OF THINGS BUT IT OFTEN MEANS “A SINGLE POINT” OR REFERS TO ANYTHING SINGULAR SUCH AS IN IPPON SEOI NAGE.

MAE - FRONT OR IN FRONT OF SOMETHING.

USHIRO - REAR DIRECTION. ALSO USED IS THE WORD URA, MEANING “REAR OR BEHIND.”

GYAKU - REVERSE OR OPPOSITE ACTION. SOMETIMES, GYAKU WAZA (REVERSE TECHNIQUES) REFER TO JOINT LOCKS.

SUZASHI - EVASIVE ACTION

KIHON RENSHU - PRACTICING THE FUNDAMENTALS. “KIHON” MEANS FUNDAMENTAL OR BASIC AND “RENSHU” REFERS TO PRACTICE.

UCHIKOMI/BUTUSKARI - REPETITIVE FITTING IN PRACTICE. THE TERM “BUTUSKARI” IS AN OLDER TERM THAT WAS USED IN KODOKAN JUDO FOR MANY YEARS THAT IS NOW CALLED UCHIKOMI. BUTUSKARI IS NOW OFTEN USED TO Denote THE REPETITIVE, FITTING-IN MOVEMENT WHEN PRACTICING A THROW WITH THE EMPHASIS ON FOOT PLACEMENT AND FOOT SPEED.

MAKIKOMI - WINDING ACTION WHEN THROWING AN OPPONENT

TAISABAKI - BODY MOVEMENT OR BODY MANAGEMENT BY TURNING THE BODY OR IN ANYTHING OTHER THAN A STRAIGHT LINE. THIS REFERS TO THE MOVEMENT OF THE BODY WHEN THE JUDOKA “LEADS WITH HIS HIPS.” HAVING AN UPRIGHT POSTURE AND USING THE HIPS TO GENERATE MOVEMENT AND POWER ARE WHAT TAISABAKI IS ABOUT.

SHINTAI - FOOTWORK OR BODY MOVEMENT IN A LINEAR FASHION IN ANY DIRECTION. THERE ARE SEVERAL METHODS OF FOOTWORK USED IN JUDO AND THIS IS THE GENERIC TERM FOR THEM. THE MOST COMMON METHODS OF JUDO FOOTWORK ARE; 1 - AYMI ASHI/NORMAL STEPPING OR WALKING 2 - TSUGI ASHI/SLIDING OR FOLLOW-FOOT MOVEMENT.
NAGE WAZA (THROWING TECHNIQUES)
APPLICANT MUST DEMONSTRATE THE FOLLOWING NAGE WAZA.

DAI IKKYO
DEMONSTRATE ENTIRE KAI IKKYO.

DAI NIKYO
DEMONSTRATE ENTIRE DAI NIKYO.

DAI SANKYO
DEMONSTRATE ENTIRE DAI SANKYO.

DAI YONKYO
DEMONSTRATE ENTIRE DAI YONKYO.

DAI GOKYO
DEMONSTRATE ENTIRE DAI GOKYO.

HABUKARETA WAZA
DEMONSTRATE FIVE (5) TECHNIQUES OF APPLICANT’S CHOICE.

SHINMEISHO NO WAZA
DEMONSTRATE FIVE (5) TECHNIQUES OF APPLICANT’S CHOICE.

KATAME WAZA (GRAPPLING TECHNIQUES)

OSAEKOMI WAZA (IMMOBILIZATION, HOLDING OR PINNING TECHNIQUES)
GOALS—HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.
APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.

1 - MUNE GATAME/CHEST HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM) AND ONE (1) NOGARE KATA (ESCAPE FORM)
2 - KESA GATAME/SCARF HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM AND ONE (1) NOGARE KATA (ESCAPE FORM)
3 - KATA GATAME/SHOULDER HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM AND ONE (1) NOGARE KATA (ESCAPE FORM)
4 - YOKOSHIIHO GATAME/SIDE 4 - CORNER HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM AND ONE (1) NOGARE KATA (ESCAPE FORM)
5 - KAMISHIIHO GATAME/UPPER 4 - CORNER HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM AND ONE (1) NOGARE KATA (ESCAPE FORM)
6 - TATESHIHO GATAME/VERTICAL 4 - CORNER HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM AND ONE (1) NOGARE KATA (ESCAPE FORM)
7 - UKI GATAME/STRADDLE HOLD AND ONE (1) HAIRI KATA AND ONE (1) NOGARE KATA (ESCAPE FORM).

GENERAL NEWAZA SKILLS
1 - SAME REQUIREMENTS AS SHODAN.

KANSETSU WAZA (ARM JOINT TECHNIQUES)
GOALS—ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.

1 - UDEHISHIGI JUII GATAME (JUII GATAME)/CROSS-BODY ARMLOCK
APPLICANT MUST DEMONSTRATE FOUR (4) FUNCTIONAL APPLICATIONS OF JUII GATAME.

2 - UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)
• A - BASIC FROM TOP IN THE “UP” POSITION.
• B - BASIC FROM TOP IN THE “DOWN” POSITION.
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.

3 - WAKI GATAME/ARMPIT LOCK
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF WAKI GATAME.

4 - UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)
• 1 - DEMONSTRATE THE BASIC FIGURE-4 VARIATION.
• 2 - DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GATAME.
APPLICANT MUST DEMONSTRATE AT LEAST ONE (1) NOGARE KATE (DEFENSE FORM) FOR EACH OF THE FOUR CORE KANSETSU WAZA OF JUII GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME.
SHIME WAZA (STRANGLING OR CHOKING TECHNIQUES)
GOALS—ABILITY OF APPLICANT TO PERFORM STRANGLING TECHNIQUES IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ENTRY FORMS FOR A VARIETY OF STRANGLING TECHNIQUES. APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST ONE (1) FUNCTIONAL VARIATION OF EACH.
1 - HADAKA JIME/NAKED CHOKE (SQUARE GRIP)
2 - HADAKA JIME/FIGURE 4 VERSION NAKED STRANGLE
3 - JUJI JIME/CROSS CHOKE FROM BOTTOM
4 - JUJI JIME/CROSS CHOKE FROM TOP
ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1 - NAMI (NORMAL) POSITION. 2 - GYAKU (REVERSE) POSITION. 3 - KATA (HALF AND HALF OR CROSSED) POSITION.
5 - OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)
6 - KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)
7 - KATA JIME/SHOULDER CHOKE
8 - SANKAKU JIME/ TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)
9 - SANKAKU JIME/ TRIANGLE CHOKE (FROM TOP WITH OPPONENT ON ALL FOURS OR FLAT)
10 - JIGOKU JIME/HELL STRANGLE FROM ANY POSITION APPLICANT CHOOSES.
APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY TWO SHIME WAZA OF HIS/HER CHOICE.
SANDAN (3rd Degree Black Belt)
The rank of Sandan is considered an advanced rank, and as such, the judoka must possess an excellent skill level and excellent ethical behavior as well as participate fully in IFJA or AAU activities, clinics, tournaments and other events. In addition to fulfilling the requirements for Shodan and Nidan, the judoka must meet the following general requirements.

1. Minimum age requirement is 21 years old.
2. Applicant must be a current member of the AAU and pass the AAU background check.
3. Applicant must be a certified AAU Judo Coach and possess a current CPR certification from a recognized agency.
4. Minimum time in grade from Nidan to Sandan is three (3) years. Normal time in grade is 3 to 5 years.
5. Applicant must be an accredited AAU Judo Referee and actively referee in local and regional Judo AAU tournaments.
6. Meet and fulfill all previous rank requirements.

TECHNICAL REQUIREMENTS
GOAL - APPLICANTS FOR THE RANK OF SANDAN MUST DEMONSTRATE AN ADVANCED LEVEL OF TECHNICAL, THEORETICAL AND FUNCTIONAL SKILL IN ALL PHASES OF JUDO. THE APPLICANT MUST BE ABLE TO DEMONSTRATE ALL TECHNICAL SKILLS IN A FUNCTIONAL, DYNAMIC AND MOVING MANNER.

1. Applicant must demonstrate all the skills required for Shodan with excellent skill (on a scale of 1 to 10 with 10 being the best, the applicant should demonstrate skill at the “10” level).

NAGE WAZA (THROWING TECHNIQUES)
1. APPLICANT MUST DEMONSTRATE ALL TECHNIQUES FROM THE DAI IKKYO, DAI NIKYO, DAI SANKYO, DAI YONKYO, DAI GOKYO, HABUKARETA WAZA AND TEN (10) TECHNIQUES OF THE APPLICANT’S CHOICE FROM THE SHINMEISHO NO WAZA.

KATAME WAZA (GRAPPLING TECHNIQUES)
GOAL - APPLICANTS FOR THE RANK OF SANDAN MUST DEMONSTRATE AN ADVANCED DEGREE OF TECHNICAL, THEORETICAL AND FUNCTIONAL SKILL IN ALL PHASES OF GROUND FIGHTING. THE APPLICANT HAS THE FREEDOM TO DEMONSTRATE HIS OR HER PERSONAL APPROACH AND APPLICATION OF ALL TECHNIQUES DEMONSTRATED. INNOVATIVE, DYNAMIC THINKING IS ENCOURAGED, BUT ALL SKILLS MUST BE FUNCTIONAL AND REALISTIC.

OSAEKOMI WAZA (IMMOBILIZATION, HOLDING OR PINNING TECHNIQUES)
GOALS - HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.
APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.
1. APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF OSAEKOMI WAZA.
2. KESA GATAME/SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
3. KATA GATAME/SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
5. YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
6. KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
7. TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
9. SANAKU GATAME/TRIANGLE PIN AND NOGARE KATA (ESCAPE FORM)
10. APPLICANT MUST DEMONSTRATE AT LEAST TWO (2) FUNCTIONAL HAIRI KATA (ENTRY FORM) FOR EACH OF THE ABOVE LISTED TECHNIQUES.

GENERAL NEWAZA SKILLS
1. APPLICANT MUST DEMONSTRATE FUNCTIONAL AND REALISTIC APPLICATIONS OF ALL HAIRI KATA (ENTRY FORMS OR BREAKDOWNS, TURNOVERS, GUARD SWEEP OR GUARD PASSES). IN DOING THIS, APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF NEWAZA.
2. APPLICANT MUST DEMONSTRATE TEN (10) BREAKDOWNS OR TURNOVERS (HAIRI KATA-ENTRY FORMS) WHEN OPPONENT IS POSITIONED ON HANDS AND KNEES (ALL FOURS) OR LYING ON HIS FRONT SIDE AND IMMEDIATELY TRANSITION INTO AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA OF THE APPLICANT’S CHOICE.
3. APPLICANT MUST DEMONSTRATE AT LEAST TEN (10) HAIRI KATA (ENTRY FORMS) WHEN ON THE BUTTOCK OR BACK WITH THE OPPONENT BETWEEN THE ATTACKER’S LEGS AND IMMEDIATELY TRANSITION INTO AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA OF THE APPLICANT’S CHOICE.
4. APPLICANT MUST DEMONSTRATE AT LEAST TEN (10) KAIRI KATA (ENTRY FORMS) WHEN POSITIONED BETWEEN THE OPPONENT’S LEGS WITH THE OPPONENT POSITIONED ON HIS BUTTOCKS OR BACK AND TRANSITION IMMEDIATELY INTO AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.
KANSETSU WAZA (ARM JOINT TECHNIQUES)
GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.
1 - UDEHISHIGI JUJI GATAME (JUJI GATAME) CROSS-BODY ARMLOCK
APPLICANT MUST DEMONSTRATE FOUR (4) FUNCTIONAL APPLICATIONS OF JUJI GATAME.
A - BASIC FROM TOP IN THE “UP” POSITION.
B - BASIC FROM TOP IN THE “DOWN” POSITION.
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.
3 - WAKI GATAME/ARMPIT LOCK
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF WAKI GATAME.
4 - UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)
1 - DEMONSTRATE THE BASIC FIGURE-4 VARIATION.
2 - DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GATAME.
5 - APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA: JUJI GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME AS WELL AS FOR HARA GATAME.

SHIME WAZA (STRANGLING OR CHOKEING TECHNIQUES)
APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF SHIME WAZA.
APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST TWO (2) FUNCTIONAL VARIATIONS OF EACH AND DEMONSTRATE AT LEAST TWO (2) HAIRI KATA (ENTRY FORMS) FOR EACH OF THE FOLLOWING TECHNIQUES.
1 - HADAKA JIME/NAKED CHOKE (SQUARE GRIP)
2 - HADAKA JIME/FIGURE 4 VERSION NAILED STRANGLE
3 - JUJI JIME/CROSS CHOKE FROM BOTTOM
4 - JUJI JIME/CROSS CHOKE FROM TOP
ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1 - NAMI (NORMAL) POSITION. 2 - GYAKU (REVERSE) POSITION. 3 - KATA (HALF AND HALF OR CROSSED) POSITION.
5 - OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)
6 - KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)
7 - KATA JIME/SHOULDER CHOKE
8 - SANKAKU JIME/TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)
9 - SANKAKU JIME/TRIANGLE CHOKE (FROM TOP WITH OPPONENT ON ALL FOURS OR FLAT)
10 - JIGOKU JIME/HELL STRANGLE FROM ANY POSITION APPLICANT CHOOSES.
APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY FOUR (4) SHIME WAZA OF HIS/HER CHOICE.
KATA/DEMONSTRATION OF TECHNIQUE

Goal - Demonstrate functional skill in selected Kodokan Judo Kata.

DEMONSTRATE ENTIRE KATAME NO KATA (FORM OF GRAPPLING) OR KATA OF APPLICANT’S CHOICE AS TORI PERFORMING TECHNIQUES ON TORI’S FAVORITE SIDE (RIGHT OR LEFT).

Kata is structured learning. It is considered a form of training in the same way randori (free practice) and shiai (contest) are. If an applicant is a “non-competitor” and has less than 2 promotion points, the demonstration of kata may substitute for promotion points earned in contest.

TERMINOLOGY AND HISTORY OF KODOKAN JUDO

THE APPLICANT IS EXPECTED TO CONTINUE IN HIS/HER STUDY AND KNOWLEDGE OF KODOKAN JUDO TERMINOLOGY AND HISTORY AND THE JAPANESE MARTIAL ARTS IN GENERAL, ESPECIALLY AS TO HOW THESE JAPANESE MARTIAL ARTS HAVE INFLUENCED KODOKAN JUDO.

PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)

1. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:
   • 2 POINTS - FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.
   • 1 POINT - FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.
   • ½ POINT - FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.

2. IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SHODAN).

3. IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE NIDAN).

4. ONE (1) POINT FOR EACH YEAR APPLICANT IS A CERTIFIED AAU JUDO COACH.

5. ONE (1) POINT FOR EACH YEAR APPLICANT IS AN ACCREDITED AAU JUDO REFEREE.

TIME IN GRADE SCALE

<table>
<thead>
<tr>
<th>Promotion Points Earned</th>
<th>Time in Grade as Nidan</th>
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<tbody>
<tr>
<td>10</td>
<td>3 years</td>
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<tr>
<td>7</td>
<td>4 years</td>
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<tr>
<td>5</td>
<td>5 years</td>
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<tr>
<td>3</td>
<td>6 years</td>
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<tr>
<td>2 or less</td>
<td>7 years</td>
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YONDAN (4th Degree Black Belt)
The rank of Yondan is considered a senior rank and the person who applies for this level must possess excellent personal skill and unquestionable ethical behavior. Historically, the rank of Yondan has been required to be a recognized teacher, and because of this, a person ranked at Yondan, in addition to being able to demonstrate the required technical skills, must be able to teach others these skills. At the Promotion Board’s discretion, the applicant may be asked to demonstrate how to teach a technical skill at the time of the applicant’s rank examination. General requirements for this rank are:

1 - Minimum age requirement is 28 years old.
2 - Applicant must be a current member of the AAU and pass the AAU background check.
3 - At this point in a judoka’s career, it is recommended that the applicant for this rank choose an area of expertise, either in coaching, working as a mat official or referee or in some other capacity. If the applicant chooses coaching as his or her area of expertise, the applicant must have successfully completed any coach education course or program endorsed by the AAU or IFJA or hold a Bachelor’s Degree (or its equivalent) in the field of physical education (or related fields) from an accredited university or college. If the applicant chooses as his or her area of expertise the area of Judo officiating or refereeing, he or she must have been active as a mat official at AAU sanctioned or endorsed Judo tournaments on the national level for a minimum of four (4) years and be currently active as a mat official or referee at national AAU Judo tournaments. If the applicant for this rank chooses an area of expertise as that of an athlete, he or she must be active in local, regional and national AAU Judo tournaments. If the applicant for this rank chooses another area of expertise of his or her choosing, he or she must consult the Promotion Board and inform the Board of this area of expertise and coordinate with the Board as to how to proceed to meet established goals that the board may require.
4 - Applicant must possess a current CPR certification from a recognized agency.
5 - Minimum time in grade from Sandan to Yondan is four (4) years. Normal time in grade is 4 to 8 years.
6 - Applicants for the rank of Yondan must apply directly to the Promotion Board with the approval of the applicant’s coach.
7 - Meet and fulfill all previous rank requirements.
8 - Applicant must write and submit (submit to the Promotion Board) a thesis or essay on any aspect of Kodokan Judo theory or technique of no less than 750 words.
9 - Applicant must undergo a personal interview with the Promotion Board.

TECHNICAL REQUIREMENTS
GOAL - IT IS FUNDAMENTALLY IMPORTANT THAT THE APPLICANT DEMONSTRATE ALL TECHNICAL SKILLS IN A FUNCTIONAL AND REALISTIC AND FROM REALISTIC AND MOVING OR DYNAMIC SITUATIONS.
The rank of Yondan is a senior teaching rank and the applicant must have the practical technical and theoretical knowledge based on effective movement to better appreciate and teach Kodokan Judo.

NAGE WAZA (THROWING TECHNIQUES)
APPLICANT MUST DEMONSTRATE THE ENTIRE 67 NAGE WAZA (THROWING TECHNIQUES) FROM THE GOKYO NO WAZA, HABUKARETA WAZA AND SHINMEISHO NO WAZA OF KODOKAN JUDO WITH EXCELLENT SKILL (ON A SCALE OF 1 TO 10 WITH 10 BEING THEBEST, THE APPLICANT SHOULD DEMONSTRATE SKILL AT THE “10” LEVEL.).

KATAME WAZA (GRAPPLING TECHNIQUES)
GOAL - APPLICANTS FOR THE RANK OF YONDAN MUST DEMONSTRATE AN ADVANCED DEGREE OF TECHNICAL, THEORETICAL AND FUNCTIONAL SKILL IN ALL PHASES OF GROUND FIGHTING. THE APPLICANT HAS THE FREEDOM TO DEMONSTRATE HIS OR HER PERSONAL APPROACH AND APPLICATION OF ALL TECHNIQUES DEMONSTRATED. INNOVATIVE, DYNAMIC THINKING IS ENCOURAGED, BUT ALL SKILLS MUST BE FUNCTIONAL AND REALISTIC.

GENERAL NEWAZA SKILLS
GOAL - APPLICANT MUST DEMONSTRATE FUNCTIONAL SKILLS IN A DYNAMIC AND REALISTIC MANNER AND EXHIBIT A FLUIDITY OF MOVEMENT.

OSAEKOMI WAZA (IMMOBILIZATION, HOLDING OR PINNING TECHNIQUES)
GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.
APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.
1 - APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF OSAEKOMI WAZA AND DEMONSTRATE AT LEAST FOUR (4) HAIRI KATA (ENTRY FORMS) FOR EACH OF THE FOLLOWING TECHNIQUES.
2 - MUNE GATAME/ CHEST HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
3 - KESA GATAME/ SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
4 - KATA GATAME/ SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
5 - YOKOSHIHO GATAME/ SIDE 4 - CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
6 - KAMISHIHO GATAME/ UPPER 4 - CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
7 - TATESHIHO GATAME/ VERTICAL 4 - CORNER HOLD (AND VARIATION) (AND NOGARE KATA) ESCAPE FORM
8 - UKI GATAME/ STRADDLE HOLD AND NOGARE KATA (ESCAPE FORM)
9 - SANAKU GATAME/ TRIANGLE PIN AND NOGARE KATA (ESCAPE FORM)
10 - APPLICANT MUST DEMONSTRATE AT LEAST THREE (3) FUNCTIONAL HAIRI KATA (ENTRY FORM) FOR EACH OF THE ABOVE LISTED TECHNIQUES.
KANSETSU WAZA (ARM JOINT TECHNIQUES)
GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.
1 - UDEHISHIGI JUJI GATAME (JUJI GATAME)/CROSS-BODY ARMLock
APPLICANT MUST DEMONSTRATE FOUR (4) FUNCTIONAL APPLICATIONS OF JUJI GATAME.
2 - UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLock)
A-BASIC FROM TOP IN THE “UP” POSITION.
B-BASIC FROM TOP IN THE “DOWN” POSITION.
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.
3 - WAKI GATAME/ARMPIT Lock
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF WAKI GATAME.
4 - UDE GATAME/ARM LOCK (STRAIGHT ARMLock)
1 - DEMONSTRATE THE BASIC FIGURE-4 VARIATION.
2 - DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GATAME.
5 - APPLICANT MUST DEMONSTRATE HARA GATAME (BELLY APPLICATION OF STRAIGHT ARMLock).
APPLICANT MUST DEMONSTRATE AT LEAST ONE (1) NOGARE KATA (DEFENSE FORM) FOR EACH OF THE FOUR CORE KANSETSU WAZA OF JUJI GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME AS WELL AS FOR HARA GATAME.

SHIME WAZA (STRANGLING OR CHOKEING TECHNIQUES)
APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF SHIME WAZA.
APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST TWO (2) FUNCTIONAL VARIATIONS OF EACH AND DEMONSTRATE AT LEAST TWO (2) HAIRI KATA (ENTRY FORMS) FOR EACH OF THE FOLLOWING TECHNIQUES.
1 - HADAKA JIME/NAKED CHOKE (SQUARE GRIP)
2 - HADAKA JIME/Figure 4 VERSION NAKED STRANGLE
3 - JUJI JIME/CROSS CHOKE FROM BOTTOM
4 - JUJI JIME/CROSS CHOKE FROM TOP
ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1 - NAMI (NORMAL) POSITION. 2 - GYAKU (REVERSE) POSITION. 3 - KATA (HALF AND HALF OR CROSSED) POSITION.
5 - OKURI ERI JIME/SLIDING LAPEL CHoke (BASIC APPLICATION)
6 - KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)
7 - KATA JIME/SHOULDER CHOKE
8 - SANKAKU JIME/TRIANGLE CHoke (FROM FRONT OFF BUTTOCKS)
9 - SANKAKU JIME/Triangle CHOKE (FROM TOP WITH OPPONENT ON ALL FOURS OR FLAT)
10 - JIGOKU JIME/HELL STRANGLE FROM ANY POSITION APPLICANT Chooses.
11 - HINERI JIME/TURNING OR TWISTING STRANGLE
APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY FOUR (4) SHIME WAZA OF HIS/HER CHOICE.

PROMOTION POINTS AND BATSUBAN (FIELD PROMOTION)
1 - IF APPLICANT IS A COMPETITIVE ATHLETE, HE/SHE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO SANDAN. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:
2 POINTS - FOR DEFEATING AN OPPONENT OF HIGHER RANK OR AN OPPONENT OF EQUAL RANK IN AN INTERNATIONAL TOURNAMENT.
1 POINT - FOR DEFEATING AN OPPONENT OF EQUAL RANK OR AN OPPONENT OF LESSER RANK IN AN INTERNATIONAL TOURNAMENT.
½ POINT - FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.
2 - IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUBAN TO THE NEXT RANK (IN THIS CASE SHODAN).
3 - IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUBAN TO THE NEXT RANK (IN THIS CASE YONDAN).
4 - ONE (1) POINT FOR EACH YEAR APPLICANT IS A CERTIFIED AAU JUDO COACH.
5 - ONE (1) POINT FOR EACH YEAR APPLICANT IS AN ACCREDITED AAU JUDO REFEREE.

TIME IN GRADE SCALE
10 promotion points earned 4 years’ time in grade as Sandan
7 promotion points earned 5 years’ time in grade as Sandan
5 promotion points earned 6 years’ time in grade as Sandan
3 promotion points earned 7 years’ time in grade as Sandan
2 or less promotion points earned 8 years’ time in grade as Sandan

KATA/DEMONSTRATION OF TECHNIQUE
Goal - Demonstrate functional skill in selected Kodokan Judo Kata.
DEMONSTRATE ENTIRE KATAME NO KATA (FORM OF GRAPPLING) OR KATA OF APPLICANT’S CHOICE AS TORI PERFORMING TECHNIQUES ON BOTH RIGHT AND LEFT SIDES.

Kata is structured learning. It is considered a form of training in the same way randori (free practice) and shiai (contest) are. If an applicant is a “non-competitor” and has less than 2 promotion points, the demonstration of kata may substitute for promotion points earned in contest.
GODAN (5th Degree Black Belt)

Applicants for the ranks of Godan must be able to successfully perform all technical skills and meet all criteria for all previous rank requirements as well as be able to successfully teach these technical skills. In addition, applicants for the ranks of Godan or higher must be actively involved in AAU Judo or Freestyle Judo on (at the minimum) a national level. Promotions of Godan must be submitted to the IFJA Promotion Board for approval.

1. Minimum age requirement is 35 years old.
2. Applicant must be a current AAU member and pass the AAU background check.
3. At this point in a judoka’s career, it is required that the applicant for this rank choose an area of expertise, either in coaching, working as a mat official or referee or in some other capacity. If the applicant chooses coaching as his or her area of expertise, the applicant must have successfully completed any coach education course or program endorsed by the AAU or hold a Bachelor’s Degree (or its equivalent) in the field of physical education (or related fields) from an accredited university or college. If the applicant chooses as his or her area of expertise the area of Judo officiating or refereeing, he or she must have been active as a mat official at AAU or IFJA sanctioned or endorsed Judo tournaments on the national level for a minimum of four (4) years and be currently active as a mat official or referee at national AAU or IFJA Judo tournaments. If the applicant for this rank chooses an area of expertise as that of an athlete, he or she must be active in local, regional and national AAU and IFJA Judo tournaments. If the applicant for this rank chooses another area of expertise of his or her choosing, he or she must consult the Promotion Board and inform the Board of this area of expertise and coordinate with the Board as to how to proceed to meet established goals that the board may require.
4. Applicant must possess a current CPR certification from a recognized agency.
5. Minimum time in grade from Yondan to Godan is five (5) years. Normal time in grade is 5 to 7 years.
6. Applicants for the rank of Godan must apply directly to the Promotion Board.
7. Meet and fulfill all previous rank requirements.
8. Applicant must write and submit (submit to the Promotion Board) a thesis or essay on any aspect of Kodokan Judo theory or technique of no less than 750 words.
9. Applicant must undergo a personal interview with the Promotion Board.

PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)

1. IF APPLICANT IS A COMPETITIVE ATHLETE, HE/SHE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO YONDAN. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:
   2 POINTS - FOR DEFEATING AN OPPONENT OF HIGHER RANK OR AN OPPONENT OF EQUAL RANK IN AN INTERNATIONAL TOURNAMENT.
   1 POINT - FOR DEFEATING AN OPPONENT OF EQUAL RANK OR AN OPPONENT OF LESSER RANK IN AN INTERNATIONAL TOURNAMENT.
   ½ POINT - FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.

2. IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SHODAN).

3. IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE YONDAN).

4. ONE (1) POINT FOR EACH YEAR APPLICANT IS A CERTIFIED AAU JUDO COACH.

5. ONE (1) POINT FOR EACH YEAR APPLICANT IS AN ACCREDITED AAU JUDO REFEREE.

TIME IN GRADE SCALE

<table>
<thead>
<tr>
<th>Promotion Points Earned</th>
<th>Time in Grade as Yondan</th>
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<tbody>
<tr>
<td>10</td>
<td>5 years</td>
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<tr>
<td>7</td>
<td>6 years</td>
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<td>5</td>
<td>7 years</td>
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<td>8 years</td>
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<td>2</td>
<td>9 years</td>
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<tr>
<td>1</td>
<td>10 years</td>
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ROKUDAN AND HIGHER

The ranks of Rokudan and above are analogous to earning a Doctorate from a university. While, in no way, does the IFJA imply, directly or indirectly, that titles such a “Professor,” “Doctor,” or other type of titles associated with that of a Ph.D. or that earning a Rokudan or higher rank in Judo directly equates to a Doctorate. However, within the context of Judo, the ranks of Rokudan or above denote the same level of knowledge, expertise, experience and credibility. A candidate for Rokudan, in addition to being active as a coach or instructor, must also demonstrate the ability to teach other coaches how to teach. In this regard, the IFJA’s syllabus and rank standards reflect this educational approach to these Kodansha (higher Dan grades).

At this level of achievement, the applicant or candidate for ranks of Rokudan and above should have an area of specialty, in addition to being able to demonstrate and teach a wide variety of technical skills. For example, candidates for Rokudan or higher could choose any of these areas (or any others of the candidate’s choosing): Coach Education, Kata, Historical Research, Medical Topics Relating to Judo, Judo for Special Populations, Technical Research, Kinesiology Relating to Judo, etc.

Additionally, applicants for the ranks of Rokudan and higher must have extensive experience on the national and/or international levels of Judo in the capacity as an athlete, coach, mat official, or in some way served as a leader or promoter of Judo, especially AAU and Freestyle Judo. Rank promotions will terminate at Godan unless the applicant demonstrates a proven and exceptional record of participation and achievement at the national and international levels. At this point in a judoka’s career, it is essential that the applicant for this level of rank possess excellent personal technical skill in Judo and have (at the minimum) national credentials, serving in a leadership capacity in AAU Judo.

If an applicant or candidate applies for any rank of Rokudan or higher, he or she must successfully meet all previous rank requirements and criteria and successfully meet and fulfill the IFJA rank requirements and criteria for the rank he or she is applying for.

ROKUDAN (6th Degree Black Belt)

The applicant or candidate for ranks of Rokudan should have an area of specialty, in addition to being able to demonstrate and teach a wide variety of technical skills on an advanced level of expertise. For example, candidates for Rokudan could choose any of these areas (or any others of the candidate’s choosing); Coach Education, Kata, Historical Research, Medical Topics Relating to Judo, Judo for Special Populations, Technical Research, Kinesiology Relating to Judo, etc. Additionally, applicants for the ranks of Rokudan and higher must have extensive experience on the national and/or international levels of Judo in the capacity as an athlete, coach, mat official, or in some way served as a leader or promoter of Judo, especially AAU and Freestyle Judo. At this point in a judoka’s career, it is essential that the applicant for this level of rank possess excellent personal technical skill in Judo and have (at the minimum) national credentials, serving in a leadership capacity in AAU Judo.

Candidates for the rank of Rokudan must successfully fulfill the following requirements.

1. Minimum age requirement is 40 years old.
2. Applicant must be a current AAU member and pass the AAU background check.
3. Applicant must possess a current CPR certification from a recognized agency.
4. Minimum time in grade from Godan to Rokudan is five (5) years. Normal time in grade is 5 to 7 years.
5. Applicants for the rank of Rokudan must apply directly to the Promotion Board.
6. Meet and fulfill all previous rank requirements.
7. Write an original paper on the candidate’s area of specialty and present it online, at an IFJA or AAU coaching conference or other appropriate outlets or audiences.
8. Write an original essay or paper of at least 750 words and submit it to the Promotion Board on the goals of Kodokan Judo as espoused by Jigoro Kano. Specifically, the subjects of; Seiryoku Zuyo, or the principle of the most efficient use of energy.
9. Jita Kyoei, or the principle of mutual benefit.
10. Applicant must undergo a personal interview with the Promotion Board.

TIME IN GRADE SCALE

5 years as Godan Active on international level as official U.S. team coach or mat official (Referee) or tournament director at Olympic Games, World Judo Championships, Pan American Games or Championships, or international Judo tournaments involving 5 or more nations. Actively involved in the promotion, promotion and growth of AAU Judo. Active as a coach or mat official (referee) or tournament director for AAU Judo on the national level.

7 years as Godan Active on national and/or international levels as listed in the above capacities. Actively support national AAU Judo tournaments, clinics, conferences, seminars, camps and other activities.

10 years as Godan Active on the national level serving as a coach or instructor of an active member club of the AAU. Actively serve as an AAU mat official (referee) or promote Freestyle Judo by hosting national tournaments, clinics, seminars, conferences and camps.