



# Senior Nikyu

## Brown Belt Second Class

*Study Guide*

# UNITED STATES JUDO FEDERATION



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**Study Guide Assigned To:**

- \_\_\_\_\_
- Date Assigned : \_\_\_\_\_
- Initiated By: \_\_\_\_\_

# USJF JUDO

## CAVEAT

This booklet is specifically intended for use as a study guide and aide to assist the student in preparing for promotions. It is expressly limited to this purpose only. Nothing contained herein should be construed by the user as constituting a rank standard for promotion different from the published USJF standards.

USJF students and others are encouraged to use this booklet as a study aid when preparing for promotion to the rank indicated on the cover. The USJF Board of Examiners believes that individuals choosing to use this study aid will benefit by increased knowledge of Kodakan Judo and their preparation for promotion.

The official promotion procedures and senior rank standards used by the United States Judo Federation can be found at [http://www.usjf.com/public/rank\\_requirement.pdf](http://www.usjf.com/public/rank_requirement.pdf). These rank standards are the definitive documents concerning criteria for rank and promotion procedures for the United States Judo Federation. For further information or clarification as to applicable minimum rank standards, please visit the website or check with your dojo sensei or yudanshakai board of examiner representative.

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## Table of Contents

### Introduction

General Information 1

General Eligibility 2

### Promotion Tasks

Suggested Knowledge 3

Suggested Reading 5

Suggested Ability to Demonstrate 5

### Competition

Suggested Competitive Knowledge 14

### Time In Grade

General Requirements 15

NiKyu Requirements 15

Time in Grade Reduction 16

Practice Time 17

### Suggested Vocabulary

General Requirements 27

Suggested Vocabulary Words 28

### Student Notes

General Student Notes 31



# Introduction

## General Information

Nikyu is the second rank in Kodokan Judo where the judoka wears a Brown Belt. When this rank is awarded, the judoka may add two black or white stripes to one end of his/her brown belt. This practice is not uncommon, but not required either. These stripes are called “mon”.

While still considered a “Beginner”, the judoka should have improved basic skills and understanding of Kodokan Judo practice and techniques. At this rank, the general public and other judoka will consider the holder of the Nikyu



rank to be proficient in judo and will expect him/her to be able to explain Kodokan Judo and to execute techniques with an increasing level of skill.

Since this is the second in the brown belt series in Kodokan Judo, it is important that the instructor counsel the judoka as he/she continues to improve his/her skills. The judoka will be expected to be a leader in the class, and because of this he/she must maintain a demeanor that will instill respect and cause other beginners to imitate their practice with sincerity, dedication and regularity. In addition other students will, with increasing frequency, expect the Nikyu judoka to be able to provide instruction. Sometimes this may exceed the capabilities of the judoka at this stage of his/her training. It is important that they be instructed in humility, sincerity, and the ability to recognize the level of their own skills.

# Introduction

## General Eligibility

To be considered eligible for promotion to the rank of Nikyu, the judoka must demonstrate the following:

- A. Be of good moral character, have a good attitude and outlook on life in general and Kodokan Judo in particular, and show a maturity that will ensure the knowledge he/she has gained, and will continue to gain, will not be abused.
- B. Technical proficiency in the techniques taught for the rank, and at all lower ranks.
- C. Adequate time in grade to both understand and be proficient in the techniques at this rank

Candidates for promotion must be currently registered with the United States Judo Federation. Required time in grade for any promotion will be measured by the number of full years (or months) registered by the USJF.

## Promotion Tasks

### Suggested Knowledge

TASK	Date Completed
Describe the purpose and methods of “kata” and “randori” in Kodokan Judo.	
Name the rank and colors for the “Kyu” belt ranking system used for Senior Judoka by the USJF.	
Describe the basic history of Kodokan Judo that includes the date it was founded, where it was founded, who the founder was and what it was developed from.	
Vocabulary  (Required words and phrases are listed in the back of this Task Book)	
Understanding of basic Kumi-Kata, including grips used for forward and rear throws and grips used in transition throws.	

## Promotion Tasks

“The word jujutsu and judo are each written with two Chinese characters. The ‘ju’ in both is the same and means ‘gentleness’ or ‘giving way.’ The meaning of ‘jutsu’ is ‘art, practice,’ and do means ‘principle’ or ‘way,’ the Way being the concept of life itself. ‘Jujutsu’ may be translated as ‘the gentle art,’ judo as ‘the Way of gentleness,’ with the implication of first giving way to ultimately gain victory. The Kodokan is, literally, ‘the school for studying the Way.’ AS we shall se in the next chapter, judo is more than an art of attack and defense. It is a way of life.”

*“Jujitsu Becomes Judo”* Jigoro Kano



## Promotion Tasks

### Suggested Reading

The candidate for promotion to Nikyu should consult with the head Instructor to determine appropriate reading materials to guide his/her study in Kodokan Judo. It is suggested, but not required, that the student read at least two book of the instructor's choosing in addition to visiting several of the internet sites that contain in depth information on Kodokan Judo. The books and websites listed here are provided as an aid to the instructor and student in selecting appropriate material.

***"Judo—History and Philosophy"*** by David Matsumoto, Ph.D.

***"Judo Heart and Soul"*** by Hayward Nishioka

***"Small Circle Jujitsu"*** by Wally Jay

### Ability to Demonstrate

Ukemi Waza	Date Completed
Ushiro-Ukemi	
Migi-Yoko-Ukemi	
Hidari-Yoko-Ukemi	
Migi Zenpo Kaiten	
Hidari Zenpo Kaiten	
Mae-Ukemi	

## Promotion Tasks

### Ability to Demonstrate

Osekomi-Waza	Date Completed
Kesa-Gatame	
Kata-Gatame	
Yoko-Shiho-Gatame	
Kami-Shiho-Gatame	
Tate-Shiho-Gatame	
Kuzure-Kami-Shiho-Gatame	



## Promotion Tasks

### Ability to Demonstrate

Shime-Waza	Date Completed
Kata- Juji-Jime	
Okuri-Eri-Jime	
Name-Juji-Jime	
Gyaku-Juji-Jime	

Kansetsu-Waza	Date Completed
Ude-Hishigi-Garami	
Ude-Hishigi-Gatame	

Suggested Ne-Waza Attacks	Date Completed
Turtle turn over into triangle choke with optional transitions to an arm lock or pin	
Juji-Gatame from the guard	
Turn into Kesa-Gatame from guard	
Passing guard into Kata-Gatame choke	
Basic sweep from open guard into kesa-gatame	
Passing guard into Yoko-Shiho-Gatame	

## Promotion Tasks

### Ability to Demonstrate

Throwing Technique	Date Completed
De-Ashi-Barai	
Hiza-Guruma	
Uki-Goshi	
O-Soto-Gari	
O-Goshi	
O-Uchi-Gari	
Seoi-Nage	
Ko-Soto-Gari	
Ko-Uchi-Gari	
Tomoe-Nage	
Tsuri-Komi-Goshi/Sasae	
Okuri-Ashi-Barai	
Tai-Otoshi	
Harai-Goshi	
Uchi-Mata	
Hane-Goshi	

## Promotion Tasks

### Suggested Ability to Demonstrate

Combination Techniques	Date Completed
Seoi-Nage to Kesa-Gatame	
O-Goshi to Yoko-Shiho-Gatame	
O-Soto-Gari to Kesa-Gatame	
Kata-Gatame to Okuri-Eri-Jime	
Tai-Otoshi to Uchi-Mata	
O-Uchi-Gari to Ko-Uchi-Gari	
Kesa-Gatame to Kata-Gatame	
Kata-Gatame to Yoko-Shiho-Gatame	
Yoko-Shiho-Gatame to Kami-Shiho-Gatame	
Kami-Shiho-Gatame to Kesa-Gatame	
Seoi-Nage to Kata-Gatame	
O-Uchi-Gari to Yoko-Shiho-Gatame	
Hane-Goshi to Kesa-Gatame	

## Promotion Tasks

### Suggested Ability to Demonstrate

Combination Techniques	Date Completed
O-Soto-Gari to Tai-Otoshi	
Ko-Uchi-Gari to Harai-Goshi	
O-Soto-Gari to Harai-Goshi	
O-Uchi-Gari to Harai-Goshi	
Tate-Shiho-Gatame to Kuzure-Kesa-Gatame	

Suppose we estimate the strength of a man is ten units, whereas my strength, less than his, is seven units. Then if he pushes me with all his force, I shall certainly be pushed back or thrown down, even if I use all my strength against him. This would happen from opposing strength to strength. But if, instead of opposing him I leave him unresisted, withdrawing my body just as much as he pushes, at the same time keeping my balance, he will naturally lean forward and lose his balance. In this new position he may become so weak (not is actual physical strength, but because of his awkward position) as to reduce his strength for the moment, say to three units only instead of ten. Meanwhile, by keeping my balance, I retain my full strength available for any emergency. Had I greater strength than my opponent, I could of course pushed him back; but even if I wished to push him back, I should first have left him unresisted, as by doing so I should greatly economize my energy.

*"Judo, The Japanese Art of Self Defense"* Jigoro Kano

## Promotion Tasks

### Suggested Ability to Demonstrate

Kaeshi-Waza (Counter Techniques)	Date Completed
O-Soto-Gari to O-Soto-Gaeshi	
Seoi-Nage to O-Soto-Gari	
Kesa-Gatame to Kesa-Gatame	
O-Soto-Gari to Harai-Goshi	
Harai-Goshi to Harai-Goshi-Gaeshi	
Kami-Shiho-Gatame to Yoko-Shiho-Gatame	

***“Rules of the Dojo”.*** Kyuzo Mifune (Judan)

**Have no falsehood in mind.** Reluctance or deceit are not conducive to the inner harmony required by Judo practice.

**Do not lose self-confidence.** Learn to act wholeheartedly, without hesitation. Show reverence toward the practice of Judo, by keeping your mind in it.

**Keep your balance.** The center of gravity follows the movement of the body. The center of gravity is the most important element in maintaining stability. If it is lost, the body is naturally unbalanced. Thus, fix your mind so that your body is always in balance.

**Utilize your strength efficiently.** Minimize the use of strength with the quickest movement of body. Acknowledge that what is called stillness and motion is nothing but an endless repeated process.

## Promotion Tasks

**Don't discontinue training.** Mastery of Judo cannot be accomplished in a short time. Since skills depend on mental and physical application, constant training is essential.

**Keep yourself humble.** If you become self-centered, you will build a wall around yourself and lose your freedom. If you can humble yourself in preparation for an event you will surely be better able to judge and understand it. In a match, you will be able to detect the weak point of your opponent and easily put him/her under control.



## Yoshitsugu (Yoshiaki) Yamashita

### The First Tenth Degree Black Belt in Judo

1. Study the correct way of applying the throws. Throwing with brute force is not the correct way of winning in JUDO. The most important point is to win with technique.
2. First learn offense. You will see that defense is included in offense. You will make no progress learning defense first.
3. Do not dislike falling. Learn the timing of the throw while you are being thrown.
4. Practice your throws by moving your body freely as possible in all directions. Do not lean to one side or get stiff. A great deal of repetition in a throw will be rewarded with a good throw.
5. Increase the number of practices and contests. You will never make any progress without accumulating a number of practices.
6. Do not select your opponents (which means do not say that you don't like to practice with a certain person). Everyone has his own specialty. You must try to learn all of them and make them your own.
7. Never neglect to improve the finer points. Practicing without any effort to improve will result in slow progress. Always recall your habits, as well as those of your opponent, while making improvement.
8. In Practice put your heart and soul into it. It will interfere with your progress in practice if you keep on without this spirit.
9. Never forget what your Instructor or higher ranking members teach you. During practice you will make great progress if you keep mind what they have said to you.
10. Try to continue your practice as much as possible. Applying half-way will result in a very grave situation in your progress.
11. Watch and study throws as much as possible when trying to improve and advance. The technique and mind are just the front and back of one's hand. Meaning they are very closely related.
12. Refrain from overeating and drinking. Remember that overeating and drinking will bring an end to your practice and JUDO.
13. Always try to think of improvement, and don't think that you are too good. The latter is very easy to do while learning JUDO.
14. There is no end in Learning Judo.



# Competition

## Suggested Competition Knowledge

Tasks	Date Completed
Knowledge of Olympic Judo scoring procedures and calls	
List and explain Kodokan Judo competition penalties and give an example or when they would be awarded.	



## Time in Grade

### General Requirements

The time in grade requirements are based on a period of time that the student remained a registered member of the United States Judo Federation since his/her last promotion.

Time in Grade requirements are also based on the total time that the student has spent actively practicing Kodokan Judo since his/her last promotion. This is based on a minimum of 1.5 hours of mat time per session and at least two sessions per week.



### Nikyu Requirements

NOTE: Although the minimum requirements are stated below the head instructor, based entirely on his/her determination, may require more or less time before awarding the promotion. The student must never question the timing of promotions.

Non-competitors are required to hold the rank of Sankyu for one year prior to going up for promotion to Nikyu and have approximately 144 hours of practice time on the mat as a Sankyu.

## Time in Grade

### Time in Grade

Student Classification	Months
Non-Competitor	1 year
Competitor, 5 points	9 months
Competitor, 10 points	6 months
Competitor, 15 points	0 months

### Time in Grade Reductions

Score	Points by Grade of Opponent					
	2 Ranks Lower	1 Rank Lower	Same Rank	1 Rank Higher	2 Ranks Higher	3 Ranks Higher
<b>Ippon</b>	1/3	1/2	1	1 1/2	2.0	3.0
<b>Waza-ari</b>	1/6	1/4	1/2	3/4	1.0	1 1/2

## Practice Time

[illegible]

## Time in Grade

## Practice Time

[illegible]

## Practice Time

[illegible]

## Time in Grade

## Practice Time

[illegible]



## Practice Time

[illegible]

[illegible]

## Practice Time

[illegible]

[illegible]

## Practice Time

[illegible]

[illegible]

## Suggested Vocabulary

### General Requirements

Kodokan Judo is an Olympic Sport and self-defense system that originated in Japan. Therefore the techniques and class commands are known by their Japanese names.

Learning the proper names for the techniques, the commands used in class and the way to address the instructors and visitors is



important to all United States Judo Federation students. This has the added benefit of allowing you to practice effectively anywhere in the world where Kodokan Judo is taught.

In addition, all commands at Kodokan Judo tournaments up to and including the Olympic Games are given in Japanese. Therefore, it is imperative that the student understand these terms to be competitive in tournament play.

## Suggested Vocabulary

### Suggested Vocabulary List

English	Japanese	English	Japanese
One	Ichi	Start	Haijime
Two	Ni	Stop	Matte
Three	San	That is all	Soremade
Four	Shi	Hold Still – Pause	Sona-Mama
Five	Go	Continue	Yoshi
Six	Roku	Hold Down	Osae-Komi
Seven	Sichi	Hold Broken	Toketa
Eight	Hachi	One Point	Ippon
Nine	Ku	Half Point	Wazari
Ten	Ju	Almost Wazari	Yuko
Belt	Obi	Almost Yuko	Koka
Uniform	Gi	Decision	Hantei
Jacket	Uwagi	Sitting Bow	Za-REi
Side	Yoko	Wheel	Guruma
Drop	Otoshi	Choke	Jime
Hold	Gatame	Technique	Waza
		Practice Hall	Dojo
Collar	Eri	Foot or leg	Ashi



## Suggested Vocabulary

### Suggested Vocabulary List

English	Japanese	English	Japanese
Black Belt Grade	Dan	Non-Black Belt	Kyu
1 <sup>st</sup> Degree Black Belt	Shodan	2 <sup>nd</sup> Degree Black Belt	Nidan
3 <sup>rd</sup> Degree Black Belt	Sandan	4 <sup>th</sup> Degree Black Belt	Yodan
5 <sup>th</sup> Degree Black Belt	Godan	6 <sup>th</sup> Degree Black Belt	Rokudan
7 <sup>th</sup> Degree Black Belt	Shichidan	8 <sup>th</sup> Degree Black Belt	Hachidan
9 <sup>th</sup> Degree Black Belt	Kudan	10 <sup>th</sup> Degree Black Belt	Judan
6 <sup>th</sup> Class Beginner	Rokokyu	5 <sup>th</sup> Class Beginner	Gokyu
4 <sup>th</sup> Class Beginner	Yonkyu	3 <sup>rd</sup> Class Beginner	NiKyu
2 <sup>nd</sup> Class Beginner	Nikyu	1 <sup>st</sup> Class Beginner	Ikkyu
Informal Sitting	Anza	Formal Sitting	Seiza
Contest	Shiai	Minor Penalty	Shido
Major Penalty	Hansoke –Make	Free Practice	Randori
Pre-Arranged Form Practice	Kata	Judo Student	Judoka
Gentleness	Ju	Way	Do

## Suggested Vocabulary

### Suggested Vocabulary Words

English	Japanese	English	Japanese
Teacher	Sensei		
Belt	Obi	Black belt Holder	Yudansha
Non Black Belt	Mudansha	Form Practice	Uchi-Komi
Breaking Balance	Kushushi	Fitting Bodies in preparation for throw	Kuzure
Execution of the throw	Kake	Major or Large	O
Outside	Soto	Inside	Uchi
Reaping	Gari	Hand	Te
Body	Tai	Standing Technique	Tachi-Waza
Ground Techniques	Ne-Waza	Sweep	Harai
Mino or Small	Ko	Sacrifice	Sutemi
Circle	Tomoe	Throw	Nage

[illegible]



# Student Notes

### Clinics, Classes, Special Training Activities Attended

[illegible]



## Student Notes



## Student Notes



## Student Notes



## Student Notes





## **Senior NiKyu Study Guide**

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