



Shodan

Black Belt First Degree

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 Kodokan 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. 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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Introduction

General Information

Shodan is the first rank in Kodokan Judo where the judoka wears a Black Belt. This is one of the major transition ranks in Kodokan Judo. The Judoka at this rank is finally considered to be a “Student” of Kodokan Judo. The student will

be expected to be a leader in the class and may have to teach independently of higher ranked instructors. Because of this he/she must maintain a demeanor that



will instill respect and cause the beginners to imitate his/her practice techniques and dedication. Therefore the Shodan student must practice with sincerity, dedication and regularity while showing the utmost respect to his/her instructors and the beginners in the class.

The Shodan judoka must be able to provide instruction on the full range of Kodokan Judo technique, philosophy and etiquette.

It is important that all students be instructed in humility, sincerity, and the ability to recognize the level of their own skills. While the Shodan judoka is considered a “Student” of Kodokan Judo, the general public often views this rank as being an “expert” or even a “master” of Kodokan Judo. It is imperative that the judoka understand that this rank finally provides him/her with the tools he/she needs to begin a comprehensive study of Kodokan Judo and does not in any way, indicate that he/she are at the end of his/her study.

Introduction

General Eligibility

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

- A. Be of excellent moral character, have an exemplary attitude and outlook on life in general and Kodokan Judo in particular, and show a maturity that will ensure that the knowledge he/she has gained, and will continue to gain, will not be abused.
- B. Be at least 14 years of age.
- C. Technical proficiency in the techniques taught for the rank, and at all lower ranks.
- D. 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. A background check will be required. The form can be obtained on the USJF web site.

Promotion Tasks

Suggested Knowledge

TASK	Date Completed
Name the rank and colors for the “Kyu” belt ranking system used for Senior Judoka by the USJF.	
Name the rank and colors for the “Dan” belt ranking system used in Kodokan Judo	
Describe the purpose and methods of “kata” and “randori” in Kodokan Judo.	
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.	
Suggested Vocabulary (Suggested words and phrases are listed in the back of this Study Guide)	
Understanding of basic Kumi-Kata, including grips used for forward and rear throws and grips used in transition throws.	
Understand the principles of Happ-No-Kushushi and be able to explain them.	
Know and understand the three principles of Kodokan Judo as taught by Jigoro Kano	

Promotion Tasks

Suggested Reading

The candidate for promotion to Shodan should consult with the head Instructor to determine appropriate reading material 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.

"Book of Five Rings" Miyamoto Mushashi

"Martial Musings, A portrayal of Martial Arts in the 20th Century" by Robert W. Smith

"Japan's Ultimate Martial Art, Jujitsu before 1882" by Darrell Max Craig

www.judoinfo.com

www.judovision.org

www.usjf.com

Promotion Tasks

Tokui-Waza

The Shodan candidate, with the assistance of the head instructor, should identify his/her tokui-waza (favorite technique). The tokui-waza should be selected based upon the candidate's physical structure, dominant side and personal preference.

As the candidate progresses in their knowledge of Kodokan Judo and their skill, the tokui-waza may change. However, Identification soon after being promoted to Ikkyu should allow the candidate adequate time to refine entry, exit and ne-waza techniques.



Promotion Tasks

Ability to Demonstrate

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

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
Hadaka-Jime	
Kata- Juji-Jime	
Okuri-Eri-Jime	
Name-Juji-Jime	
Kata-Ha-Jime	
Gyaku-Juji-Jime	

Joint Locking TEchniques	Date Completed
Ude-Garami	
Ude-Hishigi-Juji-Gatame	
Ude-Hishigi-Ude- Gatame	
Ashi-Garami	
Ude-Hishigi-Hiza-Gatame	

Promotion Tasks

Suggested Ability to Demonstrate

Suggested Ne-Waza Attacks	Date Completed
Turtle attack using triangle choke, armlock and pin	
Two Juji-Gatame attacks from the guard	
Passing guard into Kesa-Gatame	
Passing guard into Kata-Gatame-Jime	
Basic sweep from open guard into Kesa-Gatame	
Passing guard into Yoko-Shiho-Gatame	
Three turtle attacks	
Passing guard into Hadaka-Jime	

Promotion Tasks

Ability to Demonstrate

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

Promotion Tasks

Ability to Demonstrate

Throwing Technique	Date Completed
Harai-Tsuri-Komi-Ashi	
Uki-Otoshi	
Uki-Waza	
Yoko-Guruma	
Koshi-Guruma	



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	
Seoi-Nage to O-Soto-Gari	
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	
Yoko-Shiho-Gatame to Juji-Gatame	
Ko-Uchi-Gari to Harai-Goshi	
O-Soto-Gari to Harai-Goshi	
O-Uchi-Gari to Harai-Goshi	

Promotion Tasks

Suggested Ability to Demonstrate

Combination Techniques	Date Completed
Tate-Shiho-Gatame to Kesa-Gatame	
Uchi-Mata to Kesa-Gatame	
Uchi-Mata to Yoko-Shiho-Gatame	
Uchi-Mata to Ko-Uchi-Gari	
Uchi-Mata to O-Uchi-Gari	
O-Uchi-Gari to Uchi-Mata	
Tate-Shiho-Gatame to Yoko-Shiho-Gatame	
Tai-Otoshi to O-Uchi-Gari	
Uki-Goshi to Harai-Goshi	
Ko-Uchi-Gari to O-Uchi-Gari	



Promotion Tasks

Suggested Ability to Demonstrate

Kaeshi-Waza (Counter Techniques)	Date Completed
O-Soto-Gari to O-Soto-Gari-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	
Uchi-Mata to Ko-Uchi-Gari	
Uchi-Mata to Uchi-Mata-Sukashi	
Tate-Shiho-Gatame to Kesa-Gatame	
De-Ashi-Barai to Tsubame-Gaeshi	
Yoko-Shiho-Gatame to Juji-Gatame	
Seoi-Nage to Okuri-Eri-Jime	
Seoi-Nage to Tai-Otoshi	



Promotion Tasks

Ability to Demonstrate

Competitors: First three sets

Non-Competitors: Complete Kata

Set	Nage-No-Kata	Position	Date Completed
First Set: Te-Waza	Uki-Otoshi	Tori/Uke	
	Seoi-Nage	Tori/Uke	
	Kata-Guruma	Tori/Uke	
Second Set: Koshi-Waza	Uki-Goshi	Tori/Uke	
	Harai-Goshi	Tori/Uke	
	Tsuri-Komi-Goshi	Tori/Uke	
Third Set: AShi-Waza	Sasae-Tsuri-Komi-Ashi	Tori/Uke	
	Uchi-Mata	Tori/Uke	
	Okuri-Ashi-Barai	Tori/Uke	
Fourth Set: Ma-Sutemi-Waza	Tomoe-Nage	Tori/Uke	
	Ura-Nage	Tori/Uke	
	Sumi-Gaeshi	Tori/Uke	
Fifth Set: Yoko-Sutemi-Waza	Yoko-Gake	Tori/Uke	
	Yoko-Guruma	Tori/Uke	
	Uki-Waza	Tori/Uke	

Promotion Tasks

Ability to Demonstrate

Techniques	Date Completed
Three techniques to left and right sides	
Three Combination techniques	
Three Counter Techniques	



Competition

Suggested Competition Knowledge

Tasks	Date Completed
Knowledge of Olympic Judo scoring system	



Competition



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.

Shodan Requirements

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

Student Classification	Months
Non-Competitor	3 years
Competitor, 5 points	2 years
Competitor, 10 points	12 months
Competitor, 15 points	9 months
Competitor, Batsugun (20 or more points)	6 months

[illegible]

Time in Grade

Practice Time

[illegible]

Practice Time

[illegible]

Practice Time

[illegible]

Time in Grade

Practice Time

[illegible]

[illegible]

Practice Time

[illegible]

Practice Time

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Time in Grade

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Time in Grade

Practice Time

[illegible]

Practice Time

[illegible]

Time in Grade

Practice Time

[illegible]

Suggested Vocabulary

General Requirements

Kodokan Judo is an Olympic Sport 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 a requirement of all USJF 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
Separation	Wakare	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 st Degree Black Belt	Shodan	2 nd Degree Black Belt	Nidan
3 rd Degree Black Belt	Sandan	4 th Degree Black Belt	Yodan
5 th Degree Black Belt	Godan	6 th Degree Black Belt	Rokudan
7 th Degree Black Belt	Shichidan	8 th Degree Black Belt	Hachidan
9 th Degree Black Belt	Kudan	10 th Degree Black Belt	Judan
6 th Class Beginner	Rokokyu	5 th Class Beginner	Gokyu
4 th Class Beginner	Yonkyu	3 rd Class Beginner	Ikkyu
2 nd Class Beginner	Ikkyu	1 st 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	Master	Shihan
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
Minor or Small	Ko	Sacrifice	Sutemi
Circle	Tomoe	Throw	Nage
Backward	Ushiro	Corner	Sumi
Valley	Tani	Sacrifice	Sutemi

Student Notes

Clinics, Classes, Special Training Activities Attended

[illegible]



Student Notes

Clinics, Classes, Special Training Activities Attended

[illegible]

[illegible]

Clinics, Classes, Special Training Activities Attended

[illegible]



Student Notes

Student Notes

Shodan Checklist

This has check list been added by El Toro Judo Club for convenience of Shodan Candidate.

Description	
Background Check submitted	
Referee Certificate	
Nage-No-Kata Certificate	
USJF Application Form	
Time in Grade and contiguous USJF	



Shodan Study Guide

United States Judo Federation
PO BOX 338
Ontario OR 97914

Phone: 541-889-8753
Fax: 541-889-5836