



**JUDO TRINIDAD AND TOBAGO  
NATIONAL PROMOTION SYSTEM  
GUIDELINES AND SYLLABUS**

**EFFECTIVE SEPTEMBER 1<sup>ST</sup> 2013**

**Prepared by:  
The Technical Committee  
Judo Trinidad and Tobago  
[technicaldirector@judott.com](mailto:technicaldirector@judott.com)  
(868) 683-9343**

**28/08/2013  
Revised 01/01/2014**

## TABLE OF CONTENTS

<b>National Guidelines for Promotion</b>		Page
What is a promotion? Who is eligible? What is required? Points for promotion.....	1	1
Candidate Classification.....	1	1
Club Promotions.....	2	2
National Promotions.....	2	2
Ranking System.....	2	2
<b>The Syllabus</b>		
9 <sup>th</sup> Kyu, 8 <sup>th</sup> Kyu (Infantile).....	3	3
7 <sup>th</sup> Kyu, 6 <sup>th</sup> Kyu (Infantile).....	4	4
8 <sup>h</sup> Kyu, 7 <sup>th</sup> Kyu (Juvenile).....	5	5
6 <sup>th</sup> Kyu, 5 <sup>th</sup> Kyu (Juvenile).....	6	6
4 <sup>th</sup> Kyu, 3 <sup>rd</sup> Kyu (Juvenile).....	7	7
2 <sup>nd</sup> Kyu, 1 <sup>st</sup> Kyu (Juvenile).....	8	8
5 <sup>th</sup> Kyu (Senior).....	9	9
4 <sup>th</sup> Kyu (Senior).....	10	10
3 <sup>rd</sup> Kyu (Senior).....	11	11
2 <sup>nd</sup> Kyu (Senior).....	12	12
1 <sup>st</sup> Kyu (Senior).....	13	13
Shodan.....	14	14
Nidan.....	15	15
Sandan.....	16	16
Yondan.....	17	17
<b>Service Points and Competition Attendance Points.....</b>	<b>18</b>	<b>18</b>

*NATIONAL GUIDELINES FOR PROMOTION*

**What is a promotion?**

- A promotion is the natural progression of a judoka during his judo career. Usually this progression is preceded by an evaluation or “grading” which may take the form of technical and/or competitive assessments. In rare circumstances, a written presentation may be required

**Who is eligible for promotion?**

- Any *active*\* judoka from any club affiliated with Judo Trinidad and Tobago (Judo TT) may be promoted  
\*Denotes regular training and being current with club and national membership fees

**What is required for promotion?**

- For promotions to kyu grades 9 to 2 (Kyu-kyu to Ni-kyu) and depending on his Promotional Authority, it is left up to the Instructor’s discretion. However, he may use the National Syllabus as a guide
- For promotions to 1<sup>st</sup> kyu and over (Ik-kyu and over) the candidate should first be recommended by his Instructor. Then he must meet all the requirements stated in the National Syllabus
- In general, all candidates should possess - good moral character, attitude and maturity, some competitive ability, technical proficiency, relevant experience, contributions to judo and time in grade

**Points for promotion**

- Any competition sanctioned by the national body as such may be considered as a valid method of accumulating points. However, verification must first be accepted by the Technical Committee (TC)
- In competition Attendance Points, Ippon and Waza-ari scores will be counted for promotion purposes
- Points are counted from victories, never from losses. However, anywhere from 0.25 to 5 Attendance Points can be awarded to a competitive judoka that attends any sanctioned competition for promotion
- In actual contest there is a weighted value for each point depending on the rank of the opponent faced

(Attendance Points to be included)

OPPONENT	2-3 Ranks	1 Rank	Same Rank	1 Rank	2 Ranks	3 Ranks
	Lower	Lower (or any rank at int’l competition)		Higher	Higher	Higher
IPPON	1/3	1/2	1	1 ½	2	3
WAZA-ARI	1/6	1/4	1/2	3/4	1	1 ½

**Candidate Classification**

Evaluations for promotion are done for two classifications of players.

- **COMPETITOR** - should spend less time in grade and his achievements in competition will be weighted higher when being considered for promotion. Points are acquired first, then other assessments follow
- **NON-COMPETITOR** - is an active judoka who participates and contributes at all levels of judo except for competition. He would spend a longer time in grade and his requirements will be stricter.
- All members under the age of 36 years are automatically classified as Competitive; those 36 years and over are classified as Non-Competitive. One may change one’s classification but must seek approval from the TC which may make exceptions as the situation requires, such as one’s health or other factors.
- Points can also be accumulated by Competitors and Non-Competitors depending on the level of service to judo locally (dojo and/or community) or nationally. “Service Points” will be verified and recorded only by officials designated by Judo TT for sanctioned events. Activities include but not restricted to refereeing, tournament technical staff, teaching/coaching, demonstrations of judo and service as a Judo TT official. Points range from 0.5 to 10 and are accumulated during the candidate’s present rank.

### Club Promotions

Each member club of Judo TT is given the promotional authority up to a specific rank depending on the number and grade of its examiners who must be *active*\* Yudansha (black belt holder) recognized by Judo TT and members of the club. Below is a guide to a club's promotional authority. **Promotion to any rank that surpasses a club's promotional authority must be forwarded to the TC for review.**

\*Denotes regular participation in activities of Judo TT and being current with its membership fees

<u>Number of Examiners</u>	<u>Examiner's Rank</u>	<u>Promotional Authority</u>
One (1) or more	Shodan	Up to Yonkyu
Two (2) or more	Shodan	Up to Sankyū
One (1) or more	Nidan or higher	Up to Nikyū (maximum)

### National Promotions

The TC shall appoint a Panel of Examiners consisting of higher-ranking Yudansha of the national body (Nidan and above). These Examiners will be responsible for carrying out evaluations of candidates that have met all preconditions of the syllabus and for promoting them to the next higher ranks.

<u>Panel of Examiners</u>	<u>Rank</u>	<u>Promotional Authority</u>
Two (2) or more	Nidan or higher	Up to Ikkyū
Two (2) or more	Sandan or higher	Up to Shodan, and so on

In general, Examiners must be at least two (2) Dan-grades higher than the rank to which the subject is being assessed. Only in special circumstances, such as lack of promotional authority, can the TC appoint one person to evaluate and promote anyone to Shodan or higher. This must be approved by the Executive.

### Ranking System

#### Belt Colours approved by Judo Trinidad and Tobago

	Rank	Infantile (6 - 11 years)	Juvenile (12 - 15 years)	Senior (16 years +)
Club Depends on Promotional Authority	Ju-kyū (10 <sup>th</sup> Kyū)	White	N/A	N/A
	Kyū-kyū (9 <sup>th</sup> Kyū)	White/Yellow	White	N/A
	Hachi-kyū (8 <sup>th</sup> Kyū)	Yellow	Yellow	N/A
	Shichi-kyū (7 <sup>th</sup> Kyū)	Yellow/Orange	Yellow/Orange	N/A
	Roku-kyū (6 <sup>th</sup> Kyū)	Orange	Orange	White
	Go-kyū (5 <sup>th</sup> Kyū)	N/A	Orange/Green	Yellow
	Yon-kyū (4 <sup>th</sup> Kyū)	N/A	Green	Orange
	San-kyū (3 <sup>rd</sup> Kyū)	N/A	Green/Blue	Green
	Ni-kyū (2 <sup>nd</sup> Kyū)	N/A	Blue	Blue
	Ik-kyū (1 <sup>st</sup> Kyū)	N/A	Brown	Brown
National Mandatory Promotions	Sho-dan (1 <sup>st</sup> Dan)	N/A	N/A	Black
	Ni-dan (2 <sup>nd</sup> Dan)	N/A	N/A	Black
	San-dan (3 <sup>rd</sup> Dan)	N/A	N/A	Black
	Yon-dan (4 <sup>th</sup> Dan)	N/A	N/A	Black
	Go-dan (5 <sup>th</sup> Dan)	N/A	N/A	Black
	Roku-dan (6 <sup>th</sup> Dan)	N/A	N/A	Red/White
	Shichi-dan (7 <sup>th</sup> Dan)	N/A	N/A	Red/White
	Hachi-dan (8 <sup>th</sup> Dan)	N/A	N/A	Red/White
	Kyū-dan (9 <sup>th</sup> Dan)	N/A	N/A	Red
	Ju-dan (10 <sup>th</sup> Dan)	N/A	N/A	Red

**9<sup>th</sup> Kyu – Infantile (white/yellow)**

General Requirements:

1. Good moral character
2. Regular practice and attendance
3. Recommended minimum age - 7
4. Recommended minimum time in grade - 3 months as a 10<sup>th</sup> Kyu
5. Must be able to wear the judogi properly

General Knowledge:

- |                      |   |                      |
|----------------------|---|----------------------|
| 1. REI               | - | BOW                  |
| 2. SEIZA & ANZA      | - | KNEELING & SITTING   |
| 3. SHIZENTAI         | - | NORMAL STANCE        |
| 4. USHIRO UKEMI      | - | REAR BREAKFALL       |
| 5. KUMIKATA          | - | GRIPPING             |
| 6. MAE MAWARI SABAKI | - | TURNING TO THE FRONT |

Throwing Techniques:

- |                |        |                    |
|----------------|--------|--------------------|
|                | (Type) |                    |
| 1. O SOTO GARI | leg    | - MAJOR OUTER REAP |

Grappling Techniques:

- |                       |        |                         |
|-----------------------|--------|-------------------------|
|                       | (Type) |                         |
| 1. KUZURE KESA GATAME | pin    | - SCARF HOLD (MODIFIED) |

**8<sup>th</sup> kyu – Infantile (yellow)**

General Requirements:

1. Good moral character
2. Regular practice and attendance
3. Recommended minimum Age - 8
4. Recommended minimum time in grade - 12 months as a 9<sup>th</sup> Kyu

General Knowledge:

- |                             |   |                                  |
|-----------------------------|---|----------------------------------|
| 1. JIGOTAI                  | - | DEFENSIVE STANCE                 |
| 2. AYUMI ASHI / TSUGI ASHI  | - | NORMAL WALKING / SHUFFLING       |
| 3. YOKO UKEMI               | - | SIDE BREAKFALL                   |
| 4. MAE MAWARI UKEMI         | - | FORWARD ROLLING BREAKFALL        |
| 5. HAPPO NO KUZUSHI         | - | 8 DIRECTIONS OF BREAKING BALANCE |
| 6. KUZUSHI / TSUKURI / KAKE | - | THROWING PROCESS                 |

Throwing Techniques:

- |                 |        |                    |
|-----------------|--------|--------------------|
|                 | (Type) |                    |
| 1. O UCHI GARI  | leg    | - MAJOR INNER REAP |
| 2. KO SOTO GARI | leg    | - MINOR OUTER REAP |

Grappling Techniques:

- |                      |        |                         |
|----------------------|--------|-------------------------|
|                      | (Type) |                         |
| 1. YOKO SHIHO GATAME | pin    | - SIDE FOUR-CORNER HOLD |

**7<sup>th</sup> kyu – Infantile (yellow/orange)**

General Requirements:

1. Good moral character
2. Regular practice and attendance
3. Recommended minimum age - 9
4. Recommended minimum time in grade - 12 months as an 8<sup>th</sup> Kyu (yellow)

General Knowledge:

1. Understanding of SEIRYOKU ZENYO - MAXIMUM EFFICIENT USE OF ENERGY

Throwing Techniques: (Type)

1. SASAE TSURIKOMI ASHI leg - LIFT-PULL PROPPING ANKLE THROW
2. KO UCHI GARI leg - MINOR INNER REAP

Grappling Techniques: (Type)

1. KAMI SHIHO GATAME pin - UPPER FOUR-CORNER HOLD
2. MUNE GATAME pin - CHEST HOLD

---

**6<sup>th</sup> kyu – Infantile (orange)**

General Requirements:

1. Good moral character
2. Regular practice and attendance
3. Recommended minimum age - 10
4. Recommended minimum time in grade - 12 months as a 7<sup>th</sup> Kyu (yellow/orange)

General Knowledge:

1. Understanding of JITA KYOEI - MUTUAL BENEFIT FOR SELF & OTHERS

Throwing Techniques: (Type)

1. TAI OTOSHI hand - BODY DROP
2. HIZA GURUMA leg - KNEE WHEEL

Grappling Techniques: (Type)

1. TATE SHIHO GATAME pin - STRAIGHT FOUR-CORNER HOLD

---

**6<sup>th</sup> kyu – Infantile Transition & Excellence in Competition (orange/black strip)**

General Requirements:

1. Good moral character
2. Regular practice and attendance
3. Recommended minimum age - 11
4. Recommended minimum time in grade - 12 months as a 6<sup>th</sup> Kyu (orange)

Throwing Techniques: (Type)

1. OGOSHI hip - MAJOR HIP THROW
2. SEOINAGE hand - SHOULDER THROW
3. IPPON SEOINAGE hand - ONE-ARM SHOULDER THROW

Grappling Techniques: (Type)

1. KATA GATAME pin - SHOULDER HOLD

**8<sup>th</sup> kyu – Juvenile (yellow)**

General Requirements:

1. Good moral character and maturity
2. Regular practice and attendance
3. Recommended minimum age - 12
4. Recommended minimum time in grade - 4 months as a 9<sup>th</sup> Kyu
5. Must be able to wear the judogi properly

General Knowledge:

- |                             |   |                                  |
|-----------------------------|---|----------------------------------|
| 1. REI                      | - | BOW                              |
| 2. SEIZA & ANZA             | - | KNEELING & SITTING               |
| 3. SHIZENTAI / JIGOTAI      | - | NORMAL / DEFENSIVE STANCES       |
| 4. All types of UKEMI       | - | BREAKFALLS                       |
| 5. KUMIKATA                 | - | GRIPPING                         |
| 6. HAPPO NO KUZUSHI         | - | 8 DIRECTIONS OF BREAKING BALANCE |
| 7. KUZUSHI / TSUKURI / KAKE | - | THROWING PROCESS                 |
| 8. TAI SABAKI               | - | BODY SHIFTING                    |
| 9. AYUMI ASHI / TSUGI ASHI  | - | NORMAL WALKING / SHUFFLING       |

Throwing Techniques:

- |                 |        |                    |
|-----------------|--------|--------------------|
|                 | (Type) |                    |
| 1. O SOTO GARI  | leg    | - MAJOR OUTER REAP |
| 2. O UCHI GARI  | leg    | - MAJOR INNER REAP |
| 3. KO SOTO GARI | leg    | - MINOR OUTER REAP |
| 4. OGOSHI       | hip    | - MAJOR HIP THROW  |

Grappling Techniques:

- |                      |        |                          |
|----------------------|--------|--------------------------|
|                      | (Type) |                          |
| 1. KESA GATAME       | pin    | - SCARF HOLD             |
| 2. KATA GATAME       | pin    | - SHOULDER HOLD          |
| 3. YOKO SHIHO GATAME | pin    | - SIDE FOUR-CORNER HOLD  |
| 4. KAMI SHIHO GATAME | pin    | - UPPER FOUR-CORNER HOLD |

**7<sup>th</sup> kyu – Juvenile (yellow/orange)**

General Requirements:

1. Good moral character and maturity
2. Regular practice and attendance
3. Recommended minimum Age - 12
4. Recommended minimum time in grade - 6 months as an 8<sup>th</sup> Kyu

General Knowledge:

- |                                    |   |                                 |
|------------------------------------|---|---------------------------------|
| 1. Understanding of SEIRYOKU ZENYO | - | MAXIMUM EFFICIENT USE OF ENERGY |
|------------------------------------|---|---------------------------------|

Throwing Techniques:

- |                         |        |                                  |
|-------------------------|--------|----------------------------------|
|                         | (Type) |                                  |
| 1. IPPON SEOINAGE       | hand   | - ONE-ARM SHOULDER THROW         |
| 2. SASAE TSURIKOMI ASHI | leg    | - LIFT-PULL PROPPING ANKLE THROW |
| 3. KO UCHI GARI         | leg    | - MINOR INNER REAP               |

Grappling Techniques:

- |                      |        |                             |
|----------------------|--------|-----------------------------|
|                      | (Type) |                             |
| 1. MUNE GATAME       | pin    | - CHEST HOLD                |
| 2. TATE SHIHO GATAME | pin    | - STRAIGHT FOUR CORNER HOLD |

**6<sup>th</sup> kyu – Juvenile (orange)**

General Requirements:

1. Good moral character and maturity
2. Regular practice and attendance
3. Recommended minimum Age - 13
4. Recommended minimum time in grade - 6 months as a 7<sup>th</sup> Kyu

General Knowledge:

1. Understanding of JITA KYOEI - MUTUAL BENEFIT FOR SELF & OTHERS

Throwing Techniques:

- |                | (Type) |   |                |
|----------------|--------|---|----------------|
| 1. TAI OTOSHI  | hand   | - | BODY DROP      |
| 2. SEOINAGE    | hand   | - | SHOULDER THROW |
| 3. HIZA GURUMA | leg    | - | KNEE WHEEL     |

Grappling Techniques:

- |                                     | (Type) |   |                    |
|-------------------------------------|--------|---|--------------------|
| 1. USHIRO KESA GATAME               | pin    | - | REVERSE SCARF HOLD |
| 2. Five transitions from pin to pin |        |   |                    |

**5<sup>th</sup> kyu – Juvenile (orange/green)**

General Requirements:

1. Good moral character and maturity
2. Regular practice and attendance
3. Recommended Minimum Age - 13
4. Recommended minimum time in grade - 6 months as a 6<sup>th</sup> Kyu

Throwing Techniques:

- |                                       | (Type) |   |                      |
|---------------------------------------|--------|---|----------------------|
| 1. DE ASHI BARAI                      | leg    | - | ADVANCING FOOT SWEEP |
| 2. UKI GOSHI                          | hip    | - | FLOATING HIP THROW   |
| 3. MOROTE GARI                        | hand   | - | DOUBLE-ARM REAP      |
| 4. Two 2-technique combination throws |        |   |                      |

Grappling Techniques:

1. One turnover each with uke in all-fours and face down positions
2. Escapes from all pins



**4<sup>th</sup> kyu – Juvenile (green)**

General Requirements:

1. Good moral character and maturity
2. Regular practice and attendance
3. Recommended minimum age - 14
4. Recommended minimum time in grade - 6 months as a 5<sup>th</sup> Kyu

Throwing Techniques:

	(Type)		
1. HARAI GOSHI	hip	-	SWEEPING HIP THROW
2. HANE GOSHI	hip	-	SPRING HIP THROW
3. OKURI ASHI HARAI	leg	-	DOUBLE-ANKLE FOOT SWEEP
4. TSUBAME GAESHI	leg	-	SWALLOW COUNTER

Grappling Techniques:

	(Type)		
1. JUJI JIME	choke	-	CROSS CHOKES
2. Attacks from sitting position			

**3<sup>rd</sup> kyu – Juvenile (green/blue)**

General Requirements:

1. Good moral character and maturity
2. Regular practice and attendance
3. Recommended Minimum Age - 14
4. Time in Grade - 6 months at 4<sup>th</sup> Kyu

Throwing Techniques:

	(Type)		
1. UCHI MATA	leg	-	INNER THIGH THROW
2. SODE TSURIKOMI GOSHI	hip	-	SLEEVE LIFT-PULL HIP THROW
3. TOMOE NAGE	sacrifice	-	CIRCULAR THROW
4. USHIRO GOSHI	hip	-	REAR HIP THROW

Grappling Techniques:

	(Type)		
1. HADAKA JIME	choke	-	BARE CHOKE
2. OKURI ERI JIME	choke	-	SLIDING COLLAR CHOKE
3. KATAHA JIME	choke	-	SINGLE-WING CHOKE

Throwing & Grappling Techniques:

1. Two transitions from throwing to grappling techniques

**2<sup>nd</sup> kyu – Juvenile (blue)**

General Requirements:

1. Good moral character and maturity
2. Regular practice and attendance
3. Recommended minimum Age - 15
4. Time in grade - 6 months as a 3<sup>rd</sup> Kyu

Throwing Techniques:

- |  | (Type)    |   |                       |
|--|-----------|---|-----------------------|
| 1. SUKUI NAGE  | hand      | - | SCOOPING THROW        |
| 2. KUCHIKI TAOSHI  | hand      | - | ONE-HANDED THROW-DOWN |
| 3. TANI OTOSHI   | sacrifice | - | VALLEY DROP           |
| 4. NAGE NO KATA 1st series (Uki Otoshi, Ippon Seoinage, Kata Guruma) |           |   |                       |

Grappling Techniques:

- |                                      | (Type) |   |                    |
|--------------------------------------|--------|---|--------------------|
| 1. SANKAKU JIME                      | choke  | - | TRIANGULAR CHOKES  |
| 2. KATATE JIME                       | choke  | - | ONE-HANDED CHOKE   |
| 3. SODE GURUMA JIME                  | choke  | - | SLEEVE WHEEL CHOKE |
| 4. Two transitions from pin to choke |        |   |                    |

Randori:

1. Two (2) minutes of free practice to demonstrate the effectiveness of some of the techniques demonstrated

**National Promotions Mandatory for this Rank and Higher**

**1<sup>st</sup> kyu – Juvenile (brown)**

General Requirements:

1. Sound moral character and maturity
2. Regular practice and good judo spirit
3. Achieve a minimum score of 70 on “Kyu Evaluation Report”
4. High level of proficiency in all lower rank requirements
5. Time in grade as a 2<sup>nd</sup> Kyu
 

Non-competitor	2 years or 5 service points, 12 months
Competitor	5 pts, 12 months; 10 pts, 9 months; 15 pts, 6 months; 20 pts, 3 months

Throwing Techniques:

- |  | (Type)    |   |                         |
|--|-----------|---|-------------------------|
| 1. UCHI MATA SUKASHI   | hand      | - | INNER THIGH THROW SLIP  |
| 2. SEOI OTOSHI   | hand      | - | DROPPING SHOULDER THROW |
| 3. HIKIKOMI GAESHI   | sacrifice | - | PULL-DOWN REVERSAL      |
| 4. UTSURI GOSHI  | hip       | - | TRANSFER HIP THROW      |
| 5. NAGE NO KATA 2 <sup>nd</sup> series (Uki Goshi, Harai Goshi, Tsurikomi Goshi) |           |   |                         |

Grappling Techniques:

- |                   | (Type)      |   |                      |
|-------------------|-------------|---|----------------------|
| 1. JUJI GATAME    | joint-lock  | - | CROSS ARM-LOCK       |
| 2. SANKAKU GATAME | joint -lock | - | TRIANGULAR ARM-LOCKS |
| 3. UDE GARAMI     | joint -lock | - | ARM ENTANGLEMENT     |
| 4. WAKI GATAME    | joint -lock | - | ARMPIT ARM-LOCK      |

Personal Research on Favourite Technique for Non-Competitors:

1. Make a comprehensive presentation (practical and oral) of a favourite technique including basic demonstration, likely variations and use in combinations, counters and transitions (4-5mins)

**5<sup>th</sup> kyu – Senior (yellow)**

General Requirements:

1. Good moral character and maturity
2. Regular practice and attendance
3. Recommended minimum time in grade - 3 months as a 6<sup>th</sup> Kyu

General Knowledge:

- |                             |   |                                  |
|-----------------------------|---|----------------------------------|
| 1. REI                      | - | BOW                              |
| 2. SEIZA & ANZA             | - | KNEELING & SITTING               |
| 3. SHIZENTAI                | - | NORMAL STANCE                    |
| 4. JIGOTAI                  | - | DEFENSIVE STANCE                 |
| 5. All types of UKEMI       | - | BREAKFALLS                       |
| 6. KUMIKATA                 | - | GRIPPING                         |
| 7. HAPPO NO KUZUSHI         | - | 8 DIRECTIONS OF BREAKING BALANCE |
| 8. KUZUSHI/TSUKURI/KAKE     | - | THROWING PROCESS                 |
| 9. TAI SABAKI               | - | BODY SHIFTING                    |
| 10. AYUMI ASHI / TSUGI ASHI | - | NORMAL WALKING / SHUFFLING       |

Throwing Techniques:

- |                 |        |                    |
|-----------------|--------|--------------------|
|                 | (Type) |                    |
| 1. O SOTO GARI  | leg    | - MAJOR OUTER REAP |
| 2. O UCHI GARI  | leg    | - MAJOR INNER REAP |
| 3. O GOSHI      | hip    | - MAJOR HIP THROW  |
| 4. KO SOTO GARI | leg    | - MINOR OUTER REAP |
| 5. SEOI NAGE    | hand   | - SHOULDER THROW   |

Grappling Techniques:

- |                      |        |                          |
|----------------------|--------|--------------------------|
|                      | (Type) |                          |
| 1. KESA GATAME       | pin    | - SCARF HOLD             |
| 2. KATA GATAME       | pin    | - SHOULDER HOLD          |
| 3. YOKO SHIHO GATAME | pin    | - SIDE FOUR-CORNER HOLD  |
| 4. KAMI SHIHO GATAME | pin    | - UPPER FOUR-CORNER HOLD |

**4<sup>th</sup> kyu – Senior (orange)**

General Requirements:

1. Good moral character and maturity
2. Regular practice and attendance
3. Recommended minimum time in grade - 4 months as a 5<sup>th</sup> Kyu
4. Improved degree of skill with lower rank requirements

General Knowledge:

- |                                    |   |                                  |
|------------------------------------|---|----------------------------------|
| 1. Understanding of SEIRYOKU ZENYO | - | MAXIMUM EFFICIENT USE OF ENERGY  |
| 2. Understanding of JITA KYOEI     | - | MUTUAL BENEFIT FOR SELF & OTHERS |

Throwing Techniques:

- |                                 | (Type) |   |                          |
|---------------------------------|--------|---|--------------------------|
| 1. IPPON SEOI NAGE              | hand   | - | ONE-ARM SHOULDER THROW   |
| 2. TAI OTOSHI                   | hand   | - | BODY DROP                |
| 3. SASAE TSURIKOMI ASHI         | leg    | - | LIFT-PULL PROPPING ANKLE |
| 4. HIZA GURUMA                  | leg    | - | KNEE WHEEL               |
| 5. DE ASHI HARAI                | leg    | - | ADVANCING FOOT SWEEP     |
| 6. KO UCHI GARI                 | leg    | - | MINOR INNER REAP         |
| 7. UKI GOSHI                    | hip    | - | FLOATING HIP THROW       |
| 8. Two 2-technique combinations |        |   |                          |

Grappling Techniques:

- |                                     | (Type)     |   |                           |
|-------------------------------------|------------|---|---------------------------|
| 1. MUNÉ GATAME                      | pin        | - | CHEST HOLD                |
| 2. TATE SHIHO GATAME                | pin        | - | STRAIGHT FOUR-CORNER HOLD |
| 3. USHIRO KESA GATAME               | pin        | - | REVERSE SCARF HOLD        |
| 4. JUJI JIME                        | choke      | - | CROSS CHOKES              |
| 5. JUJI GATAME                      | joint-lock | - | CROSS ARM-LOCK            |
| 6. Five transitions from pin to pin |            |   |                           |

**3<sup>rd</sup> kyu – Senior (green)**

General Requirements:

1. Good moral character and maturity
2. Regular practice and attendance
3. Recommended minimum time in grade - 5 months as a 4<sup>th</sup> Kyu
4. Improved degree of skill with lower rank requirements

Throwing Techniques:

	(Type)		
1. MOROTE GARI	hand	-	DOUBLE-ARM REAP
2. HARAI GOSHI	hip	-	SWEEPING HIP THROW
3. HANE GOSHI	hip	-	SPRING HIP THROW
4. UCHI MATA	leg	-	INNER THIGH THROW
5. OKURI ASHI HARAI	leg	-	DOUBLE-ANKLE FOOT SWEEP
6. TSUBAME GAESHI	leg	-	SWALLOW COUNTER
7. ASHI GURUMA	leg	-	LEG WHEEL

Grappling Techniques:

	(Type)		
1. HADAKA JIME	choke	-	BARE CHOKE
2. OKURI ERI JIME	choke	-	SLIDING COLLAR CHOKE
3. KATAHA JIME	choke	-	SINGLE WING CHOKE
4. UDE GARAMI	joint-lock	-	ARM ENTANGLEMENT
5. Turnovers with uke in all-fours and face down positions			

Throwing & Grappling Techniques:

Two transitions from throwing to grappling techniques

**2<sup>nd</sup> kyu – Senior (blue)**

General Requirements:

1. Good moral character and maturity
2. Regular practice and attendance
3. Recommended minimum time in grade - 6 months as a 3<sup>rd</sup> Kyu
4. Improved degree of skill with lower rank requirements
5. Promotion points - 10 (optional)

Throwing Techniques:

	(Type)		
1. SODE TSURIKOMI GOSHI	hip	-	SLEEVE LIFT-PULL HIP THROW
2. SUKUI NAGE	hand	-	SCOOPING THROW
3. KUCHIKI TAOSHI	hand	-	ONE-HANDED THROW-DOWN
4. USHIRO GOSHI	hip	-	REAR HIP THROW
5. TANI OTOSHI	sacrifice	-	VALLEY DROP
6. TOMOE NAGE	sacrifice	-	CIRCULAR THROW
7. NAGE NO KATA 1st series			

Grappling Techniques:

	(Type)		
1. SANKAKU JIME	choke	-	TRIANGULAR CHOKES
2. UDE GATAME	joint-lock	-	STRAIGHT ARM-LOCK
3. WAKI GATAME	joint-lock	-	ARMPIT ARM-LOCK
4. HIZA GATAME	joint-lock	-	KNEE ARM-LOCK
5. Two transitions from pin to choke to joint-lock			

Randori:

Two (2) minutes of free practice to demonstrate the effectiveness of some of the techniques demonstrated.

**National Promotions Mandatory for this Rank and Higher  
1<sup>st</sup> kyu – Senior (brown)**

General Requirements:

1. Sound moral character and maturity
2. Regular practice and good judo spirit
3. A minimum score of 70 on “Kyu Evaluation Report”
4. High level of proficiency in all lower rank requirements
5. Time in grade as a 2<sup>nd</sup> Kyu  
Non-competitor                      2 years or 12 months with 5 service points  
Competitor, 5 points                      12 months  
Competitor, 10 points                      9 months  
Competitor, 15 points                      6 months  
Competitor, 20 points                      3 months

Throwing Techniques:

- |  | (Type)    |   |                         |
|--|-----------|---|-------------------------|
| 1. UCHI MATA SUKASHI   | hand      | - | INNER THIGH THROW SLIP  |
| 2. SEOI OTOSHI   | hand      | - | DROPPING SHOULDER THROW |
| 3. UTSURI GOSHI  | hip       | - | TRANSFER HIP THROW      |
| 4. HIKIKOMI GAESHI   | sacrifice | - | PULL-DOWN REVERSAL      |
| 5. Competitors - NAGE NO KATA 1st and 2 <sup>nd</sup> series                                   |           |   |                         |
| 6. Non-competitors - NAGE NO KATA 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> series |           |   |                         |

Grappling Techniques:

- |                     | (Type)     |   |                     |
|---------------------|------------|---|---------------------|
| 1. SODE GURUMA JIME | choke      | - | SLEEVE WHEEL CHOKE  |
| 2. KATATE JIME      | choke      | - | ONE-HANDED CHOKE    |
| 3. SANKAKU GATAME   | joint-lock | - | TRIANGULAR ARM-LOCK |
| 4. HARA GATAME      | joint-lock | - | STOMACH ARM-LOCK    |
| 5. ASHI GATAME      | joint-lock | - | LEG ARM-LOCK        |

Personal Research on Favourite Technique for Non-competitors:

1. Make a comprehensive presentation (practical and oral) of a favourite technique including basic demonstration, likely variations and use in combinations, counters and transitions (4-5mins)

**1<sup>st</sup> Dan (SHODAN)**

General Requirements:

1. Unquestioned moral character and maturity
2. Regular practice and a high level of judo spirit
3. A minimum score of 75 on the “Shodan Evaluation Report”
4. High level of understanding of and proficiency in all lower rank requirements
5. Thorough understanding of the National Promotion System
6. Minimum age - 16
7. Time in grade as a 1<sup>st</sup> Kyu
  - Non-competitor 3 years OR 2 years with 10 service points
  - Competitor, 5 points 2 years
  - Competitor, 10 points 12 months
  - Competitor, 15 points 9 months
  - Competitor, 20 points 6 months

Competitors

1. Nage No Kata 1<sup>st</sup> , 2<sup>nd</sup> and 3<sup>rd</sup> series

Non-competitors

1. Complete Nage No Kata

Throwing Techniques for Non-competitors

1. At least two moving combinations in each category of Te Waza, Ashi Waza, Koshi Waza and Sutemi Waza where a combination must include a technique from that category
2. Demonstration of:
  - throwing techniques in Randori OR
  - five techniques from the Panel of Examiners

Ground Techniques for Non-competitors

1. Entrance, control and escapes of Kesa Gatame, Kata Gatame, Kami Shiho Gatame, Yoko Shiho Gatame and Tate Shiho Gatame
2. General forms and opportunities of Nami Juji Jime, Gyaku Juji Jime, Kata Juji Jime, Okuri Eri Jime, Kataha Jime, Hadaka Jime and Sankaku Jime
3. General forms and opportunities of Juji Gatame, Ude Garami, Ude Gatame, Hara Gatame, Waki Gatame, Ashi Gatame



## 2<sup>nd</sup> Dan (NIDAN)

### General Requirements:

1. Unquestioned moral character and maturity
2. Continued practice and a high level of judo spirit
3. A minimum score of 75 on the “Nidan Evaluation Report”
4. Improved level of understanding of and proficiency in all lower rank requirements
5. Minimum age - 18
6. Must have Assistant Instructor certification
7. Time in grade as a Shodan:

- Non-competitor	5 years OR 4 years with 15 service points
- Competitor, 5 points	4 years
- Competitor, 10 points	3 years
- Competitor, 15 points	2 years
- Competitor, 20 points	18 months

### Competitors and Non-competitors

1. Complete Nage No Kata

### Non-competitors

1. Katame No Kata

### Throwing Techniques for Non-competitors

1. At least three moving combinations in each category of Te Waza, Ashi Waza, Koshi Waza and Sutemi Waza where a combination must include a technique from that category
2. At least one counter technique to a throw in each category of Te Waza, Ashi Waza, Koshi Waza and Sutemi Waza
3. Demonstration of:
  - throwing techniques in Randori OR
  - ten techniques from the Panel of Examiners

### Ground Techniques for Non-competitors

1. Entrance, control and escapes of all variations of Kesa Gatame, Kata Gatame, Kami Shiho Gatame, Yoko Shiho Gatame and Tate Shiho Gatame
2. Combinations of techniques from all categories (pins, chokes and joint-locks) with two techniques from each category interchanging with techniques from other categories
3. General forms and opportunities of four choking techniques from the Panel of Examiners
4. General forms and opportunities of four joint-locking techniques from the Panel of Examiners

### 3<sup>rd</sup> Dan (SANDAN)

#### General Requirements:

1. Unquestioned moral character and maturity
2. Continued practice and involvement in judo
3. A minimum score of 75 on the “Sandán Evaluation Report”
4. Improved level of understanding of and proficiency in all lower rank requirements
5. Minimum age - 21
6. Senior Instructor certification
7. Time in grade as a Nidan:

- Non-competitor	6 years OR 5 years with 20 service points
- Competitor, 5 points	5 years
- Competitor, 10 points	4 years
- Competitor, 15 points	3 years
- Competitor, 20 points	2 years

#### Competitors and Non-competitors:

1. Nage No Kata OR
2. Katame No Kata

#### Non-competitors:

1. Gonosen No Kata

#### Throwing Techniques for Non-competitors

1. At least four moving combinations in each category of Te Waza, Ashi Waza, Koshi Waza and Sutemi Waza where a combination must include a technique from that category
2. At least one counter technique from a throw in each category of Te Waza, Ashi Waza, Koshi Waza and Sutemi Waza
3. Demonstration of:
  - throwing techniques in Randori OR
  - 15 techniques from the Panel of Examiners
  - personal research of a favourite technique (Tokui Waza)

#### Ground Techniques for Non-competitors

1. Demonstration of pins, chokes and joint-locks presented after your partner’s unsuccessful standing or ground techniques
2. Demonstration of personal research of a favourite technique (Tokui Waza)

## 4<sup>th</sup> Dan (YONDAN)

### General Requirements:

1. Unquestioned moral character and maturity
2. Continued practice and involvement in judo
3. A minimum score of 75 on the “Yondan Evaluation Report”
4. Improved level of understanding of and proficiency in all lower rank requirements
5. Minimum age - 24
6. Major levels of refereeing
7. Time in grade as a Sandan:

- Non-competitor	8 years OR 6 years with 25 service points
- Competitor, 5 points	6 years
- Competitor, 10 points	5 years
- Competitor, 15 points	4 years
- Competitor, 20 points	3 years

### Competitors and Non-competitors:

1. Nage No Kata OR
2. Katame No Kata OR
3. Gonosen No Kata

### Non-competitors:

1. Kime No Kata OR
2. Kodokan Goshinjutsu

### Throwing Techniques for Non-competitors:

1. At least one feint in each category of Te Waza, Ashi Waza, Koshi Waza and Sutemi Waza where the throw must be from that category
2. At least one counter to a throw in each category of Te Waza, Ashi Waza, Koshi Waza and Sutemi Waza AND how your counter can be countered
3. Demonstration of:
  - throwing techniques in Randori OR
  - 20 techniques from the Panel of Examiners
  - methods of teaching a technique of choice to either infantile (6-11 years), juvenile (12-15 years) or senior (16 years+) beginners

### Grappling Techniques for Non-competitors:

1. Transitions from Shime Waza and Kansetsu Waza each from a standing position to the ground
2. Methods of escape from two techniques in each category of Osaekomi Waza, Shime Waza and Kansetsu Waza and subsequent control of Uke

**Service Points  
(For Competitors and Non-competitors)**

Service points can only be accumulated during the time spent at the candidate's present rank and only be counted if he is a current member of Judo TT for that period. Points are non-transferable and will be verified by Judo TT.

Maximum service points to be accumulated - 30

Maximum allowable service points to be accumulated by competitors - 33% of required points

1. Club Head and Senior Instructors - Must be teaching entire time in grade period
    - 50 and more members - 10 points
    - 30-49 members - 7
    - 20-29 members - 5
    - 10-19 members - 3
    - 1-9 members - 1
  2. Assistant and Junior Instructors - Must be teaching entire time in grade period
    - 50 and more members - 5
    - 30-49 members - 4
    - 20-29 members - 2
    - 10-19 members - 1
  3. Referee and Technical Staff
    - Work an average of 5 or more events per year during time in grade period
      - Referee Classes A/B - 5      Technical Staff National Events - 5
      - Referee Class C - 4      Technical Staff Local Events - 4
    - Work an average of 2 or more events per year during time in grade period
      - Referee Classes A/B - 2      Technical Staff National Events - 2
      - Referee Class C - 1      Technical Staff Local Events - 1
  4. Instructor Certification and Coaching Certification attained during time in grade period
    - Instructor Level 2 - 5      National Coach - 5
    - Instructor Level 1 - 3      Assistant Coach - 3
  5. Demonstrations for the promotion of judo
    - For every 5 to 15-minute demonstration - 1 point
    - For every 5 to 15-minute demonstration (supporting role) - ½ point
  6. Service as national body officer\* during time in grade period
    - For every term served on the national body - 5 points
- \*Denotes at least 1/3 attendance at all Judo TT meetings, including at the sub-committee level

**Competition Attendance Points  
(For Competitors only)**

- |  |        |                                      |     |
|--|--------|--------------------------------------|-----|
| 1. Dojo Shiai, Nat'l Shiai Eval., etc. | - 0.25 | 6. Nat'l Team Regional (Caribbean)   | - 1 |
| 2. National Level Tournament           | - 0.50 | 7. Nat'l Team Regional (CAC)         | - 2 |
| 3. Inter-Club (Regional, CAC)          | - 0.50 | 8. Nat'l Team Continental (PanAm)    | - 3 |
| 4. National Championship               | - 0.75 | 9. Nat'l Team Intl (Grand Prix, etc) | - 4 |
| 5. Inter-Club (Intl, Pan Am)           | - 0.75 | 10. Nat'l Team Intl (Olympics, etc)  | - 5 |