

# Central Coast Yudanshakai

## Shodan (1<sup>st</sup> Degree Black Belt) Promotion Requirements

11/15/2014

Passing criteria:

1. Unquestioned moral character and maturity
2. Continued practice and interest
3. Increased proficiency in all lower rank requirements
4. Minimum age of 14 years
5. Time-in-grade as Ikkyu per USJF requirements
6. Kata demonstration or certificate:
  - a. Competitor - First 3 sets of Nage-No-Kata (Tori)
  - b. Non-competitor - First 3 sets of Nage-No-Kata (Tori)
7. Demonstrate the following with no more than 3 total errors for non-competitors or 5 total errors for competitors in the following:

### Go-Kyo-No-Waza (5 Sets of Techniques)

Must demonstrate adequate kuzushi (off balancing), tsukuri (entry), and kake (execution)

Dai-Ikkyo (Group 1)	Dai-Nikyo (Group 2)	Dai-Sankyo (Group 3)	* Examiner to test all listed techniques <b>and</b> demonstration of 2 combinations utilizing the aforementioned techniques.
De Ashi Harai	Ko Soto Gari	Ko Soto Gake	
Hiza Guruma	Ko Uchi Gari	Tsuri Goshi	
Sasae Tsuru Komi Ashi	Koshi Guruma	Yoko Otoshi	
Uki Goshi	Tsuru Komi Goshi	Ashi Guruma	
O Soto Gari	Okuri Ashi Harai	Hane Goshi	
O Goshi	Tai Otoshi	Harai Tsuru Komi Ashi	
O UchiGari	Harai Goshi	Tomoe Nage	
Seoi Nage:Ippon/Morote	Uchimata	Kata Guruma	

### Osae Waza

Kesa Gatame	*Examiner to test minimum of 3 techniques <b>and</b> escapes for each
Kami Shiho Gatame	
Yoko Shiho Gatame	
Kuzure Kesa Gatame	
Kata Gatame	
Kuzure Kami Shiho Gatame	

### Sankaku

Application into Shime Waza	*Examiner to test for proficiency of each application
Application into Osae Waza	
Application into Kansetsu Waza	

### Other

Passing the guard (passing legs while opponent is on their back)	*Examiner to test for 2 techniques for each
Turnover techniques (opponent on elbows and knees/turtle position)	

### Shime Waza

Nami Juji Jime	*Examiner to test each technique <b>and</b> escape from 1 technique
Okuri Eri Jime	
Hadaka Jime	
Kataha Jime	
Kata Juji Jime	

### Kansetsu Waza

Ude Garami	*Examiner to test each technique
Ude Hishigi Juji Gatame	

# Central Coast Yudanshakai

## Nidan (2<sup>nd</sup> Degree Black Belt) Promotion Requirements

11/15/2014

Passing criteria:

1. Unquestioned moral character and maturity
2. Continued practice and interest
3. Increased proficiency in all lower rank requirements
4. Minimum age of 16 years
5. Time-in-grade as Shodan per USJF requirements
6. Kata demonstration or certificate:
  - a. Competitor - Complete set of Nage-No-Kata (Tori)
  - b. Non-competitor - Complete set of Nage-No-Kata (Tori and Uke); Katame-No-Kata (Tori)
7. Demonstrate the following with no more than 3 total errors for non-competitors or 5 total errors for competitors in the following:

### Go-Kyo-No-Waza (5 Sets of Techniques)

Must demonstrate adequate kuzushi (off balancing), tsukuri (entry), and kake (execution)

Dai-Ikkyo (Group 1)	Dai-Nikyo (Group 2)	Dai-Sankyo (Group 3)	Dai-Yonkyo (Group 4)	
De Ashi Harai	Ko Soto Gari	Ko Soto Gake	Sumi Gaeshi	* Examiner to test all listed techniques <b>and</b> demonstration of 2 counter techniques against Dai-Ikkyo <b>and</b> 4 combinations utilizing the aforementioned techniques.
Hiza Guruma	Ko Uchi Gari	Tsuri Goshi	Tani Otoshi	
Sasae Tsuri Komi Ashi	Koshi Guruma	Yoko Otoshi	Hane Makikomi	
Uki Goshi	Tsuri Komi Goshi	Ashi Guruma	Sukui Nage	
O Soto Gari	Okuri Ashi Harai	Hane Goshi	Utsuri Goshi	
O Goshi	Tai Otoshi	Harai Tsuri Komi Ashi	O Guruma	
O UchiGari	Harai Goshi	Tomoe Nage	Soto Makikomi	
Seoi Nage:Ippon/Morote	Uchimata	Kata Guruma	Uki Otoshi	

### Osae Waza

Kesa Gatame	*Examiner to test minimum of 3 techniques <b>and</b> escapes for each
Kami Shiho Gatame	
Yoko Shiho Gatame	
Kuzure Kesa Gatame	
Kata Gatame	
Kuzure Kami Shiho Gatame	

### Sankaku

Application into shime waza	*Examiner to test for proficiency of each application
Application into osae waza	
Application into kansetsu waza	

### Other

Passing the guard (passing legs while opponent is on their back)	*Examiner to test for 2 techniques for each
Turnover techniques (opponent on elbows and knees/turtle position)	
Attack (Osae Waza, Shime Waza, or Kansetsu Waza) from the guard (while on their back)	*Examiner to test for 1 technique

### Shime Waza

Nami Juji Jime	*Examiner to test each techniques <b>and</b> escape from 2 techniques
Okuri Eri Jime	
Hadaka Jime	
Kataha Jime	
Kata Juji Jime	
Gyaku Juji Jime	

### Kansetsu Waza

Ude Garami	*Examiner to test each technique
Ude Hishigi Juji Gatame	
Ude Hishigi Ude Gatame	
Ude Hishigi Hiza Gatame	

# Central Coast Yudanshakai

## Sandan (3<sup>rd</sup> Degree Black Belt) Promotion Requirements

11/15/2014

Passing criteria:

1. Unquestioned moral character and maturity
2. Continued practice and interest
3. Increased proficiency in all lower rank requirements
4. Minimum age of 18 years
5. Time-in-grade as Nidan per USJF requirements
6. Kata demonstration or certificate:
  - a. Competitor - Complete set of Nage-No-Kata (Tori and Uke); Katame-No-Kata (Tori)
  - b. Non-competitor - Complete set of Nage-No-Kata (Tori and Uke); Katame-No-Kata (Tori and Uke); Kime-No-Kata or Ju-No-Kata
7. Perform teaching demonstration during the examination or any USJF teaching certification (NOT USA Judo coaching certificate)
8. Demonstrate the following with no more than 3 total errors for non-competitors and 7 total errors for competitors in the following:

### Go-Kyo-No-Waza (5 Sets of Techniques)

Must demonstrate adequate kuzushi (off balancing), tsukuri (entry), and kake (execution)

Dai-Ikkyo (Group 1)	Dai-Nikyo (Group 2)	Dai-Sankyo (Group 3)	Dai-Yonkyo (Group 4)	Dai-Gokyo (Group 5)	
De Ashi Harai	Ko Soto Gari	Ko Soto Gake	Sumi Gaeshi	O Soto Guruma	* Examiner to test all listed techniques <b>and</b> demonstration of 3 counter techniques against Dai-Ikkyo & Dai-Nikyo <b>and</b> 6 combinations utilizing the aforementioned techniques.
Hiza Guruma	Ko Uchi Gari	Tsuri Goshi	Tani Otoshi	Uki Waza	
Sasae Tsuri Komi Ashi	Koshi Guruma	Yoko Otoshi	Hane Makikomi	Yoko Wakare	
Uki Goshi	Tsuri Komi Goshi	Ashi Guruma	Sukui Nage	Yoko Guruma	
O Soto Gari	Okuri Ashi Harai	Hane Goshi	Utsuri Goshi	Ushiro Goshi	
O Goshi	Tai Otoshi	Harai Tsuri Komi Ashi	O Guruma	Ura Nage	
O UchiGari	Harai Goshi	Tomoe Nage	Soto Makikomi	Sumi Otoshi	
Seoi Nage:Ippon/Morote	Uchimata	Kata Guruma	Uki Otoshi	Yoko Gake	

### Osae Waza

Kesa Gatame	*Examiner to test minimum of 3 techniques <b>and</b> escapes for each
Kami Shiho Gatame	
Yoko Shiho Gatame	
Kuzure Kesa Gatame	
Kata Gatame	
Kuzure Kami Shiho Gatame	
Yoko Sankaku Jime	

### Sankaku

Application into shime waza	*Examiner to test for proficiency of each application
Application into osae waza	
Application into kansetsu waza	

### Other

Passing the guard (passing legs while opponent is on their back)	*Examiner to test for 3 techniques for each
Turnover techniques (opponent on elbows and knees/turtle position)	
Attack (Osae Waza, Shime Waza, or Kansetsu Waza) from the guard (while on their back)	*Examiner to test for 2 techniques

### Shime Waza

Nami Juji Jime	*Examiner to test all techniques <b>and</b> escape from 2 techniques
Okuri Eri Jime	
Hadaka Jime	
Kataha Jime	
Kata Juji Jime	
Gyaku Juji Jime	

### Kansetsu Waza

Ude Garami	*Examiner to test 2 applications for each technique
Ude Hishigi Juji Gatame	
Ude Hishigi Ude Gatame	
Ude Hishigi Hiza Gatame	

# Central Coast Yudanshakai

## Yondan (4<sup>th</sup> Degree Black Belt) Promotion Requirements

11/15/2014

Passing criteria:

1. Unquestioned moral character and maturity
2. Continued practice and interest
3. Increased proficiency in all lower rank requirements
4. Minimum age of 21 years
5. Time-in-grade as Sandan per USJF requirements
6. Kata demonstration or certificate:
  - a. Competitor - Complete set of Kime-No-Kata (Tori) or Goshinjitsu (Tori)
  - b. Non-competitor - Complete set of Kime-No-Kata (Tori and Uke) or Goshinjitsu (Tori and Uke); Ju-No-Kata (Tori and Uke)
7. Perform teaching demonstration during the examination or any USJF teaching certification (NOT USA Judo coaching certificate)
8. Demonstrate the following with no more than 3 total errors for non-competitors and 7 total errors for competitors in the following:

### Go-Kyo-No-Waza (5 Sets of Techniques)

Must demonstrate adequate kuzushi (off balancing), tsukuri (entry), and kake (execution)

Dai-Ikkyo (Group 1)	Dai-Nikyo (Group 2)	Dai-Sankyo (Group 3)	Dai-Yonkyo (Group 4)	Dai-Gokyo (Group 5)	
De Ashi Harai	Ko Soto Gari	Ko Soto Gake	Sumi Gaeshi	O Soto Guruma	* Examiner to test all listed techniques <b>and</b> demonstration of 4 counter techniques against Dai-Ikkyo & Dai-Nikyo <b>and</b> 6 combinations utilizing the aforementioned techniques.
Hiza Guruma	Ko Uchi Gari	Tsuri Goshi	Tani Otoshi	Uki Waza	
Sasae Tsuri Komi Ashi	Koshi Guruma	Yoko Otoshi	Hane Makikomi	Yoko Wakare	
Uki Goshi	Tsuri Komi Goshi	Ashi Guruma	Sukui Nage	Yoko Guruma	
O Soto Gari	Okuri Ashi Harai	Hane Goshi	Utsuri Goshi	Ushiro Goshi	
O Goshi	Tai Otoshi	Harai Tsuri Komi Ashi	O Guruma	Ura Nage	
O UchiGari	Harai Goshi	Tomoe Nage	Soto Makikomi	Sumi Otoshi	
Seoi Nage:Ippon/Morote	Uchimata	Kata Guruma	Uki Otoshi	Yoko Gake	

### Osae Waza

Kesa Gatame	*Examiner to test minimum of 4 techniques <b>and</b> escapes for each
Kami Shiho Gatame	
Yoko Shiho Gatame	
Kuzure Kesa Gatame	
Kata Gatame	
Kuzure Kami Shiho Gatame	

### Sankaku

Application into shime waza	*Examiner to test for 2 variations of each application
Application into osae waza	
Application into kansetsu waza	

### Other

Passing the guard (passing legs while opponent is on their back)	*Examiner to test for 4 techniques for each
Turnover techniques (opponent on elbows and knees/turtle position)	
Attack (Osae Waza, Shime Waza, or Kansetsu Waza) from the guard (while on their back)	*Examiner to test for 3 techniques

### Shime Waza

Nami Juji Jime	*Examiner to test all techniques <b>and</b> escape from 2 techniques
Okuri Eri Jime	
Hadaka Jime	
Kataha Jime	
Kata Juji Jime	
Gyaku Juji Jime	
Jigoku Jime	
Yoko Sankaku Jime	

### Kansetsu Waza

Ude Garami	*Examiner to test 2 applications for each technique
Ude Hishigi Juji Gatame	
Ude Hishigi Ude Gatame	
Ude Hishigi Hiza Gatame	
Ude Hishigi Hara Gatame	
Ude Hishigi Waki Gatame	

# Central Coast Yudanshakai

## Godan (5<sup>th</sup> Degree Black Belt) Promotion Requirements

11/15/2014

Passing criteria:

1. Unquestioned moral character and maturity
2. Continued practice and interest
3. Increased proficiency in all lower rank requirements
4. Minimum age of 22 years
5. Time-in-grade as Yondan per USJF requirements
6. Kata demonstration or certificate:
  - a. Competitor - Complete set of Kime-No-Kata (Tori and Uke); Goshinjitsu (Tori and Uke)
  - b. Non-competitor - Complete set of Kime-No-Kata (Tori and Uke); Goshinjitsu (Tori and Uke); Ju-No-Kata (Tori and Uke)
7. Perform teaching demonstration during the examination or any USJF teaching certification (NOT USA Judo coaching certificate)
8. Demonstrate the following with no more than 3 total errors for non-competitors and 7 total errors for competitors in the following:

### Go-Kyo-No-Waza (5 Sets of Techniques)

Must demonstrate adequate kuzushi (off balancing), tsukuri (entry), and kake (execution)

Dai-Ikkyo (Group 1)	Dai-Nikyo (Group 2)	Dai-Sankyo (Group 3)	Dai-Yonkyo (Group 4)	Dai-Gokyo (Group 5)	
De Ashi Harai	Ko Soto Gari	Ko Soto Gake	Sumi Gaeshi	O Soto Guruma	* Examiner to test all listed techniques <b>and</b> demonstration of 6 counter techniques against Dai-Gokyo <b>and</b> 6 combinations utilizing the aforementioned techniques.
Hiza Guruma	Ko Uchi Gari	Tsuri Goshi	Tani Otoshi	Uki Waza	
Sasae Tsuri Komi Ashi	Koshi Guruma	Yoko Otoshi	Hane Makikomi	Yoko Wakare	
Uki Goshi	Tsuri Komi Goshi	Ashi Guruma	Sukui Nage	Yoko Guruma	
O Soto Gari	Okuri Ashi Harai	Hane Goshi	Utsuri Goshi	Ushiro Goshi	
O Goshi	Tai Otoshi	Harai Tsuri Komi Ashi	O Guruma	Ura Nage	
O UchiGari	Harai Goshi	Tomoe Nage	Soto Makikomi	Sumi Otoshi	
Seoi Nage:Ippon/Morote	Uchimata	Kata Guruma	Uki Otoshi	Yoko Gake	

### Osae Waza

Kesa Gatame	*Examiner to test minimum of 4 techniques <b>and</b> escapes for each
Kami Shiho Gatame	
Yoko Shiho Gatame	
Kuzure Kesa Gatame	
Kata Gatame	
Kuzure Kami Shiho Gatame	

### Sankaku

Application into shime waza	*Examiner to test for 2 variations of each application
Application into osae waza	
Application into kansetsu waza	

### Other

Passing the guard (passing legs while opponent is on their back)	*Examiner to test for 5 techniques for each
Turnover techniques (opponent on elbows and knees/turtle position)	
Attack (Osae Waza, Shime Waza, or Kansetsu Waza) from the guard (while on their back)	*Examiner to test for 4 techniques

### Shime Waza

Nami Juji Jime	*Examiner to test all techniques <b>and</b> escape from 2 techniques
Okuri Eri Jime	
Hadaka Jime	
Kataha Jime	
Kata Juji Jime	
Gyaku Juji Jime	
Jigoku Jime	
Yoko Sankaku Jime	

### Kansetsu Waza

Ude Garami	*Examiner to test 2 applications for each technique
Ude Hishigi Juji Gatame	
Ude Hishigi Ude Gatame	
Ude Hishigi Hiza Gatame	
Ude Hishigi Hara Gatame	
Ude Hishigi Waki Gatame	