

Introduction:

This document was written to describe the promotion procedures and to prepare you for your Dan test. If you have any questions feel free to ask any member of the Indiana Judo, Inc. Promotion Board for assistance. We will make every effort to administer promotion examinations twice a year, once in the spring and once in fall. After the Promotion Committee tests/reviews an applicant, and the applicant passes, we will send the Recommendation for Promotion to the USA Judo Promotion Committee. The USA Judo Promotion Board automatically accepts our recommendations for ranks up to and including Sandan. The USA Judo Promotion Board makes the final promotional decisions for the ranks of Yodan and above.

Test Requirements:

Indiana Judo, Inc. Dan rank promotional tests are given in three segments:

- 1) Demonstration of Techniques
- 2) Kata Demonstration
- 3) Written Examination

Demonstration of Techniques

The Gokyo no Waza as the standard syllabus of Judo throws originated in 1895. From 1920 to 1982 the Kodokan Gokyo no Waza was made up of 40 throws in 5 groups (Shodan requirement). Around the 100th anniversary of the Kodokan (1982) a group of 8 traditional Judo throws (Nidan requirement) were recognized that had been taken out in 1920, and 17 newer techniques (Sandan Requirement) were recognized as official Kodokan Judo throws (called the Shinmeisho no Waza). In 1997 the Kodokan added the last two additional Judo throws to the Shinmeisho no Waza. The following are the only throwing techniques (*nage waza*) currently recognized by the Kodokan.

..... **Shodan Requirement**

Dai Ikkyo (1st group)

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| 1. Deashi Harai (or barai) | <i>Advanced Foot Sweep</i> |
| 2. Hiza Guruma | <i>Knee Wheel</i> |
| 3. Sasae Tsurikomi Ashi | <i>Supporting Lift-Pull Foot</i> |
| 4. Uki Goshi | <i>Floating Hip</i> |
| 5. Osoto Gari | <i>Major Outer Reap</i> |
| 6. O Goshi | <i>Major Hip</i> |
| 7. Uchi Gari | <i>Major Inner Reap</i> |
| 8. Seoi Nage | <i>Shoulder Throw</i> |

Dai Nikyo (2nd group)

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| 1. Kosoto Gari | <i>Minor Outer Reap</i> |
| 2. Kouchi Gari | <i>Minor Inner Reap</i> |
| 3. Koshi Guruma | <i>Hip Wheel</i> |
| 4. Tsurikomi Goshi | <i>Lift-Pull Hip</i> |
| 5. Okuriashi Harai | <i>Assisting Foot Sweep</i> |
| 6. Tai Otoshi | <i>Body Drop</i> |
| 7. Harai Goshi | <i>Sweeping Hip</i> |
| 8. Uchi Mata | <i>Inner Thigh</i> |

Dai Sankyo (3rd group)

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| 1. <u>Kosoto Gake</u> | <i>Minor Outer Hook</i> |
| 2. <u>Tsuri Goshi</u> | <i>Lifting Hip</i> |
| 3. <u>Yoko Otoshi</u> | <i>Side Drop</i> |
| 4. <u>Ashi Guruma</u> | <i>Foot Wheel</i> |
| 5. <u>Hane Goshi</u> | <i>Springing Hip</i> |
| 6. <u>Harai Tsurikomi Ashi</u> | <i>Sweeping Lift-Pull Foot</i> |
| 7. <u>Tomoe Nage</u> | <i>Stomach Throw</i> |
| 8. <u>Kata Guruma</u> | <i>Shoulder Wheel</i> |

Dai Yonkyo (4th group)

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| 1. <u>Sumi Gaeshi</u> | <i>Corner Reversal</i> |
| 2. <u>Tani Otoshi</u> | <i>Valley Drop</i> |
| 3. <u>Hane Makikomi</u> | <i>Springing Body Wrap</i> |
| 4. <u>Sukui Nage</u> | <i>Scooping Throw</i> |
| 5. <u>Utsuri Goshi</u> | <i>Transfer Hip</i> |
| 6. <u>O Guruma</u> | <i>Major Wheel</i> |
| 7. <u>Soto Makikomi</u> | <i>Outside Body Wrap</i> |
| 8. <u>Uki Otoshi</u> | <i>Floating Drop</i> |

Dai Gokyo (5th group)

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| 1. <u>Osoto Guruma</u> | <i>Major Outer Wheel</i> |
| 2. <u>Uki Waza</u> | <i>Floating Technique</i> |
| 3. <u>Yoko Wakare</u> | <i>Side Separation</i> |
| 4. <u>Yoko Guruma</u> | <i>Side Wheel</i> |
| 5. <u>Ushiro Goshi</u> | <i>Rear Hip</i> |
| 6. <u>Ura Nage</u> | <i>Back Throw</i> |
| 7. <u>Sumi Otoshi</u> | <i>Corner Drop</i> |
| 8. <u>Yoko Gake</u> | <i>Side Hook</i> |

Nidan Requirement

Habukareta Waza (preserved techniques from 1895 gokyo)

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| 1. <u>Obi Otoshi</u> | <i>Belt Drop</i> |
| 2. <u>Seoi Otoshi</u> | <i>Shoulder Drop</i> |
| 3. <u>Yama Arashi</u> | <i>Mountain Storm</i> |
| 4. <u>Osoto Otoshi</u> | <i>Major Outer Drop</i> |
| 5. <u>Daki Wakare</u> | <i>High Separation</i> |
| 6. <u>Hikikomi Gaeshi</u> | <i>Back Fall Reversal</i> |
| 7. <u>Tawara Gaeshi</u> | <i>Rice Bale Reversal</i> |
| 8. <u>Uchi Makikomi</u> | <i>Inner Wrap Around</i> |

Sandan and above requirement

Shinmeisho No Waza (newly accepted techniques)

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| 1. <u>Morote Gari</u> | <i>Two hand Reap</i> |
| 2. <u>Kuchiki Taoshi</u> | <i>Single Leg Take-down</i> |
| 3. <u>Kibisu Gaeshi</u> | <i>Heel Trip Reversal</i> |
| 4. <u>Uchi Mata Sukashi</u> | <i>Inner Thigh Avoidance</i> |
| 5. <u>Daki Age</u> | <i>High Lift</i> |

6. <u>Tsubame Gaeshi</u>	<i>Swallow Counter</i>
7. <u>Kouchi Gaeshi</u>	<i>Minor Inner Reap Counter</i>
8. <u>Ouchi Gaeshi</u>	<i>Minor Inner Counter</i>
9. <u>Osoto Gaeshi</u>	<i>Major Outer Counter</i>
10. <u>Harai Goshi Gaeshi</u>	<i>Sweeping Hip Counter</i>
11. <u>Uchi Mata Gaeshi</u>	<i>Inner Thigh Counter</i>
12. <u>Hane Goshi Gaeshi</u>	<i>Springing Hip Counter</i>
13. <u>Kani Basami</u>	<i>Flying Scissors</i>
14. <u>Osoto Makikomi</u>	<i>Major Outer Wrap Around</i>
15. <u>Kawazu Gake</u>	<i>Side Sacrifice Technique</i>
16. <u>Harai Makikomi</u>	<i>Sweeping Wrap Around</i>
17. <u>Uchi Mata Makikomi</u>	<i>Inner Thigh Wrap Around</i>
18. <u>Sode Tsurikomi Goshi</u>	<i>Sleeve Lifting Pulling Hip</i>
19. <u>Ippon Seoinage</u>	<i>One Arm Shoulder Throw</i>

Pins (Osaewaza)

1. Kesa Gatame	<i>Scarf Hold</i>
2. Kata Gatame	<i>Shoulder Hold</i>
3. Tate Shiho Gatame	<i>Horizontal Four Quarter Hold</i>
4. Yoko Shiho Gatame	<i>Side Hold</i>
5. Kami Shiho Gatame	<i>Upper Four Corner Hold</i>
6. Kuzure Kami Shiho Gatame	<i>Broken Upper Four Corner Hold</i>

Chokes (Shimewaza)

1. Nami Juji Jime	<i>Normal Cross Choke</i>
2. Kata Juji Jime	<i>Half Cross Choke</i>
3. Gyaku Juji Jime	<i>Reverse Cross Choke</i>
4. Hadaka Jime	<i>Naked Choke</i>
5. Okuri Eri Jime	<i>Sliding Lapel Choke</i>
6. Kata Ha Jime	<i>Single Wing Choke</i>

Locks (Kansetsuwaza)

1. Ude Garami	<i>Bent Arm Lock</i>
2. Juji Gatame	<i>Cross Arm Lock</i>
3. Ude Gatame	<i>Normal Arm Lock</i>
4. Hiza Gatame	<i>Knee Arm Lock</i>

Combinations

Demonstrate three (3) Combinations

Counters

Demonstrate three (3) Counters