

## Kettering Rec Center Judo Club Junior Promotion Requirements

(2/22/15)

Junior 1<sup>st</sup> Degree - Beginner - (white belt)

Junior 2<sup>nd</sup> Degree (yellow belt)  
Min. age 5

Standing (Shizen hon tai) _____	(Jigo hon tai) _____
Sitting (Seiza) _____	(Anza) _____
Walking (Ayumi Ashi) _____	(Tsugi Ashi) _____
Back Falls _____	Front Fall _____
Side Falls _____	Roll-outs _____
O Goshi _____	O Soto Gari _____
Kesa Gatame _____	Ippon Seio Nage _____
Bridge & Roll Escape from Kesa Gatame _____	

Junior 3<sup>rd</sup> Degree (yellow w/stripe)  
Min. age 6

De Ashi Barai _____	Uki Goshi _____
Morote Seio Nage _____	O Soto Gaeshi _____
Sasae Tsuru Komi Ashi _____	Tsubami Gaeshi _____
Tai Otoshi _____	Yoko Shiho Gatame _____
Uphill Turn Escape from Kesa Gatame _____	

Junior 4<sup>th</sup> Degree (orange belt)  
Min. age 7

O Uchi Gari _____	Ko Uchi Gari _____
Ko Soto Gari _____	Koshi Guruma _____
Ko Soto Gake as Counter for Sasae Tsuru Komi Ashi _____	
Tani Otoshi as Counter for Seio Nage) _____	
Kami Shiho Gatame _____	
Uphill Turn Escape from Yoko Shiho Gatame _____	

Junior 5<sup>th</sup> Degree (orange w/stripe)  
Min. age 8

Morote Gari _____	Okuri Ashi Barai _____
Harai Goshi _____	Hiza Guruma _____
Tani Otoshi as Counter for O Goshi _____	
Ko Soto Gake as Counter for Hiza Guruma _____	
Bridge & Roll Escape from Yoko Shiho Gatame _____	
Tate Shiho Gatame _____	

Junior 6<sup>th</sup> Degree (green belt)  
Min. age 9

Uchi Mata _____	Tsuru Goshi _____
Yoko Otoshi _____	Ashi Guruma _____
Tani Otoshi as Counter for Uki Goshi _____	
O Uchi Gaeshi _____	
Double Arm Escape from Kami Shiho Gatame _____	
Press Out Escape from Kami Shiho Gatame _____	

Junior 7<sup>th</sup> Degree (green w/stripe)  
Min. age 9

Hane Goshi _____	Tsuru Komi Goshi _____
Tomoe Nage _____	Kata Guruma _____
Harai Goshi Counter for Ko Soto Gari _____	
Ko Uchi Gaeshi _____	Kuzure Kesa Gatame _____
Sit Up Escape from Kuzure Kesa Gatame _____	

Junior 8 <sup>th</sup> Degree (blue belt) Min. age 10	Sumi Gaeshi _____	Hane Maki Komi _____
	Sukui Nage _____	Sode Tsuru Komi Goshi _____
	Utsuri Goshi Counter for Koshi Guruma _____	
	Hiza Guruma to O Soto Gari Combination & Reverse _____	
	Ushiro Kesa Gatame _____	
	Uphill Turn Escape from Ushiro Kesa Gatame _____	
	Escapes from Rear Chokes _____	
Junior 9 <sup>th</sup> Degree (blue w/stripes) Min. age 10	Soto Maki Komi _____	Harai Tsuru Komi Ashi _____
	O Guruma _____	Kuchiki Taoshi _____
	Tsubami Gaeshi as Counter for Okuri Ashi Barai _____	
	De Ashi Barai to Sasae Tsuru Komi Ashi Combination & Reverse _____	
	Hiza Guruma to Sasae Tsuru Komi Ashi Combination & Reverse _____	
	Kata Gatame _____	Arm In Escape from Kata Gatame _____
	Nami Juji Jime _____	Okuri Eri Jime _____
Escapes from Front Chokes _____		
Junior 10 <sup>th</sup> Degree (purple belt) Min. age 11	O Soto Guruma _____	Uke Waza _____
	Yoko Wakari _____	Kibisu Gaeshi _____
	Harai Goshi Gaeshi _____	Uchi Mata Sukashi _____
	Ko Uchi Gari to Seio Nage Combination & Reverse _____	
	Ko Uchi Gari to O Uchi Gari Makikomi Combination _____	
	Kuzure Kami Shiho Gatame _____	
	Bridge & Roll Escape from Kuzure Kami Shiho Gatame _____	
Kata Juji Jime _____	Kataha Jime _____	
Junior 11 <sup>th</sup> Degree (purple w/stripes) Min. age 12	Yoko Guruma _____	Hane Goshi Gaeshi _____
	Ura Nage _____	Sumi Otoshi _____
	Harai Goshi to O Soto Gari Combination & Reverse _____	
	O Uchi Gari to Hane Goshi Combination & Reverse _____	
	Kuzure Yoko Shiho Gatame _____	Gyaku Juji Jime _____
	Uphill Turn Escape from Kuzure Yoko Shiho Gatame _____	
	Elbow Roll & Pin Counter for Shoulder Throw _____	
Reverse Half Cross Choke from Legs Around (Bottom) _____		
Junior 12 <sup>th</sup> Degree (Brown) Min. age 13	Yoko Gake _____	O Soto Makikomi _____
	Round-off and Pin Counter for Tomoe Nage _____	
	Ko Uchi Gari to Yoko Otoshi Combination _____	
	Ko Uchi Gari to Tomoe Nage Combination _____	
	Reverse Half Cross Choke from Hands and Knees (top) _____	