

EL TORO JUDO CLUB



PROMOTION SYLLABUS FOR STUDENTS

5 years to 16 years

August 2021

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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 appropriate 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 given to their ability to demonstrate “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 may 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. The exam fee paid will then 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.

August 17th, 2021

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, and their fee goes towards the next test.

A. BASICS

For the basics at lower ranks (Orange/stripe and below) basic understanding of principles is all that is necessary. At the higher ranks a better understanding with examples should be given. Basics are scored out of 100.

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 ranks only need to show direction. Higher ranks must demonstrate their understanding of the methods for invoking kuzushi.

Safety: low ranks should be able to explain why safety 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 7th Kyu Kodokan Nage-no-kata is introduced. At this level a basic understanding and appreciation of the kata is all that is required. At 6th Kyu and higher cleaner demonstration is necessary

Refereeing: At 7th Kyu and above the student must show understanding and application of the contest rules of judo. The students are expected to be able to perform the duties of a line judge initially and then at 5th 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). At the early ranks the most important aspect is to be able to know the name of the throw (Japanese or English is fine for white and yellow belt ranks). The student should be able to demonstrate their stated waza safely and consistent with the expected technique. The scores are marked as a score out of 10. Refer to the table below for base rubric for each rank.

Demonstrate	Yellow Belt	Orange and Orange/stripe	Green to Blue/stripe	Purple and above
Know the name of the throw:	3	2	-	-
Demonstrate the throw stated in a safe manner (*plus know name)	5	2	2*	1*
Throw Setup – Tori must set up the throw correctly – right grips, etc.	1	2	2	2
Kuzushi – was it present, if it is how effective did it seem	1	2	2	2
Control – did Tori throw uke cleanly with control	-	2	4	5

C. NE WAZA

The same evaluation principles as used for Tachi Waza are applied to the ne-waza demonstrations.

Demonstrate	Yellow Belt	Orange and Orange/stripe	Green to Blue/stripe	Purple and above
Know the name of the waza:	3	2	-	-
Demonstrate the waza stated in a safe manner (*plus know name)	5	2	2*	1*
Waza Setup – Method of entry to be clean and no confusion	1	2	2	2
Good position: Should show the correct method of waza.	1	2	2	2
Good control: Should show proper positioning and method of keeping the waza with uke trying to escape.	-	2	4	5

Novice to 11th Kyu (Yellow Belt)

I. MINIMUMS

- a. Age: 5
- b. Minimum number of classes

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 3rd place
 - iii. Three points for each 2nd place
 - iv. Four points for each 1st place
 - v. Maximum limits on points is 20.

Total Points: 160 points

Students must pass each subject category to make the rank of 11th Kyu. If the overall score with the competitive bonus exceeds or equals the total points a student can attempt the test for 10th Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

11th to 10th 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. Wazari
 2. Ippon
 3. Matte

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 3rd place
 - iii. Three points for each 2nd place
 - iv. Four points for each 1st place
 - v. Maximum limits on points is 20.

Total Points: 220 points

Students must pass each subject category to make the rank of 10th Kyu. If the overall score with the competitive bonus exceeds or equals the total points a student can attempt the test for 9th Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

10th to 9th 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. Osaekomi
 2. Toketa

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

- a. Demonstrate any five 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 3rd place
 - iii. Three points for each 2nd place
 - iv. Four points for each 1st place
 - v. Maximum limits on points is 20.

Total Points: 260 points

Students must pass each requirement to make the rank of 9th Kyu. If the overall score with the competitive bonus exceeds 100% a student can attempt the test for 8th Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

I. MINIMUMS

- a. Age: 7
- b. Number of classes since last promotion: 30
- c. Time in rank: 6 months

II. BASICS (Pass: 55% or higher)

- a. Demonstrate posture
 - i. Jigotai (defensive posture)
 - ii. Demonstrate practical examples of Kuzushi as applied to three throws (Candidate choice)
- 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 basic understanding of the two central themes of judo
 - 1. Seiryoku zenyo Maximum efficiency
 - 2. Jita-Kyoei 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 3rd place
 - iii. Three points for each 2nd place
 - iv. Four points for each 1st place
 - v. Maximum limits on points is 20.

Total Points: 320

Students must pass each requirement to make the rank of 8th Kyu. If the overall score with the competitive bonus exceeds 100% a student can attempt the test for 7th Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

8th to 7th Kyu (Green belt w/stripes)

I. MINIMUMS

- a. Age: 8
- b. Number of classes since last promotion: 30
- c. Time in rank: 6 months

II. BASICS (Pass: 55% or higher)

- a. Demonstrate posture
 - i. Jigotai (defensive posture)
 - viii. Demonstrate practical examples of Kuzushi as applied to six throws (Candidate choice)
- 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. Demonstrate understanding of the two central themes of judo
 - a) Seiryoku zenyo Maximum efficiency
 - b) Jita-Kyoei Mutual benefit and welfare
 - ii. Know terms 25 through 35 from the Terminology List
- e. Kata
 - i. Demonstrate entry to Nage-no-Kata
 - ii. 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 escape 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 3rd place
 - iii. Three points for each 2nd place
 - iv. Four points for each 1st place
 - v. Maximum limits on points is 20.

Total Points: 380 points

Students must meet each requirement to make the rank of 7th Kyu. If the overall score with the competitive bonus exceeds 100% a student can attempt the test for 8th Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

I. MINIMUMS

- a. Age: 8
- b. Number of classes since last promotion: 35
- c. Time in rank: 6 months

II. BASICS (Pass: 60% or higher)

- a. Demonstrate posture
 - i. Jigotai (defensive posture)
 - ii. Demonstrate practical examples of Kuzushi as applied to eight throws (Candidate choice)
- b. History, philosophy, and terminology
 - i. Know terms 35 through 45 from the Terminology List
- c. Kata
 - iii. Demonstrate entry to Nage no Kata
 - iv. Demonstrate the first set (three throws) of Nage no Kata
- d. 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 counter-throw to an attack from a throw from Gokyo-no-waza set 1.
- e. Demonstrate counter-throw to an attack from a throw from Gokyo-no-waza set 2.
- f. 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 Groups A, B, and C
- b. Demonstrate two escapes from Kame-shiho-gatame
- c. Demonstrate an attack with Uke on back and Tori in full guard
- d. Demonstrate an attack with Uke on back and Tori in half guard

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 3rd place
 - iii. Three points for each 2nd place
 - iv. Four points for each 1st place
 - v. Maximum limits on points is 20.

Total Points: 420 points

Students must pass each requirement to make the rank of 6th Kyu. If the overall score with the competitive bonus exceeds 100% a student can attempt the test for 5th Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

6th to 5th Kyu (Blue Belt w/stripe)

I. MINIMUMS

- a. Age: 8
- b. Number of classes since last promotion: 35
- c. Time in rank: 6 months

II. BASICS (Pass: 60% or higher)

- a. Demonstrate posture
 - i. Jigotai (defensive posture)
 - ii. Demonstrate practical examples of Kuzushi as applied to ten throws (Candidate choice)
- b. History, philosophy, and terminology
 - iii. Know terms 40 through 50 from the Terminology List
- c. Kata
 - iv. Demonstrate entry to Nage-no-Kata
 - v. Demonstrate the first set (three throws) of Nage-no-Kata
 - vi. Demonstrate exit to Nage-no-Kata
- e. Referee Skill and Judo Contest Rules
- f. Demonstrate basic referee skill, including appreciation for the rules of judo.

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 different tachi-waza combinations using a throw chosen from Gokyo-no-waza set 1.

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

- a. Demonstrate four holds from Osaekomi-waza Group A, B, or C
- b. Demonstrate two holds from Osaekomi-waza Group D
- c. Demonstrate two escapes from Tate-shiho-gatame
- d. Demonstrate an attack with Tori on back and Uke in full guard.
- e. Demonstrate an attack with Tori on back and Uke in half guard.

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 3rd place
 - iii. Three points for each 2nd place
 - iv. Four points for each 1st place
 - v. Maximum limits on points is 20.

Total Points: 480 points

Students must pass each requirement to make the rank of 5th Kyu. If the overall score with the competitive bonus exceeds 100% a student can attempt the test for 4th Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

- I. MINIMUMS
 - a. Age: 9
 - b. Number of classes since last promotion: 35
 - c. Time in rank: 6 months

- II. BASICS (Pass: 65% or higher)
 - a. Demonstrate posture
 - i. Tsugi ashi
 - ii. Ayumi ashi
 - b. Demonstrate understanding of the two central themes of judo
 - iii. Seiryoku Zenyo (Maximum efficiency)
 - iv. Jitta-Kyoei (Mutual benefit and welfare)
 - c. History, philosophy, and terminology
 - v. Know terms 45 through 60 from the Terminology List
 - d. Kata
 - vi. Demonstrate sets one and two of Nage-no-Kata. Include entry and exit to Nage-no-Kata
 - e. Referee Skill and Judo Contest Rules
 - vii. Demonstrate understanding of Judo Contest rules and skill in Refereeing Judo Contests

- III. TACHI WAZA (Standing Techniques) (Pass: 65% 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 four throws from Gokyo-no-waza set 3
 - d. Demonstrate any six throws from Gokyo-no-waza set 4
 - e. Demonstrate two counter-throws for an attack chosen from Gokyo-no-waza, 2. (Student choice)
 - f. Demonstrate three counter-throws for an attack chosen from Gokyo-no-waza 3. (Student choice)
 - g. Demonstrate three tachi-waza combination using a throw chosen from Gokyo-no-waza set 2.

- IV. NE WAZA (Ground Techniques) (Pass: 65% or higher)
 - a. Demonstrate any hold from each Osaekomi-waza Group A, B, C and D
 - b. Demonstrate one escape from Ura-gatame
 - c. Demonstrate one escape from Tate-shiho-gatame
 - d. Demonstrate attacking turnover of Uke as a transition from a throw from Gokyo-no-waza set 1
 - e. Demonstrate attacking turnover of Uke as a transition from a throw from Gokyo-no-waza set 2
 - f. Face down defensive, be able to resist Ne-waza attack for 40 seconds.
 - g. Demonstrate an attack with Uke on back and Tori in half guard

- 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 3rd place
 - iii. Three points for each 2nd place
 - iv. Four points for each 1st place
 - v. Maximum limits on points is 20.

Total Points: 540 points

Students must pass each requirement to make the rank of 4th Kyu. If the overall score with the competitive bonus exceeds or equals the total points a student can attempt the test for 5th Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

4th to 3rd Kyu (Purple w/stripes)**I. MINIMUMS**

- a. Age: 10
- b. Number of classes since last promotion: 40
- c. Time in rank: 6 months

VI. BASICS (Pass: 65% or higher)

- a. History, philosophy, and terminology
 - i. Know terms 55 through 65 from the Terminology List
- b. Kata
 - ii. Demonstrate entry to Nage -no-Kata
 - iii. Demonstrate sets one through three of Nage-no-Kata
 - iv. Demonstrate exit to Nage-no-Kata
- c. Referee Skill and Judo Contest Rules
 - v. Demonstrate understanding of Judo Contest rules and skill in Refereeing Judo Contests
- d. Demonstrate The Whole, Part, Whole method of teaching a Judo Throw. (Student Choice)

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 all holds from Osaekomi-waza Group A, B, C and D.
- b. Demonstrate turnover following transition from two Set 2 throws.
- c. Demonstrate turnover following transition from a Set 3 throw.
- d. Demonstrate escapes from three holds nominated by tester.
- e. 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 3rd place
 - iii. Three points for each 2nd place
 - iv. Four points for each 1st place
 - v. Maximum limits on points is 20.

Total Points: 580 points

Students must pass each requirement to make the rank of 3rd Kyu. If the overall score with the competitive bonus exceeds or equals the total points a student can attempt the test for 2nd Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

I. MINIMUMS

- a. Age: 11
- b. Number of classes since last promotion: 40
- c. Time in rank: 6 months

VII. BASICS (Pass: 65% or higher)

- a. History, philosophy, and terminology
 - vi. Know terms 60 through 70 from the Terminology List
- b. Kata
 - vii. Demonstrate entry to Nage-no-Kata
 - viii. Demonstrate the sets one to four of Nage-no-Kata
 - ix. Demonstrate exit to Nage-no-Kata
- c. Teaching Skills
 - viii. Teach a 5-minute session to a novice class on ukemi

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 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 2.
- h. Demonstrate two 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 a hold transition from Kesa-gatame to Kami-shiho-gatame and indicate when it could occur.
- c. Demonstrate a hold transition from Ushiro-kesa-gatame to Tate-shiho-gatame and indicate when it could occur.
- d. Demonstrate escapes from three holds nominated by tester
- e. Demonstrate four techniques from the list of shime-waza.
- f. 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 3rd place
 - iii. Three points for each 2nd place
 - iv. Four points for each 1st place
 - v. Maximum limits on points is 20.

Total Points: 640 points

Students must pass each requirement to make the rank of 2nd Kyu. If the overall score with the competitive bonus exceeds or equals the total points a student can attempt the test for 1st Kyu. Note the Fighting Spirit/Competition bonus does not carry over.

2nd to 1st Kyu (Brown w/stripe)

- I. MINIMUMS
 - a. Age: 12
 - b. Number of classes since last promotion: 40
 - c. Time in rank: 6 months

- II. BASICS (Pass: 65% or higher)
 - a. History, philosophy, and terminology
 - i. Know terms 65 through 75 from the Terminology List
 - b. Kata
 - ii. Demonstrate all sets of Nage-no-Kata
 - c. Coaching Skills
 - iii. Demonstrate understanding of Judo mat-side coaching etiquette.

- 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 three throws from Gokyo-no-waza set 4
 - e. Demonstrate any six 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 & 4
 - h. Demonstrate three 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 3rd place
 - iii. Three points for each 2nd place
 - iv. Four points for each 1st place
 - v. Maximum limits on points is 20.

Total Points: 700 points

Students must pass each requirement to make the rank of 1st Kyu. If the overall score with the competitive bonus exceeds or equals the total points a student can receive a reduction of time in grade of 3 months against the requirements of Shodan (1st Dan)

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. Otoshi (drop)
30. Kuzushi (off-balancing)
31. Ebi (shrimp, warm-up exercise)
32. Uchikomi (fitting in practice, warm-up exercise)
33. Sonomama (freeze or stop and don't move)
34. Yoshi (continue)
35. Guruma (wheel)
36. Gari (reap)
37. Koshi / Goshi (hip)
38. Tai (body)
39. Yame (stop or wait)
40. Ippon (full point, win)
41. Wazari (almost an ippon, half point, two wazaris = ippon)
42. Jita Kyoei (Mutual Benefit)
43. Seiryoku zenyo (Maximum Efficiency)
44. Shido (penalty, minor)
45. Katame or Gatame (hold or lock)
46. Te (hand)
47. Ashi (foot)
48. Kata (single or shoulder)
49. Ude (arm)
50. Juji (cross, shape of a cross)
51. Sasae (propping or blocking)
52. Tsukuri (entry into a technique)
53. Kake (execution of a technique)
54. Hikite (lifting hand)
55. Tsurite (pulling hand)
56. Hansoku Make (penalty, disqualification)
57. Sore Made (time is up)
58. Sankaku (triangle)
59. Kansetsu Waza (joint locking techniques)
60. Tsugi Ashi (sliding footwork)
61. Ayumi ashi (normal walking)
62. Ha (wing)
63. Shime /Jime (strangle or choke)
64. Harai / Barai (sweep)
65. Hadaka (naked)
66. Eri (lapel)
67. Yoko (side)
68. Shiho (corner)
69. Kami (upper)
70. Kesa (scarf)
71. Okuri (sliding)
72. Hishigi (crushing)
73. Shiai (tournament)
74. Kumi Kata (fighting grips)
75. Golden Period (overtime after a tie)









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.








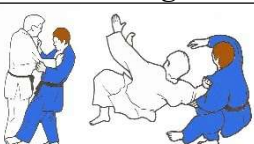
Promotion requires the student to choose and learn throws from the different Gokyo sets. The choice of techniques is based upon the student's preference and abilities. Progression through the ranks requires the student to demonstrate improved expertise with their chosen techniques.

Dai-ikkyo (Group 1)	
 De-ashi-harai	 Hiza-guruma
 Sasae-tsurikomi-ashi	 Uki-goshi
 O-soto-gari	 O-goshi
 Uchi-gari	 Seoi-nage

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

Dai-sankyō (Group 3) (* non competitive)	
 Kosoto-gake	 Tsurigoshi
 Yoko-otoshi	 Ashi-guruma
 Hane-goshi	 Harai-tsurikomi-ashi
 Tomoe-nage	 Kata-guruma*

Dai-yonkyō (Group 4) (* non competitive)	
 Sumi-gaeshi	 Tani-otoshi
 Hane-makikomi	 Sukui-nage*
 Utsuri-goshi	 O-guruma
 Soto-makikomi	 Uki-otoshi

Dai-gokyo (Group 5) (* non competitive)	
 Osoto-guruma	 Uki-waza
 Yoko-wakare	 Yoko-guruma
 Ushiro-goshi	 Ura-nage
 Sumi-otoshi	 Yoko-gake

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

Appendix C - Ne-Waza Requirements

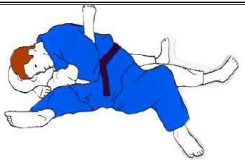
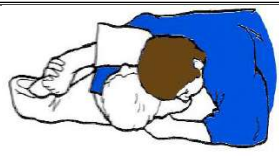

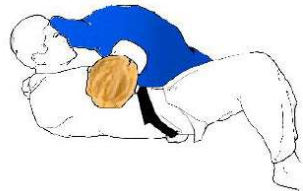
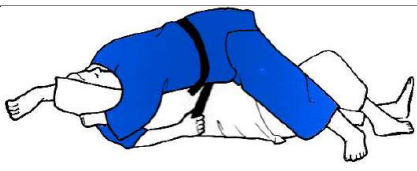

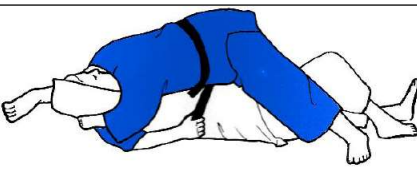
For Ne-waza there is no equivalent of the Gokyo-waza. For the purposes of this syllabus Osaekomi-Waza is broken into four groups of techniques (A, B, C and D) as shown in the table below.

The promotional requirements also include 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
A	Hon-Kesa gatame
	Hon kami-shiho gatame
	Hon yoko shiho gatame
	Hon kata gatame
B	Kuzure kesa gatame
	Kuzure kami-shiho gatame
	Kuzure yoko shiho gatame
	Hon tate shiho gatame
C	Kuzure kata gatame
	Kuzure tate shiho gatame
	Ushiro kesa gatame
	Makura kesa gatame
D	Mune gatame
	Sankaku gatame
	Ura gatame
	Uki 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

Oesakomi-Waza (Holding Techniques)	
	
Kesa-Gatame	Kata-Gatame
	
Kami-Shiho-Gatame	Yoko-Shiho-Gatame
	
Tate-Shiho-Gatame	Ushiro-Kesa-Gatame
	
Kuzure-Kami-Shiho-Gatame	

Gatame	Hold
Hon	Normal
Kami	Upper
Kata	Shoulder
Kesa	Scarf
Kuzure	Modified
Makura	Pillow
Mune	Chest
Sankaku	Triangle
Shiho	Four-quarters
Tate	Longitudinal
Ushiro	Reverse
Yoko	Side
Ura	Reverse
Uki	Floating

Appendix D - What to Expect at a Judo Tournament

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Updated April 2020

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 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 available 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 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*". 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 20 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, 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. – Note generally in the USA, contestants younger than 13 years of age are not allowed to perform choke or strangles and any one under the age of 17 years old are not allowed to perform locks to the arm. However, these rules may not be followed for 'elite' players in tournaments that state they are using the full IJF rules.

Should one contestant be penalized "*hansoku make*" the other contestant shall be declared the winner. Should a contestant be penalized with 3 minor penalties (*shido*) he shall awarded *hansoku make*.

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 10 seconds or more, but less than 20 seconds.

If at the end of regular time, any player with a *wazari* will be declared the winner. If both players have a *wazari*, then the match proceeds into

Golden Score. Golden score continues until there is either an ippon or wazari scored or hansoku make is awarded.

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.

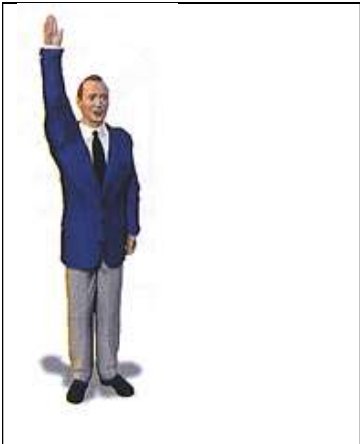



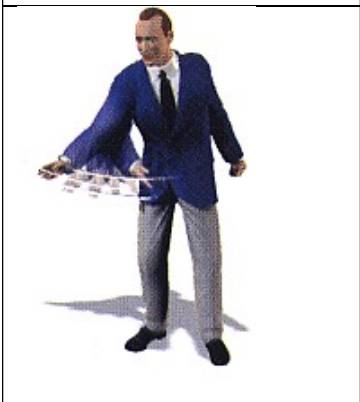







If you have any questions about tournament procedures, ask your sensei or an experienced competitor. They will be glad to answer any of your questions

Quick Guide to Judo

Use or Click on the link below for a short informational video about Judo competition.

<https://www.youtube.com/watch?v=pgfKasol5yc>

Appendix E - Referee Hand Signals and scoring

			
Ippon	Waza-ari	Waza-ari awasete ippon	Osaekomi
			
Toketa	Adjust judogi	Penalty	Passivity
			
False Attack	Cancel expressed Opinion	Matte	Kachi (Winner)

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 Donovan ISBN 0-7207-15594-6
7. The Judo Masterclass Techniques Series, Ippon Books.