

# EL TORO JUDO CLUB



## PROMOTION SYLLABUS FOR STUDENTS

5 years to 16 years

## TABLE OF CONTENTS

INTRODUCTION .....	3
NOTES ON TESTING CRITERIA.....	4
<b>NOVICE TO 11<sup>TH</sup> KYU (YELLOW BELT)</b> .....	5
<b>11<sup>TH</sup> TO 10<sup>TH</sup> KYU (ORANGE BELT)</b> .....	6
<b>10<sup>TH</sup> TO 9<sup>TH</sup> KYU (ORANGE BELT W/STRIPE)</b> .....	7
<b>9<sup>TH</sup> TO 8<sup>TH</sup> KYU (GREEN BELT)</b> .....	8
<b>8<sup>TH</sup> TO 7<sup>TH</sup> KYU (GREEN BELT W/STRIPE)</b> .....	9
<b>7<sup>TH</sup> TO 6<sup>TH</sup> KYU (BLUE BELT)</b> .....	10
<b>6<sup>TH</sup> TO 5<sup>TH</sup> KYU (BLUE BELT W/STRIPE)</b> .....	11
<b>5<sup>TH</sup> TO 4<sup>TH</sup> KYU (PURPLE)</b> .....	12
<b>4<sup>TH</sup> TO 3<sup>RD</sup> KYU (PURPLE W/STRIPE)</b> .....	13
<b>3<sup>RD</sup> TO 2<sup>ND</sup> KYU (BROWN)</b> .....	14
<b>2<sup>ND</sup> TO 1<sup>ST</sup> KYU (BROWN W/STRIPE)</b> .....	15
APPENDIX A - TERMINOLOGY .....	16
APPENDIX B - TACHI WAZA REQUIREMENTS .....	17
APPENDIX C - NE-WAZA REQUIREMENTS .....	19
APPENDIX D - WHAT TO EXPECT AT A JUDO TOURNAMENT .....	20
APPENDIX E - REFEREE HAND SIGNALS AND SCORING.....	22
APPENDIX E - BIBLIOGRAPHY.....	24

## Introduction

The following are the promotional requirements for students ages 5 to 16 for El Toro Judo Club.

The intention is to provide a defined basis for the encouragement and appreciation of the techniques, etiquette and cultural aspects that make up modern day judo.

The syllabus is designed to widen the knowledge of students by adding increasingly difficult techniques that are appropriate for their age and experience. El Toro Judo Club respects the history, development, and evolution of judo and we try to place a certain amount of emphasis on these aspects in our teachings. Students must not only demonstrate the physical techniques of judo, but also have an understanding of Japanese terminology, dojo etiquette, and the principles of judo.

El Toro Judo Club strongly encourages student participation in competition. Many tournaments are held throughout the year in Southern California. Although not required, tournament participation is an important part of the judo curriculum and helps build confidence and maturity in young students. In order to encourage this participation the promotion requirements support both the participation and the success of a student in competition. For those students that do not choose to compete in tournaments, consideration is also given to demonstrating a “fighting spirit” inside the dojo.

El Toro Judo Club will hold promotional exams at intervals that suit the class size and the experience of the students. This generally means that exams will be given several times a year, but in no case fewer than once a year. It is advisable to seek the advice of an instructor for the progress of a student and their suitability for a promotion. The United States Judo Federation (USJF) pocket-sized handbook will be given to students upon receipt of their USJF membership card and will be used to track all promotion history. A small fee will be charged for the replacement of lost books.

A non-refundable exam fee is payable for each promotion event. The instructors will do their best to counsel the students on the knowledge required for the successful promotion to the next rank. However, it is possible to fail the examination. In this case, students will be informed of the areas that were not satisfactory and encouraged to continue practicing. Any exam fees paid will be applied to the student’s next promotion test.

All promotion candidates must be members of the El Toro Judo Club and have paid up membership of the USJF.

**In all cases the Head Instructor (Sensei) retains the right to make the final decisions on requirements, examinations, promotions, sequencing, and suitability of a student for promotion.**

## Notes on Testing Criteria.

This is a brief guideline on the method used when testing students. It is intended that the testing process be a positive reinforcement to the students. We very much want the students to be successful, however this is a test for how well they are learning and progressing so while every encouragement is given to the student the students can fail their test. Testing can be repeated in a few months and their fee goes towards the next test.

### A. BASICS

For the basics at lower ranks (9<sup>th</sup> Kyu and below) basic understanding of principles is all that is necessary. At the higher ranks a better understanding with examples should be given.

**Shizentai:** at lower rank only Shizen hon tai is needed, at the higher ranks students should demonstrate migi and hidari stances. Explanation of balance is required

**Kuzushi:** low rank only need to show direction. Higher ranks demonstrate methods of invoking kuzushi to each direction.

**Safety:** low ranks explain why it is important, and give some simple examples of how to be safe; High ranks need to be more specific. The goal is to see if the student understands the rules of Judo as they apply to safety e.g. Forbidden throws, how to throw safely, taking falls, applying shime waza and armbars etc.

**Hygiene:** Low ranks an understanding of why this is important. Higher ranks more detail, (some discussion about details will help,.

**Kata:** At 7<sup>th</sup> Kyu Nage-no-kata is introduced. At this level a basic understanding and appreciation of the kata is required at 6<sup>th</sup> Kyu and higher cleaner demonstration is necessary

**Refereeing:** At 7<sup>th</sup> Kyu and above the student has to show skill in understanding and applying the contest rules of judo. The students are expected to be able to perform the duties of a line judge initially and then at 5<sup>th</sup> Kyu be able to referee a contest. The student will be expected to understand the different scoring levels and penalties and demonstrate the proper hand signals. Please refer to Appendix D for information on Refereeing.

### B. TACHI WAZA

For Tachi Waza demonstrations some minor allowances are made for age (and special needs).

The scores are marked as a percentage, with a perfect execution of a technique being 100%. The target passing grades represent the expected ability of a student at a particular level. In this way improvement in technique from rank to rank can be measured. For example a student demonstrating a throw as a Brown belt would be expected to have a much higher score than when it was demonstrated as a lower rank. The following points are looked for in a Tachi Waza demonstration

1. Setup – Tori has to set up the throw correctly – right grips, right moves etc
2. Kuzushi – is it present, if it is how effective did it seem
3. Tsukuri – is it present, was it effective
4. Kake – was the throw clean, or did uke just tumble

### C. NE WAZA

The same evaluation principles as used for Tachi Waza is applied to the Ne Waza demonstrations. The key points looked for are:

#### Oesakomi waza:

Method of entry: Should be clean and no confusion.

Good position: Should show the correct method of holding.

Good control: Should show proper positioning and method of keeping the hold with uke trying to escape.

#### Shime-waza and Kansetsu-waza:

Method of entry: Should be clean and no confusion.

Good position: Should show the correct method of application.

Good control: Should show proper control.

## Novice to 11<sup>th</sup> Kyu (Yellow Belt)

### I. MINIMUMS

- a. Age: 5
- b. Number of classes since last promotion: 15
- c. Time in rank: none

### II. BASICS (Pass: 50% or higher)

- a. Demonstrate posture
  - i. Shizentai (Natural posture)
- b. Demonstrate proper bowing
  - i. Standing bow (Ritsurei)
  - ii. Kneeling bow (Zarei)
- c. Show and explain an understanding of Dojo etiquette
  - i. Importance of safety
  - ii. Value of hygiene
  - iii. Procedure for coming into a dojo and onto a mat
  - iv. Proper method of tying belt
  - v. How to begin randori
- d. Demonstrate correct Ukemi (falling technique)
  - i. Ushiro Ukemi (Falling backwards)
  - ii. Yoko Ukemi (Falling sideways)
  - iii. Zenpo Kaiten Ukemi (Forward rolling fall)
- e. History, philosophy, and terminology
  - i. Know terms 1 through 10 from the Terminology List

### III. TACHI WAZA (Standing Techniques) (Pass: 50% or higher)

- a. Demonstrate any three throws from Gokyo-no-waza set 1

### IV. NE WAZA (Ground Techniques) (Pass: 50% or higher)

- a. Demonstrate two holds from Osaekomi-waza Group A
- b. Demonstrate an escape from Kesa gatame

### V. FIGHTING SPIRIT/COMPETITION (Bonus score)

- a. Non-competitive students: Demonstrate fighting spirit in randori
- b. Competitive students: Use tournament results as bonus score.
  - i. One point for each tournament entered without placing.
  - ii. Two points for each 3<sup>rd</sup> place
  - iii. Three points for each 2<sup>nd</sup> place
  - iv. Four points for each 1<sup>st</sup> place
  - v. Maximum limits on points is 20.

Students have to pass each requirement to make the rank of 11<sup>th</sup> Kyu. If the overall average score exceeds 90% a student can attempt the test for 10<sup>th</sup> Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

## 11<sup>th</sup> to 10<sup>th</sup> Kyu (Orange Belt)

### I. MINIMUMS

- a. Age: 6
- b. Number of classes since last promotion: 20
- c. Time in rank: 4 months

### II. BASICS (Pass: 50% or higher)

- a. Demonstrate posture
  - i. Shizentai (Natural posture)
  - ii. Demonstrate the eight directions of Kuzushi (off-balancing)
- b. Demonstrate proper bowing
  - i. Standing bow (Ritsurei)
  - ii. Kneeling bow (Zarei)
- c. Show and explain an understanding of Dojo etiquette
  - i. Importance of safety
  - ii. Demonstrate the proper way to enter the dojo
  - iii. Proper method of tying belt
  - iv. Demonstrate the proper way to fold the judogi (uniform)
- d. Demonstrate correct Ukemi (falling technique)
  - i. Zenpo Kaiten Ukemi (Forward rolling fall)
- e. History, philosophy, and terminology
  - i. Know terms 5 through 15 from the Terminology List
  - ii. Count to ten in Japanese
  - iii. Demonstrate the meaning and hand signals for the following tournament scoring:
    1. Koka
    2. Yuko
    3. Wazari
    4. Ippon

### III. TACHI WAZA (Standing Techniques) (Pass: 50% or higher)

- a. Demonstrate any six throws from Gokyo-no-waza set 1

### IV. NE WAZA (Ground Techniques) (Pass: 50% or higher)

- a. Demonstrate four holds from Osaekomi-waza Group A
- b. Demonstrate two escapes from Kesa gatame
- c. Demonstrate a turnover with uke in a defensive turtle position

### V. FIGHTING SPIRIT/COMPETITION (Bonus score)

- a. Non-competitive students: Demonstrate fighting spirit in randori
- b. Competitive students: Use tournament results as bonus score.
  - i. One point for each tournament entered without placing.
  - ii. Two points for each 3<sup>rd</sup> place
  - iii. Three points for each 2<sup>nd</sup> place
  - iv. Four points for each 1<sup>st</sup> place
  - v. Maximum limits on points is 20.

Students have to pass each requirement to make the rank of 10<sup>th</sup> Kyu. If the overall average score exceeds 90% a student can attempt the test for 9<sup>th</sup> Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

## 10<sup>th</sup> to 9<sup>th</sup> Kyu (Orange Belt w/stripe)

### I. MINIMUMS

- a. Age: 6
- b. Number of classes since last promotion: 20
- c. Time in rank: 4 months

### II. BASICS (Pass: 50% or higher)

- a. Demonstrate posture
  - i. Shizentai (Natural posture)
  - ii. Demonstrate the eight directions of Kuzushi (off-balancing)
- b. Show and explain an understanding of Dojo etiquette
  - i. Importance of safety
  - ii. Demonstrate the proper way to enter the shiai (tournament) competition area
- c. Demonstrate correct Ukemi (falling technique)
  - i. Zenpo Kaiten Ukemi (Forward rolling fall)
- d. History, philosophy, and terminology
  - i. Know terms 15 through 25 from the Terminology List
  - ii. Count to twenty in Japanese
  - iii. Demonstrate the meaning and give one example of cause for of the following tournament penalties:
    1. Shido
    2. Hansoku Make
  - iv. Demonstrate the definition and hand signals for the following:
    1. Matte
    2. Osaikomi
    3. Toketa

### III. TACHI WAZA (Standing Techniques) (Pass: 50% or higher)

- a. Demonstrate any four throws from Gokyo-no-waza set 1
- b. Demonstrate any three throws from Gokyo-no-waza set 2

### IV. NE WAZA (Ground Techniques) (Pass: 50% or higher)

- a. Demonstrate two holds from Osaekomi-waza Group A and two from Group B
- b. Demonstrate an escape from Yoko-shiho-gatame
- c. Demonstrate two turnovers with uke in a defensive flat position

### V. FIGHTING SPIRIT/COMPETITION (Bonus score)

- a. Non-competitive students: Demonstrate fighting spirit in randori
- b. Competitive students: Use tournament results as bonus score.
  - i. One point for each tournament entered without placing.
  - ii. Two points for each 3<sup>rd</sup> place
  - iii. Three points for each 2<sup>nd</sup> place
  - iv. Four points for each 1<sup>st</sup> place
  - v. Maximum limits on points is 20.

Students have to pass each requirement to make the rank of 9<sup>th</sup> Kyu. If the overall average score exceeds 90% a student can attempt the test for 8<sup>th</sup> Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

## 9<sup>th</sup> to 8<sup>th</sup> Kyu (Green Belt)

### I. MINIMUMS

- a. Age: 7
- b. Number of classes since last promotion: 20
- c. Time in rank: 4 months

### II. BASICS (Pass: 55% or higher)

- a. Demonstrate posture
  - i. Jigotai (defensive posture)
  - ii. Demonstrate the eight directions of Kuzushi (off-balancing)
- b. Show and explain an understanding of Dojo etiquette
  - iii. Importance of safety
  - iv. Demonstrate the proper way to enter the shiai (tournament) competition area
- c. Demonstrate correct Ukemi (falling technique)
  - v. Zenpo Kaiten Ukemi (Forward rolling fall)
- d. History, philosophy, and terminology
  - vi. Know terms 20 through 30 from the Terminology List
  - vii. Demonstrate knowledge of the two central themes of judo
    1. Maximum efficiency
    2. Mutual benefit and welfare

### III. TACHI WAZA (Standing Techniques) (Pass: 55% or higher)

- a. Demonstrate any four throws from Gokyo-no-waza set 1
- b. Demonstrate any six throws from Gokyo-no-waza set 2
- c. Demonstrate a counter-throw to an attack from a throw from Gokyo-no-waza set 1
- d.

### IV. NE WAZA (Ground Techniques) (Pass: 55% or higher)

- a. Demonstrate all holds from Osaekomi-waza Groups A and B
- b. Demonstrate two escapes from Yoko-shiho-gatame
- c. Demonstrate two turnovers each for uke in a defensive prone and turtle positions

### V. FIGHTING SPIRIT/COMPETITION (Bonus score)

- a. Non-competitive students: Demonstrate fighting spirit in randori
- b. Competitive students: Use tournament results as bonus score.
  - i. One point for each tournament entered without placing.
  - ii. Two points for each 3<sup>rd</sup> place
  - iii. Three points for each 2<sup>nd</sup> place
  - iv. Four points for each 1<sup>st</sup> place
  - v. Maximum limits on points is 20.

Students have to pass each requirement to make the rank of 8<sup>th</sup> Kyu. If the overall average score exceeds 90% a student can attempt the test for 7<sup>th</sup> Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

## 8<sup>th</sup> to 7<sup>th</sup> Kyu (Green belt w/stripes)

### I. MINIMUMS

- a. Age: 7
- b. Number of classes since last promotion: 20
- c. Time in rank: 4 months

### II. BASICS (Pass: 55% or higher)

- a. Demonstrate posture
  - i. Jigotai (defensive posture)
  - ii. Demonstrate the eight directions of Kuzushi (off-balancing)
- b. Show and explain an understanding of Dojo etiquette
  - i. Importance of safety
  - ii. Demonstrate the proper method of entering the dojo when late for class
- c. Demonstrate correct Ukemi (falling technique)
  - i. Zenpo Kaiten Ukemi (Forward rolling fall)
  - ii. Forward rolling fall to standing position
- d. History, philosophy, and terminology
  - i. Know terms 25 through 35 from the Terminology List
- e. Kata
  - viii. Demonstrate entry to Nage no Kata
  - ix. Demonstrate the first set (three throws) of Nage no Kata

### III. TACHI WAZA (Standing Techniques) (Pass: 55% or higher)

- a. Demonstrate any three throws from Gokyo-no-waza set 1
- b. Demonstrate any four throws from Gokyo-no-waza set 2
- c. Demonstrate any three throws from Gokyo-no-waza set 3
- d. Demonstrate two counter-throws to an attack from a throw from Gokyo-no-waza set 1

### IV. NE WAZA (Ground Techniques) (Pass: 55% or higher)

- a. Demonstrate two holds from Osaekomi-waza Groups A, B and C
- b. Demonstrate an escapes from Kame-shiho-gatame
- c. Demonstrate a counter- attack with uke attacking between tori's legs

### V. FIGHTING SPIRIT/COMPETITION (Bonus score)

- a. Non-competitive students: Demonstrate fighting spirit in randori
- b. Competitive students: Use tournament results as bonus score.
  - i. One point for each tournament entered without placing.
  - ii. Two points for each 3<sup>rd</sup> place
  - iii. Three points for each 2<sup>nd</sup> place
  - iv. Four points for each 1<sup>st</sup> place
  - v. Maximum limits on points is 20.

Students have to pass each requirement to make the rank of 7<sup>th</sup> Kyu. If the overall average score exceeds 90% a student can attempt the test for 8<sup>th</sup> Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

## 7<sup>th</sup> to 6<sup>th</sup> Kyu (Blue Belt)

### I. MINIMUMS

- a. Age: 8
- b. Number of classes since last promotion: 20
- c. Time in rank: 4 months

### II. BASICS (Pass: 60% or higher)

- a. Demonstrate posture
  - i. Jigotai (defensive posture)
  - ii. Demonstrate the eight directions of Kuzushi (off-balancing)
- b. Demonstrate correct Ukemi (falling technique)
  - iii. Zenpo Kaiten Ukemi (Forward rolling fall)
  - iv. Forward rolling fall to standing position
- c. History, philosophy, and terminology
  - v. Know terms 35 through 45 from the Terminology List
- d. Kata
  - x. Demonstrate entry to Nage no Kata
  - xi. Demonstrate the first set (three throws) of Nage no Kata
  - xii. Demonstrate exit to Nage no Kata
- e. Referee Skill and Judo Contest Rules
  - i. Demonstrate understanding of Judo Contest rules and recognition of throw classification by line judging contests.

### III. TACHI WAZA (Standing Techniques) (Pass: 60% or higher)

- a. Demonstrate any three throws from Gokyo-no-waza set 1
- b. Demonstrate any four throws from Gokyo-no-waza set 2
- c. Demonstrate any six throws from Gokyo-no-waza set 3
- d. Demonstrate two counter-throws to an attack from a throw from Gokyo-no-waza set 1 and 2
- e. Demonstrate a tachi-waza combination using a throw from Gokyo-no-waza set 1.

### IV. NE WAZA (Ground Techniques) (Pass: 60% or higher)

- a. Demonstrate four holds from Osaekomi-waza Group C
- b. Demonstrate two escapes from Kame-shiho-gatame
- c. Demonstrate an attack with tori attacking between uke's legs

### V. FIGHTING SPIRIT/COMPETITION (Bonus score)

- a. Non-competitive students: Demonstrate fighting spirit in randori
- b. Competitive students: Use tournament results as bonus score.
  - i. One point for each tournament entered without placing.
  - ii. Two points for each 3<sup>rd</sup> place
  - iii. Three points for each 2<sup>nd</sup> place
  - iv. Four points for each 1<sup>st</sup> place
  - v. Maximum limits on points is 20.

Students have to pass each requirement to make the rank of 6<sup>th</sup> Kyu. If the overall average score exceeds 90% a student can attempt the test for 5<sup>th</sup> Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

## 6<sup>th</sup> to 5<sup>th</sup> Kyu (Blue Belt w/stripe)

### I. MINIMUMS

- a. Age: 8
- b. Number of classes since last promotion: 20
- c. Time in rank: 4 months

### II. BASICS (Pass: 60% or higher)

- a. Demonstrate posture
  - i. Jigotai (defensive posture)
  - ii. Demonstrate the eight directions of Kuzushi (off-balancing)
- b. Demonstrate correct Ukemi (falling technique)
  - iii. Zenpo Kaiten Ukemi (Forward rolling fall)
  - iv. Forward rolling fall to standing position
- c. History, philosophy, and terminology
  - v. Know terms 40 through 50 from the Terminology List
- d. Kata
  - vi. Demonstrate entry to Nage no Kata
  - vii. Demonstrate the first set (three throws) of Nage no Kata
  - viii. Demonstrate exit to Nage no Kata
- f. Referee Skill and Judo Contest Rules
  - ix. Demonstrate understanding of Judo Contest rules and recognition of throw classification by line judging contests.

### III. TACHI WAZA (Standing Techniques) (Pass: 60% or higher)

- a. Demonstrate any three throws from Gokyo-no-waza set 1
- b. Demonstrate any three throws from Gokyo-no-waza set 2
- c. Demonstrate any three throws from Gokyo-no-waza set 3
- d. Demonstrate any four throws from Gokyo-no-waza set 4
- e. Demonstrate two counter-throws to an attack from a throw from Gokyo-no-waza set 1 and 2
- f. Demonstrate two tachi-waza combinations using a throw from Gokyo-no-waza set 1.

### IV. NE WAZA (Ground Techniques) (Pass: 60% or higher)

- a. Demonstrate two holds from Osaekomi-waza Group D
- b. Demonstrate an escape from Tate-shiho-gatame
- c. Demonstrate two counter-attacks with uke attacking between tori's legs

### V. FIGHTING SPIRIT/COMPETITION (Bonus score)

- a. Non-competitive students: Demonstrate fighting spirit in randori
- b. Competitive students: Use tournament results as bonus score.
  - i. One point for each tournament entered without placing.
  - ii. Two points for each 3<sup>rd</sup> place
  - iii. Three points for each 2<sup>nd</sup> place
  - iv. Four points for each 1<sup>st</sup> place
  - v. Maximum limits on points is 20.

Students have to pass each requirement to make the rank of 5<sup>th</sup> Kyu. If the overall average score exceeds 90% a student can attempt the test for 4<sup>th</sup> Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

## 5<sup>th</sup> to 4<sup>th</sup> Kyu (Purple)

### I. MINIMUMS

- a. Age: 9
- b. Number of classes since last promotion: 30
- c. Time in rank: 6 months

### II. BASICS (Pass: 65% or higher)

- a. Demonstrate posture
  - i. Tsugi ashi
  - ii. Ayumi ashi
- b. Demonstrate correct Ukemi (falling technique)
  - iii. Zenpo Kaiten Ukemi (Forward rolling fall)
  - iv. Forward rolling fall to standing position
- c. History, philosophy, and terminology
  - v. Know terms 45 through 60 from the Terminology List
- d. Kata
  - vi. Demonstrate entry to Nage no Kata
  - vii. Demonstrate the second set (three throws) of Nage no Kata
  - viii. Demonstrate exit to Nage no Kata
- e. Referee Skill and Judo Contest Rules
  - ix. Demonstrate understanding of Judo Contest rules and skill in Refereeing Judo Contests

### III. TACHI WAZA (Standing Techniques) (Pass: 65% or higher)

- a. Demonstrate any three throws from Gokyo-no-waza set 1
- b. Demonstrate any three throws from Gokyo-no-waza set 2
- c. Demonstrate any three throws from Gokyo-no-waza set 3
- d. Demonstrate any six throws from Gokyo-no-waza set 4
- e. Demonstrate two counter-throws to an attack from a throw from Gokyo-no-waza set 1, 2 and 3
- f. Demonstrate one tachi-waza combination using a throw from Gokyo-no-waza set 2.

### IV. NE WAZA (Ground Techniques) (Pass: 65% or higher)

- a. Demonstrate any four holds from Osaekomi-waza Group A, B, C and D
- b. Demonstrate two escapes from Tate-shiho-gatame
- c. Demonstrate two attacks with tori attacking between uke's legs

### V. FIGHTING SPIRIT/COMPETITION (Bonus score)

- a. Non-competitive students: Demonstrate fighting spirit in randori
- b. Competitive students: Use tournament results as bonus score.
  - i. One point for each tournament entered without placing.
  - ii. Two points for each 3<sup>rd</sup> place
  - iii. Three points for each 2<sup>nd</sup> place
  - iv. Four points for each 1<sup>st</sup> place
  - v. Maximum limits on points is 20.

Students have to pass each requirement to make the rank of 4<sup>th</sup> Kyu. If the overall average score exceeds 90% a student can attempt the test for 5<sup>th</sup> Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

## 4<sup>th</sup> to 3<sup>rd</sup> Kyu (Purple w/stripe)

- I. MINIMUMS
  - a. Age: 10
  - b. Number of classes since last promotion: 30
  - c. Time in rank: 6 months
  
- VI. BASICS (Pass: 65% or higher)
  - a. Demonstrate posture
    - i. Tsugi ashi
    - ii. Ayumi ashi
  - b. Demonstrate correct Ukemi (falling technique)
    - iii. Zenpo Kaiten Ukemi (Forward rolling fall)
    - iv. Forward rolling fall to standing position
  - c. History, philosophy, and terminology
    - v. Know terms 55 through 65 from the Terminology List
  - d. Kata
    - vi. Demonstrate entry to Nage no Kata
    - vii. Demonstrate the first and second sets (six throws) of Nage no Kata
  - e. Referee Skill and Judo Contest Rules
    - viii. Demonstrate understanding of Judo Contest rules and skill in Refereeing Judo Contests
  
- II. TACHI WAZA (Standing Techniques) (Pass: 65% or higher)
  - a. Demonstrate any two throws from Gokyo-no-waza set 1
  - b. Demonstrate any three throws from Gokyo-no-waza set 2
  - c. Demonstrate any three throws from Gokyo-no-waza set 3
  - d. Demonstrate any four throws from Gokyo-no-waza set 4
  - e. Demonstrate any three throws from Gokyo-no-waza set 5
  - f. Demonstrate two counter-throws to an attack from a throw from Gokyo-no-waza set 1, 2 and 3
  - g. Demonstrate two tachi-waza combinations using a throw from Gokyo-no-waza set 2.
  
- III. NE WAZA (Ground Techniques) (Pass: 65% or higher)
  - a. Demonstrate any six holds from Osaekomi-waza Group A, B, C and D
  - b. Demonstrate escapes from two holds nominated by tester.
  - c. Demonstrate two techniques from the list of shime-waza.
  
- IV. FIGHTING SPIRIT/COMPETITION (Bonus score)
  - a. Non-competitive students: Demonstrate fighting spirit in randori
  - b. Competitive students: Use tournament results as bonus score.
    - i. One point for each tournament entered without placing.
    - ii. Two points for each 3<sup>rd</sup> place
    - iii. Three points for each 2<sup>nd</sup> place
    - iv. Four points for each 1<sup>st</sup> place
    - v. Maximum limits on points is 20.

Students have to pass each requirement to make the rank of 3<sup>rd</sup> Kyu. If the overall average score exceeds 90% a student can attempt the test for 2<sup>nd</sup> Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

## 3<sup>rd</sup> to 2<sup>nd</sup> Kyu (Brown)

- I. MINIMUMS
  - a. Age: 11
  - b. Number of classes since last promotion: 30
  - c. Time in rank: 6 months
  
- VII. BASICS (Pass: 65% or higher)
  - a. Demonstrate posture
    - ix. Tsugi ashi
    - x. Ayumi ashi
  - b. Demonstrate correct Ukemi (falling technique)
    - xi. Zenpo Kaiten Ukemi (Forward rolling fall)
    - xii. Forward rolling fall to standing position
  - c. History, philosophy, and terminology
    - xiii. Know terms 60 through 70 from the Terminology List
  - d. Kata
    - xiv. Demonstrate entry to Nage no Kata
    - xv. Demonstrate the first and second sets (six throws) of Nage no Kata
    - xvi. Demonstrate exit to Nage no Kata
  - e. Referee Skill and Judo Contest Rules
    - x. Demonstrate understanding of Judo Contest rules and skill in Refereeing Judo Contests
  
- II. TACHI WAZA (Standing Techniques) (Pass: 70% or higher)
  - a. Demonstrate any two throws from Gokyo-no-waza set 1
  - b. Demonstrate any two throws from Gokyo-no-waza set 2
  - c. Demonstrate any two throws from Gokyo-no-waza set 3
  - d. Demonstrate any four throws from Gokyo-no-waza set 4
  - e. Demonstrate any six throws from Gokyo-no-waza set 5
  - f. Demonstrate two counter-throws to an attack from a throw from Gokyo-no-waza set 1, 2, 3 and 4
  - g. Demonstrate one tachi-waza combinations using a throw from Gokyo-no-waza set 3.
  
- III. NE WAZA (Ground Techniques) (Pass: 70% or higher)
  - a. Demonstrate any eight holds from Osaekomi-waza Group A, B, C and D
  - b. Demonstrate escapes from three holds nominated by tester.
  - c. Demonstrate four techniques from the list of shime-waza.
  - d. Demonstrate two techniques from the list of kansetsu-waza.
  
- IV. FIGHTING SPIRIT/COMPETITION (Bonus score)
  - a. Non-competitive students: Demonstrate fighting spirit in randori
  - b. Competitive students: Use tournament results as bonus score.
    - i. One point for each tournament entered without placing.
    - ii. Two points for each 3<sup>rd</sup> place
    - iii. Three points for each 2<sup>nd</sup> place
    - iv. Four points for each 1<sup>st</sup> place
    - v. Maximum limits on points is 20.

Students have to pass each requirement to make the rank of 2<sup>nd</sup> Kyu. If the overall average score exceeds 90% a student can attempt the test for 1<sup>st</sup> Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

## 2<sup>nd</sup> to 1<sup>st</sup> Kyu (Brown w/stripe)

- I. MINIMUMS
  - a. Age: 12
  - b. Number of classes since last promotion: 30
  - c. Time in rank: 6 months
  
- II. BASICS (Pass: 65% or higher)
  - a. Demonstrate posture
    - i. None
  - b. Demonstrate correct Ukemi (falling technique)
    - ii. Zenpo Kaiten Ukemi (Forward rolling fall)
    - iii. Forward rolling fall to standing position
  - c. History, philosophy, and terminology
    - iv. Know terms 65 through 75 from the Terminology List
  - d. Kata
    - v. Demonstrate entry to Nage no Kata
    - vi. Demonstrate the first and second sets (six throws) of Nage no Kata
    - vii. Demonstrate exit to Nage no Kata
  - e. Referee Skill and Judo Contest Rules
    - viii. Demonstrate understanding of Judo Contest rules and skill in Refereeing Judo Contests
  
- III. TACHI WAZA (Standing Techniques) (Pass: 75% or higher)
  - a. Demonstrate any two throws from Gokyo-no-waza set 1
  - b. Demonstrate any two throws from Gokyo-no-waza set 2
  - c. Demonstrate any two throws from Gokyo-no-waza set 3
  - d. Demonstrate any two throws from Gokyo-no-waza set 4
  - e. Demonstrate any four throws from Gokyo-no-waza set 5
  - f. Demonstrate any four throws from tachi-waza set 6
  - g. Demonstrate four counter-throws to an attack from a throw from Gokyo-no-waza set 1, 2, 3 and 4
  - h. Demonstrate two tachi-waza combinations using a throw from Gokyo-no-waza set 3.
  
- IV. NE WAZA (Ground Techniques) (Pass: 75% or higher)
  - a. Demonstrate all holds from Osaekomi-waza Group A, B, C and D
  - b. Demonstrate escapes from four holds nominated by tester.
  - c. Demonstrate six techniques from the list of shime-waza.
  - d. Demonstrate four techniques from the list of kansetsu-waza.
  
- V. FIGHTING SPIRIT/COMPETITION (Bonus score)
  - a. Non-competitive students: Demonstrate fighting spirit in randori
  - b. Competitive students: Use tournament results as bonus score.
    - i. One point for each tournament entered without placing.
    - ii. Two points for each 3<sup>rd</sup> place
    - iii. Three points for each 2<sup>nd</sup> place
    - iv. Four points for each 1<sup>st</sup> place
    - v. Maximum limits on points is 20.

Students have to pass each requirement to make the rank of 1<sup>st</sup> Kyu. If the overall average score exceeds 90% The student will be recognized for this achievement.

## Appendix A - TERMINOLOGY

1. Judo (the gentle way = ju (gentle) + do (way))
2. Judogi (uniform)
3. Obi (belt)
4. Dojo (club or hall where judo is practiced)
5. Sensei (teacher or head instructor)
6. Tatami (mat)
7. Rei (bow)
8. Shomen (front of dojo or place of honor)
9. Anza (sitting cross-legged)
10. Seiza (kneeling at attention)
11. Hajime (begin)
12. Matte (stop or wait)
13. Kiai (yell or noise used to gain strength)
14. Uke (defender)
15. Tori (attacker)
16. Migi (right)
17. Hidari (left)
18. Ushiro (back, backwards)
19. Mae (forward)
20. Osaekomi (holding)
21. Toketa (broken)
22. Waza (technique)
23. O (major)
24. Ko (minor)
25. Soto (outer)
26. Uchi (inner)
27. Nage (throw)
28. Seioi (shoulder)
29. Kuzushi (off-balancing)
30. Ebi (shrimp, warm-up exercise)
31. Uchikomi (fitting in practice, warm-up exercise)
32. Sonomama (freeze or stop and don't move)
33. Yoshi (continue)
34. Koshi / Goshi (hip)
35. Yame (stop or wait)
36. Ippon (full point, win)
37. Wazari (almost an ippon, half point, two wazaris = ippon)
38. Yuko (almost a wazari, do not add together)
39. Koka (almost a yuko, do not add together)
40. Shido (penalty, minor)
41. Katame or Gatame (hold or lock)
42. Te (hand)
43. Ashi (foot)
44. Kata (single or shoulder)
45. Ude (arm)
46. Juji (cross, shape of a cross)
47. Sasae (propping or blocking)
48. Tsukuri (entry into a technique)
49. Kake (execution of a technique)
50. Hikite (lifting hand)
51. Tsurite (pulling hand)
52. Hansoku Make (penalty, disqualification)
53. Sore Made (time is up)
54. Sankaku (triangle)
55. Kansetsu Waza (joint locking techniques)
56. Tsugi Ashi (sliding footwork)
57. Ayumi ashi (normal walking)
58. Ha (wing)
59. Shime /Jime (strangle or choke)
60. Harai / Barai (sweep)
61. Hadaka (naked)
62. Eri (lapel)
63. Yoko (side)
64. Shiho (corner)
65. Kami (upper)
66. Kesa (scarf)
67. Okuri (sliding)
68. Hishigi (crushing)
69. Shiai (tournament)
70. Hantei (decision)
71. Yusei Gachi (winner by decision)
72. Fusen Gachi (winner by forfeit)
73. Golden Period (overtime after a tie)
74. Sogo Gachi (winner by opponent's penalties)
75. Kiken Gachi (winner by opponent's withdrawal, injury)









## Appendix B - Tachi Waza Requirements

Tachi-waza requirements are based upon the 40 throws of the Gokyo-no-waza. The Gokyo is an authoritative set of throwing techniques in judo. The Gokyo is divided into five groups of eight throws each and was part of the original syllabus of the Kodokan. By adopting the Gokyo as part of its syllabus, El Toro Judo Club is showing its respect for the origins and fundamentals of Kodokan Judo.




In addition to the five sets of the Gokyo we have added a sixth set which contains eight techniques that have been selected from the Shinmeisho No Waza (newly accepted techniques) of the Kodokan. The Shinmeisho No Waza was defined initially in 1982 and updated in 1997. The Gokyo and the Shinmeisho No Waza define the 68 officially recognized techniques of the Kodokan.









Promotion requires the student to choose and learn throws from the different Gokyo sets. The choice of techniques is based upon the student's preference and abilities. Progression through the ranks requires the student to demonstrate improved expertise with their chosen techniques.








Dai-ikkyo (Group 1)	
 <b>De-ashi-harai</b>	 <b>Hiza-guruma</b>
 <b>Sasae-tsurikomi-ashi</b>	 <b>Uki-goshi</b>
 <b>O-soto-gari</b>	 <b>O-goshi</b>
 <b>Ouchi-gari</b>	 <b>Seoi-nage</b>

Dai-nikyo (Group 2)	
 <b>Kosoto-gari</b>	 <b>Kouchi-gari</b>
 <b>Koshi-guruma</b>	 <b>Tsurikomi-goshi</b>
 <b>Okuri-ashi-harai</b>	 <b>Tai-otoshi</b>
 <b>Harai-goshi</b>	 <b>Uchi-mata</b>

Dai-sankyo (Group 3)	
 <b>Kosoto-gake</b>	 <b>Tsuru-goshi</b>
 <b>Yoko-otoshi</b>	 <b>Ashi-guruma</b>
 <b>Hane-goshi</b>	 <b>Harai-tsurikomi-ashi</b>
 <b>Tomoe-nage</b>	 <b>Kata-guruma</b>

Dai-yonkyo (Group 4)	
 <b>Sumi-gaeshi</b>	 <b>Tani-otoshi</b>
 <b>Hane-makikomi</b>	 <b>Sukui-nage</b>
 <b>Utsuri-goshi</b>	 <b>O-guruma</b>
 <b>Soto-makikomi</b>	 <b>Uki-otoshi</b>

Dai-gokyo (Group 5)	
 <b>Osoto-guruma</b>	 <b>Uki-waza</b>
 <b>Yoko-wakare</b>	 <b>Yoko-guruma</b>
 <b>Ushiro-goshi</b>	 <b>Ura-nage</b>
 <b>Sumi-otoshi</b>	 <b>Yoko-gake</b>

(Group 6) Extract from Shinmeisho-no-waza	
 <b>Yama-arashi</b>	 <b>Morote-gari</b>
 <b>Kibisu-gaeshi</b>	 <b>Tsubame-gaeshi</b>
 <b>Seoi-otoshi</b>	 <b>Sode-tsurikomi-goshi</b>
 <b>Osoto-gake</b>	 <b>Te-guruma</b>

## Appendix C - Ne-Waza Requirements

For Ne-waza there is no equivalent of the Gokyo-waza. For the purposes of this syllabus Osaekomi-Waza is broken into four groups of techniques (A, B, C and D) as shown in the table below.

The promotional requirements also includes escapes and application of osaekomi-waza from different positions as well as demonstrating methods of turning an opponent and moving into a ne-waza technique.

Group	Oesakomi-waza
<b>A</b>	Hon-Kesa gatame
	Hon kami-shiho gatame
	Hon yoko shiho gatame
	Hon kata gatame
<b>B</b>	Kuzure kesa gatame
	Kuzure kami-shiho gatame
	Kuzure yoko shiho gatame
	Hon tate shiho gatame
<b>C</b>	Kuzure kata gatame
	Kuzure tate shiho gatame
	Ushiro kesa gatame
	Makura kesa gatame
<b>D</b>	Mune gatame
	Sankaku gatame

Shime-waza
Hadaka jime
Okuri eri jime
Kata-ha jime
nami juji jime
Gyaku juji jime
Kata juji jime
Tsukkomi jime
Sankaku jime
Ryote jime

Kansetsu-waza
Ude hishigi juji gatame
Ude garami
Ude hishigi waki gatame
Ude hishigi ude gatame

## Appendix D - What to Expect at a Judo Tournament

© [Bob Willingham](#)

As you progress in judo you will want to test your skills against the abilities of others of your own age, weight, and skill level. A judo tournament is the place to do this. Tournaments are hosted and organized by local clubs and national organizations.

A typical tournament day begins with registration and weigh-ins. Registrations are often held in the morning before the tournament, usually from 8:00 am to 10:00 am. Some events require pre-registration by mail several weeks prior to the tournament. Usually there is a small fee required to enter the tournament. Make sure to bring your Judo membership card. Minors entering tournaments will require permission from a parent or legal guardian in the form of a signature on the registration form. Registration details are found on the tournament notice which is sent to clubs in advance.

After all contestants have registered, the tournament officials will set up the draw to decide who fights who. Tournament draws are set up so that you will fight people of your own age, weight, and experience level. Details of the age, weight and experience divisions are found on the tournament notice.

When the tournament begins, an official will announce the names of the people fighting in a division. Since there is often more than one fighting area, you will be directed to the mat area where your division will be competing. A worker at the mat area will identify the next two contestants. One will be given a blue belt (worn around the waist) and/or be asked to wear a blue *judogi*.

Competitors bow before entering the competition area. They walk to the outside edge of the contest area (outside edge of the red mats) on their respective sides (white side/blue side) and bow again. They proceed

to their lines. Then they face each other and bow together to each other. They then take one step forward and stand inside their lines with their hands at their sides and their feet apart. This shows that they are ready to begin. The referee shall announce "*hajime*" (begin) and the contestants will begin. Each time *matte* (wait) is

called they return to their spots inside their lines. When the referee calls *soremade* (that is all), they return to their positions and await the decision. When the referee awards the match, they each step back behind their line, and bow together. They leave the competition area the same way they came, bowing again at the edge of the contest area (the outside edge of the red area).

When a contestant scores *ippon*, the referee shall announce, "*ippon, soremade*". An *ippon*, or full point, immediately ends the match (like a pin in wrestling, or a knock-out in boxing). The contestant scoring *ippon* is the winner. An *ippon* can be scored in both *tachi-waza* (standing) and *ne-waza* (groundwork).

*Ippon* is scored when: A contestant with control throws the other contestant largely on his back with considerable force and speed; or a contestant holds with *osaekomi-waza* the other contestant, who is unable to get away for 25 seconds after the announcement of *osaekomi* (*osaekomi* to be covered later); or a contestant gives up by tapping twice or more with his hand or foot or says "*matte*" (I give up), generally as a result of a grappling technique, *shime-waza* (strangle) or *kansetsu-waza* (armlock); or the effect of a strangle technique or arm lock is apparent to the referee.

Should one contestant be penalized "*hansoku make*" the other contestant shall be declared the winner. Should a contestant score two *waza-ari's* (or equivalent: *waza-ari* + 3 minor penalties for the opponent) he shall be declared the winner by *ippon*.

*Waza-ari* is scored when: A contestant throws the other contestant with control, but the technique is partially lacking one of the elements necessary for *ippon*, or a contestant holds with *osaekomi-waza* the other contestant who is unable to get away for 20 seconds or more, but less than 25 seconds.

Should one contestant be penalized *shido* three times, the other contestant shall receive *waza-ari* immediately.

*Yuko* is scored when: A contestant with control throws the other contestant, but the technique is partially lacking two of the other three elements necessary for *ippon*, or a contestant holds with *osaekomi-waza* the other contestant who is unable to get away for 15 seconds or more, but less than 20 seconds.

Should one contestant be penalized *shido* two times, the other contestant shall immediately receive *yuko*.

*Koka* is scored when: A contestant with control throws the other contestant onto his thigh(s), or buttocks with speed and force, or a contestant holds with *osaekomi-waza* the other contestant who is unable to get away for 10 seconds or more, but less than 15 seconds.

Should one contestant be penalized *shido*, the other contestant shall immediately receive *koka*.

If *ippon* is not scored, the winner of the match shall be the contestant who has scored the most of the point which holds the highest value (for example *waza-ari* is higher than *yuko* which is higher than *koka*). If one contestant has two *yukos* and the other contestant 1 *yuko* and 6 *kokas*, the contestant with two *yukos* (the greater number of the larger point) will be declared the winner. If the score is even at the end of the time allowed for a match, usually there will be a *Golden Score* period where the timer will be reset and the first contestant to score any point wins. If there is no score at the end of the *Golden Score* period then the referee and judges will decide the winner. They will signal their choice for winner by raising either a blue or white flag (corresponding to the blue and white sash or gi worn by the competitors). All decisions are decided by "majority of three" (i.e. at least two of the three officials).

*Osaekomi* - The referee shall announce *osaekomi* when the contestant being held is controlled by his opponent. He must have his back, both shoulders, or one shoulder in contact with the mat. Control can be made from the side, from the rear, or from the top. The contestant applying the hold must not

have his leg(s) or body controlled by his opponent's legs and at least one contestant must have any part of his body touching the contest area at the announcement of *osaekomi*. Should any one of these criteria not be met after the announcement of *osaekomi*, the referee shall immediately call *toketa* and the hold will be considered broken.

*Sonomama* - If at any time the referee announces "*sonomama*" (freeze, he will place one of his hands on each contestant as he calls *sonomama*) the contestants will immediately stop, and "freeze" in whatever position they are in. When he wishes the action to continue, the referee will apply pressure down with his hands on each contestant, and call *yoshi* (continue) as he lifts his hands from the contestants.













*Matte* - When *matte* (wait) is called, the contestants shall come back to their positions in front of their lines and await the announcement of *hajime* (begin) to continue.

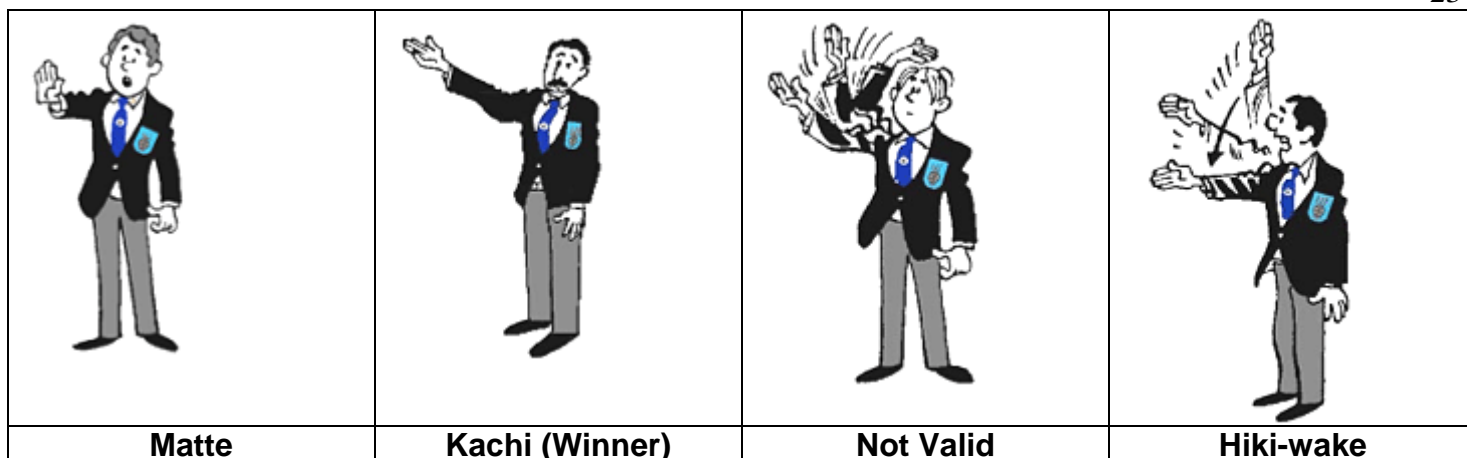
*In Bounds, Out of Bounds* - The red mat is called the danger zone. It is a border between the contest area and the safety area. The red mat is included in the contest area and should therefore be considered in bounds. In *tachi-waza* (standing), if one contestant puts weight on any part of his body completely out of bounds (i.e. not touching the red mat) he is considered out of bounds. *Tori* may however receive points for techniques begun in bounds if *uke* steps out of bounds before being thrown as long as *tori's* action is one continuous attack, and *tori* remains in bounds until the effectiveness of his actions becomes apparent. *Uke* can not escape a throw by putting a foot down out of bounds.

In *ne-waza* (groundwork) both contestants must be all the way out of bounds (i.e. no part of either contestants body touching the contest area) to be considered out of bounds.

If you have any questions about tournament procedures ask your sensei or an experienced competitor. They will be glad to answer any of your questions

## Appendix E - Referee Hand Signals and scoring

			
<b>Ippon</b>	<b>Waza-ari</b>	<b>Waza-ari awasete ippon</b>	<b>Yuko</b>
			
<b>Koka</b>	<b>Osaekomi</b>	<b>Toketa</b>	<b>Adjust judogi</b>
			
<b>Penalty</b>	<b>Passivity</b>	<b>False Attack</b>	<b>Cancel expressed Opinion</b>



### Are there partial scores?

Yes, for throws and pins. Naturally on submissions it is either success or failure. In each bout, however, it is the highest **quality** score that wins; they have no equal in quality before number is taken into account. With throws, partial scores are given if the opponent does not land largely on the back, or not hard or fast enough, but still have some of the required qualities. Pins that are broken before 25 seconds, but after 10 seconds are also awarded partial points.

### How Can You Tell a Technique's Score?

Watch the center referee's hand signal (see above) and listen to the call. The higher the signaling arm, the higher the score. The scores, in order from highest to lowest quality are; *Ippon*, *Waza-ari*, *Yuko* and *Koka*.

### Who is ahead?

There should be one or two scoreboards to show the state of play. Because in Judo it is always the highest quality score that wins, the scoreboard is laid out left to right to show the scores like three-digit numbers. Looked at in this way the scoreboard below represents a score of 100 to 10. With Blue having the 'higher' score. Blue's single *waza-ari* beats white's *yuko*. In this example the yellow circle over Blue indicates that the *yuko* awarded to white is a result of a penalty being awarded against Blue. Penalties are accumulative and if Blue were to incur another penalty, the indicator would move to the left (to over the *waza-ari*).

MEN CATEG.			●	
BLUE	0	1	0	0
	I	W	Y	K
WHITE	0	0	1	0
- 100 KG.				

If an *Ippon* has not been scored by the end of the time limit and the scores are equal, the bout goes into Golden Score. This is an extension to the bout equal in time to the original bout duration. During this period the bout stops when a competitor makes any score or penalty awarded. The winner will be the recipient of the score. If at the end of the Golden Score period there is still no score the referee and judges decide who is the winner using a majority decision.

## Appendix E - BIBLIOGRAPHY

The following books and reading material are highly recommended by the instructors of El Toro Judo Club.

1. Kodokan Judo; Jigaro Kano ISBN 0-87011-681-9.
2. The Canon of Judo; Kyuzo Mifue (Kodokan 10th Dan) ISBN 4 –7700-2979-9
3. Best Judo; Isao Inokuma & Nobuyuki Sato ISBN 0-87011-786-6
4. Kodokan Judo Throwing Techniques; Toshiro Daigo ISBN 4-7700-2330-8
5. The A – Z of Judo, Syd Hoare ISBN 1-874572-70-4
6. Fighting Judo, Katsuhiko Kashiwazaki & Terence Donavan ISBN 0-7207-15594-6
7. The Judo Masterclass Techniques Series, Ippon Books.