

Kettering Rec Center Judo Club Senior Promotion Requirements

(2/22/15)

Beginner
(white Belt)

Rokkyu
(yellow belt)

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

Gokyu
(orange belt)

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

Yonkyu
(green belt)

Uchi Mata _____	Tsuru Goshi _____
Yoko Otoshi _____	Ashi Guruma _____
Tani Otoshi as Counter for Uki Goshi _____	
O Uchi Gaeshi _____	Ko Uchi Gaeshi _____
Hane Goshi _____	Tsuru Komi Goshi _____
Tomoe Nage _____	Kata Guruma _____
Harai Goshi Counter for Ko Soto Gari _____	
Double Arm Escape from Kami Shiho Gatame _____	
Press Out Escape from Kami Shiho Gatame _____	
Kuzure Kesa Gatame _____	
Sit Up Escape from Kuzure Kesa Gatame _____	

Sankyu (brown belt) (3 rd Kyu)	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 _____	
	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 _____	
	Ushiro Kesa Gatame _____	
	Uphill Turn Escape from Ushiro Kesa Gatame _____	
	Escapes from Rear Chokes _____	
	Kata Gatame _____	Arm In Escape from Kata Gatame _____
	Nami Juji Jime _____	Okuri Eri Jime _____
	Escapes from Front Chokes _____	
KATA – 1 set of a major kata _____		

Nikyu (brown belt) (2 nd Kyu)	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 _____	
	Harai Goshi to O Soto Gari Combination & Reverse _____	
	O Uchi Gari to Hane Goshi Combination & Reverse _____	
	Kuzure Kami Shiho Gatame _____	
	Bridge & Roll Escape from Kuzure Kami Shiho Gatame _____	
	Kata Juji Jime _____	Kataha Jime _____
	Kuzure Yoko Shiho Gatame _____	Gyaku Juji Jime _____
	Ude Garami _____	Juji Gatame _____
	Uphill Turn Escape from Kuzure Yoko Shiho Gatame _____	
	Elbow Roll & Pin Counter for Shoulder Throw _____	
	Reverse Half Cross Choke from Legs Around (Bottom) _____	
KATA – 2 sets of a major kata or 1 set of two major katas _____		

Ikkyu (brown belt) (1 st Kyu)	Yoko Gake _____	O Soto Makikomi _____
	Ura Nage _____	Sumi Otoshi _____
	Yoko Guruma _____	Hane Goshi Gaeshi _____
	Round-off and Pin Counter for Tomoe Nage _____	
	Ko Uchi Gari to Yoko Otoshi Combination _____	
	Ko Uchi Gari to Tomoe Nage Combination _____	
	Kata Te Jime _____	Ryote Jime _____
	Sankaku Jime _____	Sode Guruma Jime _____
	Tsukkomi Jime _____	
	Reverse Half Cross Choke from Hands and Knees (top) _____	
	Ude Gatame _____	Waki Gatame _____
	KATA – 3 sets of a major kata or 2 sets + 1 set or 1 set of 3 katas _____	

Shodan (Black Belt) (1 st Dan)	O Soto Otoshi _____	Daki Age _____
	Uchi Mata Gaeshi _____	Uchi Mata Makikomi _____
	Kawazu Gake _____	Kani Basami _____
	Ude Hishigi Sankaku Gatame ____	Ude Hishigi Hara Gatame ____
	KATA – 1 major kata _____	
Nidan (Black Belt) (2 nd Dan)	Seoi Otoshi _____	Yama Arashi _____
	Ushiro Goshi _____	Obi Otoshi _____
	Ude Hishigi Hiza Gatame _____	Ude Hishigi Ashi Gatame _____
	KATA – 1 major kata plus 2 sets of a second major kata _____	
Sandan (Black Belt) (3 rd Dan)	Uchi Makikomi _____	Tawara Gaeshi _____
	Hikikomi Gaeshi _____	Daki Wakare _____
	Ude Hishigi Te Gatame _____	Kannuki Gatame _____
	KATA – 2 major katas _____	