

**Suggested Junior Promotional Requirements  
Version 2.0**

Subject: Promotional requirements for Junior Judoka

**IT SHOULD BE NOTED THAT THERE IS NO AUTOMATIC PROMOTION WHENEVER A JUDOKA APPEARS AT THE PROMOTIONAL EXAMINATION.**

The requirements are shown below. 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.

Promotion to the next rank depends on the following criteria as determined by the Junior Promotional Board.

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

The Junior Promotion Board shall consist of:

1. Shufu Chairman, Shufu Board of Examiners
2. Registration Chairman
3. 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.
4. Senior Board of Examiners present at the promotion. He/she may participate in the examination of each Judoka.

All Requirements are CUMULATIVE. All requirements for one rank include all the requirements for lower ranks.

## **ROKKYU 6<sup>th</sup> Kyu (White Belt)**

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

### **ADVANCED ROKKYU 6<sup>th</sup> Kyu (White/Yellow Belt)**

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

Know all requirements from all previous ranks

Definitions:

1. General: Sensei (teacher)
2. Referee: Hajime (begin), Matte (stop)

Demonstrations: minimum passing score - average of 5.

1. Basics (demonstrate all):
  - Ukemi (breakfalls -mae/ushiro/migi/hidari/zempo kaiten)
  - Rei (bowing/seiza-formal sitting position, Zarei-kneeling bow /Ritzurei (standing bow))
2. Nage Waza (demonstrate 1 throw):
  - O Goshi (major hip)
3. Osaekomi Waza (demonstrate 1 hold):
  - Kesa Gatame (scarf hold)

### **GOKYU 5<sup>th</sup> Kyu (Yellow Belt)**

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

Know all requirements from all previous ranks.

Definitions:

1. General: Name of founder (Dr Jigaro Kano),  
The year Judo was founded (1882),  
Name of founding school or the technical center of Judo (Kodokan)
2. Referee: Osaekomi (hold down), Toketa (broken), Soremade (end of contest), Sonomama (freeze), Yoshi (continue)  
Demonstrations: minimum passing score - average of 5.

1. Basics (demonstrate):
  - Shisei (posture)
  - Taisabaki (turning movements, 90 degree and 180 degree)
  - Shintai (directional movement, Ayumi ashi (normal walking), Tsugiashi (follow foot))
2. Nage Waza (demonstrate 2 throws):
  - Ippon Seoinage (shoulder throw)
  - O Soto Gari (major outer reaping throw)
3. Osaekomi Waza (demonstrate 2 holds):
  - Yoko Shiho Gatame (side four corners hold)
  - Kesa Gatame (scarf hold)

## ADVANCED GOKYU 5<sup>th</sup> Kyu ( Yellow/Orange Belt)

Minimum age: 7 years old      Minimum Time in grade: 6 months

Know all requirements from all previous ranks.

Definitions:

1. General: Kuzushi (off balancing your opponent), Tsukuri (fitting in), Kake (completing throw)
2. Referee: Ippon (full point), Wazari (1/2 point, less than an Ippon), Koka (small throw less than a Yuko)  
Yuko (small throw less than a Wazari)

Demonstrations: minimum passing score - average of 5.

1. Basics  
Kumikata (method of gripping)
2. Nage Waza (demonstrate 2 throws):  
De Ashi Harai (advanced foot sweep throw)  
Ouchi Gari (major inner reaping throw)
3. Osae Komi Waza : (demonstrate 2 holds):  
Yoko Shiho Gatame (side four corners hold)  
Kamishiho Gatame (upper four quarters hold)
4. Shime Waza (choking techniques)\* demonstrate 1 basic shime waza

## YONKYU 4<sup>th</sup> Kyu (Orange Belt)

Minimum age: 8 years old      Minimum Time in grade: 6 months

Know all requirements from all previous ranks.

Definitions:

1. General: Shizentai (natural posture), Jigotai (defensive posture), Migi (right), Hidari (left), Mae (front),  
Ushiro (back/reverse)
2. Referee: Shido (slight penalty), Hansoku Make (grave penalty, the contestant is disqualified from the contest)

Demonstrations: minimum passing score - average of 5.

1. Basics:  
Kuzushi (off balancing/8 directions of happo no kuzushi)
2. Nage Waza (demonstrate 3 throws). Included is demonstrating the following:  
Sasae Tsuru Komi Ashi (supporting ankle prop)  
Hiza Garuma (knee wheel)
3. Osaekomi Waza (demonstrate 3 holds). One must be the following:  
Kata Gatame (shoulder hold)
4. Shime Waza:\* (demonstrate 1 basic shime waza)

## ADVANCED YONKYU 4<sup>th</sup> Kyu (Orange/Green Belt)

Minimum age: 9 years old      Minimum Time in grade: 6 months

Know all requirements from all previous ranks.

Definitions:

1. General: Nage Waza (throwing techniques), Osaekomi Waza (holding techniques), Tachi Waza (standing techniques)
2. Referee: Hikiwaki (draw), Waza Ari Awasete Ippon (½ pt plus ½ pt = Full point / Ippon)

Demonstrations: minimum passing score - average of 5.

1. Basics:  
See previous requirements
2. Nage Waza: (demonstrate 4 throws): Included is demonstrating the following:  
Tai Otoshi (body drop)  
Koshi Guruma (hip wheel)  
Morote Seoinage (two handed shoulder throw)
3. Osaekomi: (demonstrate 3 holds). Included is demonstrating the following:  
Kuzure Kesa Gatame (modified scarf hold)
4. Shime Waza:\* (demonstrate 1 basic shime waza)

## **SANKYU 3<sup>rd</sup> Kyu (Green Belt)**

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

Know all requirements from all previous ranks.

Definitions:

1. General: Shufu (Capital), Yudanshakai (black belt association)
2. Referee: Name three (3) Shido penalties (defensive posture, false attack, avoid taking a grip, pistol grip, stepping out of the contest area, 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 judogi into mouth, putting your arm, leg or foot into opponent's face, to put a foot or leg in the opponent's belt, color or lapel)

Demonstrations: minimum passing score - average of 5.

1. Basics:  
    See previous requirements
2. Nage Waza: (demonstrate 2 throws from each, Dai Ik-kyo and Dai Ni-kyo)  
    Harai Goshi (sweeping hip)  
    Ko Uchi Gari (minor outer reaping throw)  
    Okuri Ashi Harai (double ankle sweep)
3. Osaekomi: (demonstrate 3 holds/pins). Included is demonstrating the following:  
    Kuzure Yokoshiho Gatame (modified side four quarters hold)  
    Kazure Kamishiho Gatame (modified upper four quarters hold)
4. Shime Waza:\* (demonstrate 1 basic shime waza)

## **ADVANCED SANKYU 3<sup>rd</sup> Kyu (Green/Blue Belt)**

Minimum age: 11 years old    Minimum Time in grade: 6 months

Know all requirements from all previous ranks.

Definitions:

1. General: Uchikomi (fits/repetitions), Randori (free exercise/sparing)
2. Referee: Hantei (call for the judges decision), Maitta! (submit/give up)

Demonstrations: minimum passing score - average of 5.

1. Basics:  
    See previous requirements
2. Nage Waza: (demonstrate 2 throws from each, Dai Ik-kyo and Dai Ni-kyo, know all 16 throws).  
    Included is demonstrating the following:  
    Kosoto Gake (minor outer hook)  
    Tsuru Komi Goshi (drawing hip)  
    Uchi Mata (inner thigh)
3. Osaekomi: (demonstrate 3 holds/pins). Included is demonstrating the following:  
    Tate Shiho Gatame (longways locking four quarters hold)
4. Shime Waza:\* (demonstrate 1 shime waza). Choose from the following chokes:  
    Nami Juji Jime (normal choke)  
    Okuri Eri Jime (sliding lapel choke)
5. Renraku Waza: demonstrate 1 Renraku Waza (combination technique)

## NIKYU 2<sup>nd</sup> Kyu (Blue Belt)

Minimum age: 12 years old      Minimum Time in grade: 6 months

Know all requirements from all previous ranks.

Definitions:

1. General: Shiai (tournament/competition), Kata (forms)
2. Referee: Sogo Gachi (compound win), Yusei Gachi (win by judge's decision)

Demonstrations: minimum passing score - average of 5.

1. Basics:  
See previous requirements
2. Nage Waza: (demonstrate 2 throws from each, Dai Ik-kyo and Dai Ni-kyo and 1 throw from Dai San-kyo)  
Included is demonstrating the following:  
Tomoe Nage (stomach throw)  
Hane Goshi (spring hip)  
Kata Garuma (shoulder wheel)
3. Osaekomi: (demonstrate 3 holds). Included is demonstrating the following:  
Kuzuri Tate Shiho Gatame (modified longways locking four quarters hold)
4. Shime Waza: (demonstrate 2 shime waza (mae) and 2 shime waza (ushiro). Included is demonstrating the following:  
Kata Juji Jime (half crossed choke)  
Kataha Jime (single wing choke)
5. Renraku Waza (combination technique): demonstrate 1 Renraku Waza
6. Kaeshi Waza: (counter technique): demonstrate 1 Kaeshi Waza

## ADVANCED NIKYU 2<sup>nd</sup> Kyu (Blue/Purple Belt)

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

Know all requirements from all previous ranks.

Definitions:

1. General: Seiryoku Zenyo (maximum efficiency with minimum effort), Jita Kyoei (mutual welfare and benefit)
2. Referee: Fusen Gachi (win by default), Kiken Gachi (win by withdrawal)

Demonstrations: minimum passing score - average of 5.

1. Basics:  
See previous requirements
2. Nage Waza: : (demonstrate 2 throws from each, Dai Ik-kyo and Dai Ni-kyo and 1 throw from Dai San-kyo)  
Included is demonstrating the following:  
Tsuru Goshi (lifting hip throw)  
Ashi Garuma (ankle wheel)
3. Osaekomi: (demonstrate 3 holds)  
See previous requirements
4. Shime Waza: (demonstrate 2 shime waza (mae) and 2 shime waza (ushiro). Included is demonstrating the following:  
Gyakyu Juji Jime (reverse cross choke)  
Hadaka Jime (naked cross choke)
5. Renraku Waza:  
Demonstrate two Renraku Waza (combination techniques)
6. Kaeshi Waza:  
Demonstate two Kaeshi Waza (counter techniques)

## IKKYU 1<sup>st</sup> 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.

1. General: Difference between Sensei and Coach. (*Sensei* is a teacher in the dojo. A special title in traditional Kodokan Judo. *Coach* is a term for one who trains and develops judoka to be good contestants in sanctioned tournaments)

2. Referee: Be able to recall IJF referee terms from all previous ranks.

Demonstrations: minimum passing score - average of 5.

1. Basics See previous requirements

2. Nage Waza: (demonstrate 2 throws from each, Dai Ik-kyo, Dai Ni-kyo, and Dai San-kyo – know all 24 throws)

Included is demonstrating the following:

Harai Tsuru Komi Ashi (lift pull foot sweep)

Yoko Otoshi (side drop)

3. Osaekomi: (demonstrate 4 osaekomi waza)

See previous requirements

4. Shime Waza:

Demonstrate three Shime waza (mae),

Demonstrate three Shime waza (ushiro)

5. Renraku Waza:

Demonstrate three Renraku Waza (combination techniques)

6. Kaeshi Waza:

Demonstrate three Kaeshi Waza (counter techniques)

7. Kansetsu Waza (armbar/dislocation techniques):

Demonstrate three Kansetsu Waza (only if the judoka is 16 years old at the time of examination for promotion)

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 has attained their points. Once a judoka reaches his/her 17<sup>th</sup> birthday the conversion to Senior Sankyu is automatic.

2. A 15 year old judoka has the choice to either attain higher Junior rank (advancing as far as Ikkyu Purple Belt) or can 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 those 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.

\* Shime Waza is required if the person's 13<sup>th</sup> birthday occurs during the current calendar year.

### Junior Rank Belt Color Mon Rank Belt Color Conversion

New Rank	Belt Color	Mon System Rank	Senior Rank/Color
Rokkyu 6 <sup>th</sup> Kyu	White	Rokkyu	Rokkyu (White)
Advanced Rokkyu 6 <sup>th</sup> Kyu	White/Yellow	Rokkyu + Mon (s)	Rokkyu (White)
Gokyu 5 <sup>th</sup> Kyu	Yellow	Gokyu	Rokkyu (White)
Advanced Gokyu 5 <sup>th</sup> Kyu	Yellow/Orange	Gokyu + Mon (s)	Rokkyu (White)
Yonkyu 4 <sup>th</sup> Kyu	Orange	Yonkyu	Rokkyu (White)
Advanced Yonkyu 4 <sup>th</sup> Kyu	Orange/Green	Yonkyu + Mon (s)	Rokkyu (White)
Sankyu 3 <sup>rd</sup> Kyu	Green	Sankyu	Gokyu (Green)
Advanced Sankyu 3 <sup>rd</sup> Kyu	Green/Blue	Sankyu + Mon (s)	Gokyu (Green)
Nikyu 2 <sup>nd</sup> Kyu	Blue	Nikyu	Yonkyu (Blue)
Advanced Nikyu 2 <sup>nd</sup> Kyu	Blue/Purple	Nikyu + Mon (s)	Yonkyu (Blue)
Ikkyu 1 <sup>st</sup> Kyu	Purple	Ikkyu	Sankyu (Brown)