

Judo Terminology

Professor Jigoro Kano	Founder of Judo	Rokkyu.....	White Belt (Sixth Rank)
Judo	Gentle Way	Gokyu	Yellow Belt (Fifth Rank)
Judoka	Person who Practice Judo	Yonkyu	Orange Belt (Fourth Rank)
Atemi	Striking	Sankyu	Green Belt (Third Rank)
Kuzushi.....	Breaking Balance	Nikkyu.....	Purple Belt (Second Rank)
Kiai	Spirited Shout	Ikkyu.....	Brown Belt (First Rank)
Obi	Belt	Shodan.....	First Degree Black Belt
Judogi	Judo Uniform	Nidan.....	Second Degree Black Belt
Dojo	Practice Hall	Sandan.....	Third Degree Black Belt
Sensei	Teacher	Yodan	Fourth Degree Black Belt
Kiyotsuke	Attention	Godan.....	Fifth Degree Black Belt
Rei	Bow	Rokudan.....	Sixth Degree Black Belt (Red/White)
Tori	Person Performing the Techniques	Shichidan	Seventh Degree Black Belt (Red/White)
Uke	Person Receiving the Techniques	Hachidan.....	Eight Degree Black Belt (Red/White)
Migi	Right	Kudan	Ninth Degree Black Belt (Red)
Hidari	Left	Judan	Tenth Degree Black Belt (Red)
Yoko	Side		
Shiai	Tournament		
Hajime	Begin		
Osaekomi	Hold-Down (Hold is on)		
Sono-mama	Do Not Move		
Yoshi	Continue		
Matte	Stop		
Hansoku-make	Loss by Penalty		
Ippon	One Point		
Waza-ari	Almost One Point		
Yuko	Almost Waz-Ari		
Koka	Minor Point		
Hiki-wake	Draw		
Tewaza	Hand Techniques		
Ashiwaza	Foot Techniques		
Nagewaza	Throwing Techniques		
Katamewaza	Grappling Techniques		
Newaza	Mat Work		
Sutemiwaza	Sacrifice Techniques		
Shimewaza	Choking Techniques		
Kansetsuwaza	Joint Lock Techniques		
Ukemi	Falling Techniques		
Tokuiwaza	Favorite Techniques		

Judo Terminology for Gokyu Yellow Belt Studies

Judo Terminology forYonkyu Orange Belt Test

Professor Jigoro Kano	Founder of Judo	Katam-waza	Grappling Techniques
Judo	Gentle Way	Ne-waza	Mat Work
Judoka	Person who Practice Judo	Sutemi-waza	Sacrifice Techniques
Kuzushi	Breaking Balance	Shiai	Tournament
Kiai	Spirited Shout	Hajime	Begin
Obi	Belt	Osaekomi	Hold-Down (Hold is on)
Judogi	Judo Uniform	Sono-mama	Do Not Move
Dojo	Practice Hall	Yoshi	Continue
Sensei	Teacher	Matte	Stop
Kiyotsuke	Attention	Hansoku-make	Loss by Penalty
Rei	Bow	Ippon	One Point
Ukemi	Falling Techniques	Waza-ari	Almost One Point
Tori	Person Performing the Techniques	Yuko	Almost Waz-Ari
Uke	Person Receiving the Techniques	Koka	Minor Point
Nag-waza	Throwing Techniques	Hiki-wake	Draw

Promotion Requirements for Rokkyu to Gokyu, White to Yellow Belt

Ukemi-Waza

- 1 Back Fall
- 2 Front Fall
- 3 Right Side Forward Roll
- 4 Left Side Forward Roll

Falling Techniques

Nage-Waza

- 1 Osoto-GariMajor Outside Clipping Throw
- 2 OgoshiMajor Hip Throw
- 3 Hiza-GurumaMajor Hip Throw
- 4 De-Ashi-HariMajor Outside Clipping Throw

Throwing Techniques

Osaekomi-Waza

- 1 Kesa-GatameScarf Hold
- 2 Kata GatameShoulder Hold

Pinning Techniques

Yellow Belt should be able to tie their Obi correctly be able to fold and tie their Gi correctly, and understand the etiquette in a Dojo.

General Requirements:

- 1 Good moral character and maturity
- 2 Regular practice and attendance

General Knowledge:

- 1 Basic Judo etiquette
- 2 Basic Judo hygiene
- 3 Purpose of Breakfalls (Ukemi)
- 4 Correct forms of sitting, standing and kneeling
- 5 Correct fundamentals of:
 - a) Gripping (Kumi kata)
 - b) Posture (Shisei)
 - c) Natural posture (Shizenhontai)
 - d) Defensive posture (Jigohontai)
 - e) Right defensive posture (Migi Jigotai)
 - f) Left defensive posture (Hidari Jigotai)
- 6 Basic fundamentals of throwing (Kuzushi, Tsukuri, and Kake)
- 7 Eight forms of unbalance

Tournament Experience:

Limited contest experience. Familiarity with training exercises with emphasis on etiquette, rules and prohibited matters. No contest point required.

7 Techniques for Gokyu to Yonkyu, Yellow to Orange Belt Promotion

Nage-Waza

- | | | |
|---|-----------------------|-----------------------------|
| 1 | Morote-Seoi-Nage..... | Two Arms Shoulder Throw |
| 2 | Ippon-Seoi-Nage | One Arm Shoulder Throw |
| 3 | Tai-Otoshi | Upper Body Drop |
| 4 | Kouchi-Gari..... | Small Inside Clipping Throw |
| 5 | Uki-Goshi | Floating Hip Throw |

Throwing Techniques

Osaekomi-Waza

- | | | |
|---|-------------------------|-------------------------|
| 1 | Kami-Shiho-Gatame | Upper Four Cornerf Hold |
| 2 | Yoko-Shiho-Gatame..... | Side Four Corner Hold |

Pinning Techniques

Shime-Waza—13 and older

- | | | |
|---|------------------------|------------------------|
| 1 | Hadaka-Jime | Bare Strangle |
| 2 | Gyaku-Juji-Shime | Reverse Cross Strangle |

Strangulation Techniques

Orange Belt must tie their Obi correctly under 30 seconds, be able to fold and tie their Gi correctly, and understand the etiquette in a Dojo.

General Requirements:

- 1 Good moral character and maturity
- 2 Regular practice and attendance

General Knowledge:

- 1 Difference between Judo and Ju-Jitsu
- 2 Knowledge of the fundamental principles of Judo (*Minimum Effort Maximum Efficiency*)
- 3 Improved degree of Skill with lower rank requirements.

Tournament Experience:

Continued contest experience with expanded interpretation of the sport phase. No contest win required for promotion to this rank.

8 Techniques for Sankyu Green Belt Promotion

Nage-Waza

Throwing Techniques

- 1 O-Uchi-GariMajor Inside Clip
- 2 Hari-GoshiHip Sweeping Throw
- 3 Okuri-Ashi-HaraiSweeping Ankle throw
- 4 Ko-Soto-GariMinor Outer Reaping Throw

Osaekomi-Waza

Pinning Techniques

- 2 Kuzure-Kami-Shiho-GatameModified Upper Four Corner Hold
- 3 Tate-Shiho-GatameVertical Four Corner Hold

Shime-Waza—13 and older

Strangulation Techniques

- 1 Kata-Juji-Jime.....Bare Strangle
- 2 Gyaku-Juji-JimeReverse Cross Strangle

A Green Belt must tie their Obi correctly under 20 seconds be able to fold and tie their Gi correctly, and understand the etiquettes of Judo. Green Belt must also know the entire Judo Terminology.

General Requirements:

- 1 Good moral character and maturity
- 2 Regular practice and attendance
- 3 Time in grade as Yonkyu:
Non-competitor.....9 months
Competitor, 5 points6 months
Competitor, 10 points3 months
competitor, 15 points.....0 time
- 4 Achieve a minimum score of 50 on “Kyu Evaluation Report”

General Knowledge:

- 1 Names, colors and order of Kyu belt ranking system
- 2 Purpose of Kata and Randori

23 Techniques for Nikkyu Purple Belt Promotion

Nage-Waza

Throwing Techniques

- 1 Tomoe-NageRound Throw
- 5 Hane-GoshiInner Hip Springing Throw
- 3 Tsuru-Komi-GoshiLifting Pulling Hip Throw
- 4 Uchimata.....Inner Thigh Throw

Osaekomi-Waza

Pinning Techniques

- 1 Kesa-GatameScarf Hold
- 2 Kuzure-Kesa-GatameVariant Scarf Hold
- 3 Kata-GatameShoulder Hold
- 4 Yoko-Shiho-GatameSide Four Corner Hold
- 5 Kami-Shiho-GatameUpper Four Corner Hold
- 6 Tate-Shiho-GatameVertical Four Corner Hold

Shime-Waza

Strangulation Techniques

- 1 Hadaka-JimeBare Strangle
- 2 Gyaku-Juji-Shime.....Reverse Cross Strangle
- 3 Okuri-Eri-Jime.....Assist Lapel Strangle

A Purple Belt must tie their Obi correctly under 15 seconds be able to fold and tie their Gi correctly. Understand and be able to teach the etiquettes of Judo.

25 Techniques for Ikkyu Brown Belt Promotion

Nage-Waza

1	Morote-Seoi-Nage	Two Arms Shoulder Throw
2	Ippon-Seoi-Nage	One Arm Shoulder Throw
3	Tai-Otoshi	Upper Body Drop
4	Ogoshi	Major Hip Throw
5	Hane-Goshi	Inner Hip Springing Throw
6	Hari-Goshi	Hip Sweeping Throw
7	Uchimata	Major Inner Thigh Throw
8	Osoto-Gari	Major Outside Clip
9	Ouchi-Gari	Major Inside Clip
10	Kouchi-Gari	Small Inside Clip
11	Kosoto-Gari	Small Outside Clip
12	Deashi-Harai	Forward Foot Sweep
13	Hiza-Guruma	Knee Wheel
14	Okuri-Ashi-Harai	Assist foot Sweep
15	Tomoe-Nage	Round Throw
16	Sumi-Gaeshi	Corner Reversal Throw

Throwing Techniques

Osaekomi-Waza

1	Kesa-Gatame	Scarf Hold
2	Kuzure-Kesa-Gatame	Variant Scarf Hold
3	Kata-Gatame	Shoulder Hold
4	Yoko-Shiho-Gatame	Side Four Corner Hold
5	Kami-Shiho-Gatame	Upper Four Corner Hold
6	Tate-Shiho-Gatame	Vertical Four Corner Hold

Pinning Techniques

Shime-Waza (13 years and older)

1	Hadaka-Jime	Bare Strangle
2	Gyaku-Juji-Shime	Reverse Cross Strangle
3	Okuri-Eri-Jime	Assist Lapel Strangle

Strangulation Techniques