



SHUFU YUDANSHAKAI

JUNIOR PROMOTIONAL REQUIREMENTS: VERSION 3.1

UNITED STATES JUDO FEDERATION

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PROMOTION CRITERIA

There are general requirements for promotion that must be satisfied as a precondition for promotion, regardless of rank in question. Promotion of individuals who are not members of Shufu Judo Yudanshakai is not allowed per our Charter from the United States Judo Federation. Shufu Yudanshakai will examine any judoka registered with the USJA, USJF, or USJI and, if passed, make recommendations to their National Organization. Testing and evaluation may be conducted by a combination of oral, demonstrative and written examinations.

It is the duty of the Head Instructor to assure that the judoka has been striving to develop improved knowledge and skills from their previous examination, and to have their judoka prepared.

Eligibility for promotion is based upon the following general requirements, not necessarily in this order:

1. Age
2. Time in grade
3. Demonstration ability
4. Attendance to and practice
5. Moral characteristics

Promotion to the next rank can also be influenced by the following criteria as determined by the Junior Promotional Board.

1. Contest ability
2. Service to the Judo community

Additional Criteria

1. Appearance and participation in the promotional does not guarantee promotion.
2. Those people that register for a promotional event as "competition only" are not eligible for promotion regardless of their competitive performance.
3. In order to pass, demonstrations must score an average of 3 or better, as described in the Shufu Demonstration Scoring Guide. An overall demonstration average below a 3 disqualifies the candidate for promotion, regardless of competition results.
4. Failure to demonstrate correct and effective ukemi should result in failure and denial of promotion.

PROMOTION EXAMINATION PROCESSES

- 1) Promotional events are typically held twice per year.
 - a) Promotion paperwork is due 30 days prior to the promotional event, including:
 - i) Registration and Waiver
 - ii) Confirmation of current USJF membership
 - b) Supplementary data, such as recent tournament results, needs to be presented 14 days prior to the promotional event.
- 2) Junior promotions at promotional events are approved by the Junior Promotion Board, which shall consist of:
 - a) Shufu Chairman, Shufu Board of Examiners
 - b) One member of each club. The representative should be the highest ranking member or his designated Yudansha of the club present at the promotional examination.
 - c) Senior Board of Examiners present at the promotion. He/she may participate in the examination of each Judoka.
- 3) Examinations shall be conducted:
 - a) At a promotional event by a member of the Board of Examiners,
 - b) At a dojo or other facility by a member of the Board of Examiners, or by Shufu members who have attained the rank of Shodan or higher, with a current background check, and have been certified as Teacher or Coach, are authorized to promote the following ranks in the dojo, with the following provisions:
 - i) Juniors, up to and including the rank of sankyu
- 4) All dojo promotions must conform to Shufu junior promotional requirements.
 - a) All paperwork and fees to be promptly and fully submitted to the yudanshakai. Time and grade runs from the date of registration with Shufu Yudanshakai.
 - b) The fee for dojo promotions shall be the same as for the Shufu semi-annual promotion. The dojo shall send the following information to the Shufu Rank Registration Chair:
 - i) The name of the person being promoted,
 - ii) that person's USJF registration number,
 - iii) the person's current rank, and the rank they are being promoted to.
 - c) The Rank Registration Chair will:
 - i) Record the promotion
 - ii) File a copy of the Shufu Dojo Submission Form

PROMOTION REQUIREMENTS BY RANK

All Requirements are CUMULATIVE. All requirements for one rank include all the requirements for lower ranks unless explicitly stated otherwise.

ROKKYU (6th kyu, White Belt)

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A junior judoka accepted as a new member of Shufu Judo Yudanshakai. No promotion requirements listed.

ADVANCED ROKKYU (6TH kyu, white/yellow belt)

Minimum age: 5 years old

Minimum Time in grade: 5 months

Definitions:

Basics: General

Sensei	<u>(teacher)</u>
Judo gi	<u>(judo uniform)</u>
Uwagi	<u>(jacket)</u>
Shitagi	<u>(pants)</u>
Obi	<u>(belt)</u>
Zori	<u>(slippers)</u>

Basics: Referee

Hajime	<u>(begin)</u>
Matte	<u>(stop)</u>
	<u> </u>
	<u> </u>
	<u> </u>

Demonstrations:

1. Basics:
 - a. Ukemi (breakfall)
 - i. Ushiro (rear)
 - ii. Yoko Migi (right)
 - iii. Yoko Hidari (left)
 - iv. Migi Zenpo kaiten (rolling breakfall) – stay down
 - v. Hidari Zenpo kaiten (rolling breakfall) – stay down
 - vi. Migi Zenpo kaiten (rolling breakfall) – stand to shizenhontai
 - vii. Hidari Zenpo kaiten (rolling breakfall) – stand to shizenhontai
 - b. Rei (bow)
 - i. Seiza (formal sitting posture)
2. Nage Waza (Dai Ik-kyo):



a. O goshi (major hip)

3. Osaekomi Waza:
 - a. Kesa Gatame (scarf hold)

GOKYU (5th Kyu, Yellow Belt)

Minimum age: 6 years old Minimum Time in grade: 5 months

Know all requirements from all previous ranks.

Basics: General

- | | |
|----------------------------|---------------------------|
| 1. Founder | <u>(Dr. Jigoro Kano)</u> |
| 2. Year judo founded | <u>(1882)</u> |
| 3. Name of founding school | <u>(Kodokan)</u> |
| 4. Migi & Hidari | <u>(right & left)</u> |
| 5. Mae & Ushiro | <u>(front & back)</u> |

Basics: Referee

- | | |
|-------------|--|
| 1. Osaekomi | <u>(pin in progress)</u> |
| 2. Toketa | <u>(pin is broken)</u> |
| 3. Ippon | <u>(score = full point)</u>
<u>(score > yuko, < Ippon; ½ point)</u> |
| 4. Wazari | <u>(score < wazari)</u> |

Demonstrations:

1. Basics:
 - a. Tie the obi properly
 - b. Rei (bow)
 - i. Zarei (seated bow)
 - ii. Ritzurei (standing bow)
 - c. Shisei (posture)
 - i. Shizenhontai (basic natural posture)
 - ii. Migi shizentai (right natural posture)
 - iii. Hidari shizentai (left natural posture)
 - iv. Jigohontai (basic natural defensive posture)
 - v. Migi jigotai (right defensive posture)
 - vi. Hidari jigotai (left defensive posture)
 - d. Tai sabaki (turning movement)
 - i. Mae Tai sabaki 90 deg. turn (Migi & Hidari)
 - ii. Ushiro Tai sabaki 90 deg. turn (Migi & Hidari)
 - iii. Tai sabaki 180 deg. turn (1 movement)
 - iv. Tai sabaki 180 deg. turn (2 movements)
 - e. Shintai (directional movement)
 - i. Ayumi ashi (natural walking)
2. Nage Waza: Dai Ik-kyo



a. O soto gari



b. Ippon seioi nage

3. Osaekomi waza:
 - a. Yoko shiho gatame (side four corners hold)

ADVANCED GOKYU (5th Kyu, Yellow/Orange Belt)



Minimum age: 7 years old

Minimum Time in grade: 6 months

Know all requirements from all previous ranks.

Basics: General

1. Shisei (posture)
2. Shintai (directional movement)
3. Tai sabaki (turning movement)

Basics: Referee

1. Soremade (match is over)
2. Sonomama (freeze)
3. Yoshi (continue)

Demonstrations:

1. Basics:
 - a. Ukemi (breakfall)
 - i. Mae (front)
 - b. Shintai (directional movement)
 - i. Tsugi ashi (follow foot)
 - c. Tai sabaki (turning movement)
 - i. Mae Tai sabaki 90 deg. turn (Migi & Hidari)
 - ii. Ushiro Tai sabaki 90 deg. turn (Migi & Hidari)
 - d. Kumikata (gripping)
2. Nage Waza: Dai Ik-kyo



- a. De ashi harai (one ankle throw)
 - b. O uchi gari (major inner reap)
3. Osaekomi Waza:
 - a. Kami shiho gatame (upper four corners hold)
 4. Shime Waza (if 13 years old in calendar year of testing):
 - a. Demonstrate 1 technique

YONKYU (4th Kyu, Orange Belt)

Minimum age: 8 years old

Minimum Time in grade: 6 months

Know all requirements from all previous ranks.

Basics: General

- | | |
|------------|-------------------------------|
| 1. Kuzushi | (off balancing your opponent) |
| 2. Tsukuri | (fitting into a throw) |
| 3. Kake | (completing throw) |

Basics: Referee

- | | |
|-----------------|---|
| 1. Shido | (minor penalty) |
| 2. Hansoku Make | (Major violation of rules ending match) |

Demonstrations:

1. Basics: Demonstration
 - a. Happo no kuzushi (8 directions of kuzushi)
2. Nage Waza: Dai Ik-kyo



a. Sasaetsuri komiashi
(advancing ankle prop)



b. Hiza guruma
(knee wheel)



c. Uki goshi
(floating hip)

3. Osaekomi Waza:
 - a. Kata gatame (shoulder hold)
4. Shime Waza (if 13 years old in calendar year of testing):
 - a. Demonstrate 1 technique

ADVANCED YONKYU 4th Kyu (Orange/Green Belt)



Minimum age: 9 years old

Minimum Time in grade: 6 months

Know all requirements from all previous ranks.

Basics: General

1. Nage Waza (throwing techniques)
2. Osaekomi Waza (holding techniques)
3. Tachi Waza (standing techniques)
4. Ne Waza (mat techniques)

Basics: Referee

1. Hikiwaki (draw)
2. Wazari (½ pt plus ½ pt = Ippon)
- Awasete Ippon (½ pt plus ½ pt = Ippon)
- _____
- _____

Demonstrations:

1. Basics: See previous requirements
2. Nage Waza: Dai Ik-kyo



a. Morote seioi nage (shoulder throw)



b. Tai otoshi (body drop)



c. Koshi guruma (hip wheel)

3. Osaekomi Waza:
 - a. Kuzure kesa gatame (modified scarf hold)
4. Shime Waza (if 13 years old in calendar year of testing):
 - a. Demonstrate 1 technique

SANKYU (3rd Kyu, Green Belt)



Minimum age: 10 years old Minimum Time in grade: 6 months

Know all requirements from all previous ranks.

Basics: General

1. Shufu (capital)
 (black belt
 association)
2. Yudanshakai
3. Judo (gentle way)

Basics: Referee

1. Name 3 Shido violations

- Non-combativity
- Avoid taking a grip
- Pistol grip
- Stepping out of the contest area with no action
- Bending contestant's fingers back
- Taking other than normal grip without attacking within 5 seconds
- Applying leg scissors to opponent's trunk, neck or head
- Taking the judo gi into mouth
- Putting your arm, leg or foot into opponent's face
- Put a foot or leg in the opponent's belt, collar or lapel
- Defensive posture

Demonstrations:

1. Basics: See previous requirements
2. Nage Waza: Demonstrate 2 from the Dai Ik-kyo and the following from the Dai Ni-kyo:



a. Harai goshi
(sweeping hip)



b. Ko uchi gari (minor
inner reap)



c. Okuri ashi harai
(double ankle sweep)

3. Osaekomi Waza:
 - a. Kuzure yoko shiho gatame (modified side four corners hold)
 - b. Kuzure kami shiho gatame (modified upper four corners hold)
4. Shime Waza (if 13 years old in calendar year of testing):
 - a. Demonstrate 1 technique

ADVANCED SANKYU (3rd Kyu, Green/Blue Belt)

Minimum age: 11 years old

Minimum Time in grade: 6 months

Know all requirements from all previous ranks.

Basics: General

1. Uchikomi (fits/repetitions)
2. Randori (free exercise/sparing)

Basics: Referee

1. Hantei (call for judges decision)
2. Maitta (submit/give up)

Demonstrations

1. Basics: see previous requirements
2. Nage Waza: Demonstrate 2 from Dai Ik-kyo and the following from the Dai Ni-kyo:



a. Ko soto gari (minor outer reap)



b. Tsuru komi goshi (drawing hip)



c. Uchimata (inner thigh)

3. Osaekomi Waza:
 - a. Tate shiho gatame (longways locking four quarters hold)
4. Shime Waza (if 13 years old in calendar year of testing):
 - a. Nami juji jime (normal cross choke)
 - b. Okuri eri jime (sliding collar choke)

NIKYU (2nd Kyu, Blue Belt)

Minimum age: 12 years old

Minimum Time in grade: 6 months

Know all requirements from all previous ranks.

Basics: General

1. Shiai (competition)
2. Kata (forms)

Basics: Referee

1. Sogo Gachi (compound win)
2. Yusei Gachi (win by judge's decision)

Demonstrations

1. Basics such as Shisei, Shizentai and Tai sabaki are not required to be explicitly examined and can be observed during the demonstration of techniques
2. Nage Waza: Demonstrate 2 each from Dai Ik-kyo and Dai Ni-kyo, and the following from the Dai San-kyo:



a. Tomoe nage (circle throw)



b. Hane goshi (springing hip)



c. Kosoto gake (minor outer hook)

3. Osaekomi Waza:
 - a. Kuzure tate shiho gatame (modified longways locking four quarters hold)
4. Shime Waza (if 13 years old in calendar year of testing):
 - a. Kata juji jime (half cross choke)
 - b. Kata ha jime (single wing choke)
5. Renraku waza (combinations):
 - a. Demonstrate one renraku waza

ADVANCED NIKYU 2nd Kyu (Blue/Purple Belt)



Minimum age: 13 years old Minimum Time in grade: 6 months

Know all requirements from all previous ranks.

Basics: General

1. Seiryoku zen yo (maximum efficiency with minimum effort)
2. Jita Kyoei (mutual welfare and benefit)

Basics: Referee

1. Fusen Gachi (win by default)
2. Kiken Gachi (win by withdrawal)

Demonstrations

1. Basics, such as Shisei, Shizentai and Taisabaki are not required to be explicitly examined and can be observed during the demonstration of techniques Nage Waza
2. Nage Waza: Demonstrate 2 each from Dai Ik-kyo and Dai Ni-kyo, and the following from the Dai San-kyo:



a. Tsurigoshi (lifting hip throw)



b. Ashiguruma (ankle wheel)



c. Kataguruma (shoulder wheel)

3. Osaekomi Waza: Demonstrate 3 techniques
4. Shime Waza (if 13 years old in calendar year of testing): Demonstrate 2 mae and 2 ushiro, including:
 - a. Gyaku juji jime (reverse cross choke)
 - b. Hadaka jime (naked strangle choke)
5. Renraku Waza (combinations):
 - a. Demonstrate two renraku waza
6. Kaeshi Waza (counters):
 - a. Demonstrate two kaeshi waza

IKKYU (1st Kyu, Purple Belt)

Minimum age: 14 years old

Minimum Time in grade: 6 months

Written Test with a minimum passing score of 50%. (Use Senior Yonkyu written examination)

Know all requirements from all previous ranks.

Basics: General

1. What is the difference between Sensei & Coach?

A sensei is a teacher in the dojo. A special title in traditional Kodokan Judo. A coach is a term for one who trains and develops judoka to be good contestants in sanctioned tournaments

Basics: Referee

1. Be able to recall IJF referee terms from all previous ranks.

Demonstrations

1. Basics, such as Shisei, Shizentai and Taisabaki are not required to be explicitly examined and can be observed during the demonstration of techniques Nage Waza
2. Nage Waza: Demonstrate 2 throws from each, Dai Ik-kyo, Dai Ni-kyo, and the following from the Dai San-kyo (know all 24 throws):



a. Harai tsuru komi ashi (lift pull foot sweep)



b. Yoko otoshi (side drop)

3. Osaekomi waza: Demonstrate 4 waza
4. Shime Waza (if 13 years old in calendar year of testing):
 - a. Demonstrate 3 mae and 3 ushiro.
5. Renraku Waza (combinations):
 - a. Demonstrate 3
6. Kaeshi Waza (counters):
 - a. Demonstrate 3
7. Kansetsu Waza (armlocks) (only if the judoka is 16 years old at the time of examination for promotion):
 - a. Demonstrate 3

NOTES:

1. After attaining the rank of Ikkyu, the judoka would earn the rank of Senior Sankyu. This means he/she should be striving to improve their knowledge and techniques, be participating in either Shiai or Kata in the Senior Division and attain points. Once a judoka reaches his/her 17th birthday the conversion to Senior Sankyu is automatic.
2. A 15 year old judoka has the choice to either attain higher Junior rank (advance as far as Ikkyu Purple belt) or examine for Senior rank on the recommendation of the Head Instructor and Registration Chairperson. Senior rank requirements are not addressed in this document. Please refer to the Shufu Yudanshakai web site for the Shufu Yudanshakai Senior Rank Requirements. Juniors (those under age 17) can switch to Senior rank when they are physically and mentally ready to start competing in Senior level tournaments.
3. The Junior minimum age requirement can be waived up to two years for judoka who have clearly exceptional ability and contest record compared to others their age. Their contest record is to include competing in numerous regional, national and/or international level tournaments on a regular basis. This age waiver is only for those who regularly dominate their division and will likely be competing in Senior level tournaments before age 16.
4. Shime Waza is required if the person's 13th birthday occurs during the current calendar year.
5. If a judoka cannot perform a required technique due to physical disability, a reasonable alternative technique may be substituted. If such a reasonable substitute cannot be found, or if the judoka cannot perform such, then a failing score will be entered for that technique.