

# Martial Arts International Federation



## International Traditional Kodokan Judo ITKJ

### *Promotional Requirements*

### *For Dan Grade Ranks*

Date: 1 December 2005

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## 1. INTRODUCTION

### 1.1 MISSION STATEMENT

The objective of Martial Arts International Federation (MAIF)'s International Traditional Kodokan Judo (ITKJ) program is to unify traditional Kodokan Judoka *across the globe* with a foundation of mutual respect and to provide services/guidance to foster technical excellence, fellowship and human character development. The MAIF is committed to ensuring integrity and maintaining the highest standards in the traditional Kodokan Judo community.

### 1.2 KODOKAN JUDO

Kodokan Judo is defined by the Kodokan Judo Institute in Tokyo, Japan as

- ...a martial art formulated by Jigoro Kano based on his reformulation and adaptation of several classical jujutsu systems as well as his own philosophical ideals

Source: *Kodokan New Japanese-English Dictionary of Judo*

### 1.3 TRADITIONAL KODOKAN JUDO

Traditional Kodokan Judo is simply the practice of Kodokan Judo as described in the text *Kodokan Judo* (Kano, Kodansha International), **without** an *overwhelming emphasis* on the sport of Judo. It is about studying the history, etiquette, waza and kata of Kodokan Judo and enjoying them for what they are - *knowledge, skills and a way of life* based on principles taught by Kodokan Judo's founder, Jigoro Kano.

### 1.4 PRINCIPLE OF DAN GRADES

Achievement in Kodokan Judo is recognized by a series of ranks with associated belts. A judoka can test his or her progress by entering for examination within this system of ranks by demonstrating ever-increasing knowledge of Kodokan Judo.

The Dan ranks of Kodokan Judo are as follows:

Rank	Japanese Name	Belt Color
1 <sup>st</sup> Degree	Shodan	Black
2 <sup>nd</sup> Degree	Nidan	Black
3 <sup>rd</sup> Degree	Sandan	Black
4 <sup>th</sup> Degree	Yondan	Black
5 <sup>th</sup> Degree	Godan	Black
6 <sup>th</sup> Degree	Rokudan	Alternating Red & White panels
7 <sup>th</sup> Degree	Shichidan	Alternating Red & White panels
8 <sup>th</sup> Degree	Hachidan	Alternating Red & White panels
9 <sup>th</sup> Degree	Kudan	Red
10 <sup>th</sup> Degree	Judan	Red

**Table 1.1 - Kodokan Judo Dan Ranks**

Note that the holders of Rokudan through to Judan often continue to wear a black belt for everyday training - reserving their red and white belt or red belt, as appropriate, for ceremonial occasions.

## 2. PROMOTION REQUIREMENTS

All candidates for Dan grade promotion in ITKJ will be assessed by formal examination. The syllabus contained within this document is effective from 1 December 2005 and replaces all previous syllabi.

There are no *competition points* requirements for promotion into and within the Dan grades of ITKJ. However, all candidates for promotion Dan grade are required to exhibit a high level of technical knowledge in Kodokan Judo. The syllabus also requires that candidates demonstrate greater knowledge and higher levels of skill as they progress through the ranks.

Dan rank promotion within ITKJ is based upon:

- Practical application of judo spirit in everyday life
- Knowledge and understanding of Kodokan Judo
- All-round ability in Kodokan Judo
- Contribution to Kodokan Judo and other distinguished accomplishments
- Dedication and service to ITKJ
- Years of training and time in grade and age

Note that the candidates' practical application of judo everyday life is an important factor in consideration for promotion. As per Kodokan guidelines, those who are mean in character as whose speech and behavior are deviated from judo spirit will not be promoted irrespective of any other merit.

Generally, lower Dan ranks are awarded on the basis of knowledge and physical skill. The higher the Dan rank, the more leadership ability, teaching experience, and service contribute to promotion.

It is essential for the candidates to understand that fulfilling all the requirements for a particular rank will not guarantee automatic promotion. The candidates must understand that Traditional Kodokan Judo is not just about doing, but about being. In other words, moral character is just as important as technical skill and knowledge.

Judoka who have contributed to Kodokan Judo in an **outstanding** way (meritorious deed; distinguished service etc.) may also be considered for promotion. The ITKJ Board of Examiners may recommend an individual for promotion for outstanding contribution to the art of Kodokan Judo. Approval of such a promotion is at the sole discretion of the MAIF Executive Board.

Candidates who through long-term injury or illness are unable to comply with the waza, randori, shiai and kata requirements for rank promotion will have their case for promotion considered on a case-by-case basis by the ITKJ Board of Examiners. Promotion in such circumstances will require final ratification by the Central Technical Committee (CTC) of the MAIF.

### 2.1 KNOWLEDGE AND UNDERSTANDING OF JUDO

Candidates will be examined to assess their knowledge and understanding of judo. This element of the examination usually includes both written and oral tests. Topics that the examiners may ask questions on include judo origins, history, customs, etiquette, terminology, technical evolution, application of judo to everyday life, kata etc. The purpose for this part of the promotion requirements is to establish not only what the candidate knows about judo - but also what the candidate is capable of teaching others. The written material must be the candidate's own work and not copied from books or other sources.

### 2.2 ALL-ROUND ABILITY IN KODOKAN JUDO

Ability in Kodokan Judo will be assessed by practical examination on the tatami. The technical element of the examination usually includes demonstration of waza, demonstration of kata and randori (or shiai). All waza and kata demonstrations should be prepared properly over a period of time and should reflect Kodokan standards as described in the text *Kodokan Judo* (Kano, Kodansha International). Note that for higher Dan grades a teaching element is also introduced.

## 2.3 WAZA

Comprehensive demonstration of the waza of Kodokan Judo is fundamental to the Dan rank promotion requirements of ITKJ. Knowledge of individual Nage Waza (Kodokan Gokyo no Waza and Shinmeisho no Waza), Katame Waza and Atemi Waza is required as well as Renzoku Waza, Renraku Waza and Kaeshi Waza. Note that judoka are expected to know the Gokyo no Waza prior to achieving Shodan, and must have improved skill and knowledge (to include variations) at each Dan Grade level.

Note also, that the individual Nage Waza, Katame Waza and Atemi Waza will be demonstrated to both the left and right sides.

Note the following terminology:

- **Renzoku Waza:** Combination techniques in which the second technique is a continuation of the first in the same or similar direction.
- **Renraku Waza:** Combination techniques in which the second technique uses the reaction of the opponent to throw in a completely different direction.
- **Kaeshi Waza:** Counter techniques.

The possible waza pairings for continuous attack and counterattack are almost unlimited. The candidate is again referred to the text *Kodokan Judo* (Kano, Kodansha International) for guidance.

All waza demonstrations must be performed at an appropriate tempo with the candidate and Uke moving as in light randori or in the appropriate positions for the Katame waza. For all demonstrations it is essential that Uke provide the correct opportunity for execution of the waza.

Allowances will be made for differences in physique between individuals e.g. a taller person may demonstrate tai-otoshi differently from a shorter person etc. however no allowances will be made for a lack of technical ability of either the candidate or Uke.

## 2.4 KATA

Kata is a method of studying the techniques and principles of Kodokan Judo via prearranged forms. Dr Jigoro Kano and other high-ranking judoka of past and present generations have developed the Kodokan Judo kata as a result of long and detailed research and practice.

The ITKJ has followed Kodokan guidelines in its kata requirements for each grade and as such the following kata are specified in the ITKJ Dan rank promotion syllabus

- Nage no Kata
- Katame no Kata
- Kime no Kata
- Kodokan Goshin Jutsu
- Ju no Kata
- Itsutsu no Kata
- Koshiki no Kata

The standard for all kata demonstrations is Kodokan standard – as per the Kodokan Kata Series of videos and DVDs and as described in the text *Kodokan Judo* (Kano, Kodansha International).

The following elements will be form the basis of kata evaluation:

- Understanding of the basics of the kata being demonstrated

- Composure - proper mental concentration, decorum, and character
- Correct Breathing
- Posture
- Movement and transition between techniques
- Power and Strength
- Tempo
- Balance and body control
- Focus of technique
- Fluid body movement and gracefulness

## 2.5 RANDORI AND/OR SHIAI

Randori and/or shiai will be used as means of assessing the candidates' skillful and effective application of Kodokan Judo. Each candidate will receive a maximum of five (5) randori or shiai matches. The higher the Dan aimed for, the higher the level of performance that will be expected.

### **Randori**

Randori (free practice) is a method of studying Kodokan Judo via actual offence and defense applied during free movements with an opponent. Randori was considered by Jigoro Kano as an essential part of developing skill in Kodokan Judo.

The following elements will be form the basis of randori evaluation:

- The execution of the various Nage Waza and Katame Waza as individual techniques, in combinations or counters
- Randori must be performed in an uninhibited and free style - without fear of being countered, since there is no winner or loser
- The transition from Tachi Waza to Ne Waza must be clear, quick and logical
- The two judoka must demonstrate a certain ease in their movements, in the application of various techniques
- All ukemi must be performed with good control
- The randori cannot be pre-arranged and must be fluid. It must not be mechanical or spectacular, but must reflect sincerity

### **Shiai**

Shiai (contest) is a test of an individual's skill in Kodokan Judo through contest with an active opponent. Jigoro Kano considered shiai, kata and randori as equally important elements for the practice and study of Kodokan Judo.

It is essential for candidates to recognize that there is no *minimum number of wins* requirements for promotion, as it is the demonstration of skill and effective technique against a resisting opponent that is important. Wins obtained through strength alone will not usually support the case for promotion. A defeat, if something notable is found in it, may be considered positively in the overall assessment.

## 2.6 MINIMUM AGES AND TIME IN GRADE

Candidates for promotion are required to attain maturity, experience and respect in their present rank, before seeking a higher rank. Candidates are required to be active in Kodokan Judo and a member in good standing with the ITKJ during this period. During the qualifying time in grade period, judoka are encouraged to further their Kodokan Judo knowledge thereby ensuring that they are fully conversant with all the requirements necessary for promotion to the next rank.

The minimum age and time in grade requirements for all ITKJ Dan ranks are as follows. Note that it is policy that only those that provide exceptional leadership and accomplishments in ITKJ are considered for the "Minimum" Time in Grade Promotions

<b>Rank</b>	<b>Minimum Age</b>	<b>Min. Time In Previous Rank</b>	<b>Normal Time in Previous Rank</b>	<b>Approximate Years of Training</b>
Shodan 1 <sup>st</sup> Degree	16 years old	9 Months	12 - 16 Months	2 – 3 years
Nidan 2 <sup>nd</sup> Degree	18 years old	1 year	1 -2 years	3 – 5 years
Sandan 3 <sup>rd</sup> Degree	20 years old	2 years	2 - 4 years	5 – 8 years
Yondan 4 <sup>th</sup> Degree	25 years old	3 years	3 - 5 years	8 – 10 years
Godan 5 <sup>th</sup> Degree	30 years old	4 years	4 - 6 years	10 – 15 years
Rokudan 6 <sup>th</sup> Degree	35 years old	5 years	6 - 8 years	15 – 20 years
Shichidan 7 <sup>th</sup> Degree	40 years old	6 years	8 - 10 years	20 – 25 years
Hachidan 8 <sup>th</sup> Degree	50 years old	7 years	9 - 11 years	25 – 35 years
Kudan 9 <sup>th</sup> Degree	60 years old	8 years	12 - 14 years	35 - 45 years
Judan 10 <sup>th</sup> Degree	70 years old	9 years	13 - 16 years	50 years +

**Table 2.1 - Minimum Age and Time in Grade Requirements for ITKJ Dan Ranks**

## **2.7 EXAMINATION ADMINISTRATION**

To gain a pass in the examination for Dan ranks up to Hachidan, candidates must attain at score of at least 75% overall.

All candidates for Dan ranks up to and including Godan must ensure that they have the approval of their Sensei before entering the examination. Promotion examinations are as much a test of the Sensei as the candidate, since if a Sensei approves someone who is not yet ready for promotion it is a reflection on their own teaching and judgment. The MAIF wish all ITKJ candidates every success in their efforts for promotion – for a candidate's success is a reflection of their Sensei's excellence.

At the conclusion of the examination, the candidates' performance will be assessed and discussed by the examiners.

For promotion to Dan grades of up to and including Yondan, the candidate will be informed of the examiners recommendation immediately.

For promotion to the ranks of Godan, Rokudan, Shichidan and Hachidan - the recommendation of the examiners will be subject to approval of the ITKJ Board of Examiners and ratification by the Central Technical Committee (CTC) of the MAIF.

Promotion to the ranks of Kudan and Judan must be approved by the MAIF Executive Board.

## **2.8 DAN GRADE ISSUING AUTHORITY IN NATIONAL TKJ MEMBER ORGANIZATIONS**

National TKJ Member Organizations of MAIF-ITKJ will be granted such authority based on the existing level of Dan ranks held by the leadership of each National Yudanshakai of ITKJ.

### **3. SHODAN – 1<sup>ST</sup> DEGREE**

#### **3.1 GENERAL REQUIREMENTS**

- Exhibit good judo spirit in everyday life
- Member in good standing with the MAIF - ITKJ
- Continued practice and interest
- Increased proficiency in all lower rank requirements
- Minimum age to be promoted – 16 years
- Minimum time of at least 9 months as Ikkyu
- Normal time of 12 - 16 months as Ikkyu

#### **3.2 UNDERSTANDING OF KODOKAN JUDO**

- Essays (c.500 words each) on the following:
  - The candidate's motivation for studying Kodokan Judo
  - The candidate's interpretation of the responsibility of Yudansha rank
- Answer any question that the examiner may ask of the candidate

#### **3.3 WAZA (AS PER EXAMINER'S CHOICE)**

- Demonstrate: 20 Nage Waza from the Kodokan Gokyo no Waza
- Demonstrate: 4 Nage Waza from the Shinmeisho no Waza
- Demonstrate: 12 Katame Waza (and escapes)
  - 4 Osaekomi Waza
  - 4 Shime Waza
  - 4 Kansetsu Waza
- Demonstrate: 4 Renzoku Waza
- Demonstrate: 4 Renraku Waza
- Demonstrate: 8 Kaeshi Waza

#### **3.4 RANDORI AND/OR SHIAI**

- 5 Randori and/or Shiai matches

#### **3.5 KATA**

- Demonstrate: First 3 sets of the Nage-no-Kata as Tori and Uke
- Basic explanation of principles must accompany the demonstrations

## **4. NIDAN – 2<sup>ND</sup> DEGREE**

### **4.1 GENERAL REQUIREMENTS**

- Exhibit good judo spirit in everyday life
- Member in good standing with the MAIF - ITKJ
- Continued practice and interest
- Increased proficiency in all lower rank requirements
- Minimum age to be promoted – 18 years
- Minimum time of at least 1 year as Shodan
- Normal time of 1 - 2 years as Shodan

### **4.2 UNDERSTANDING OF KODOKAN JUDO**

- Essays (c.500 words each) on the following:
  - The historical development of Kodokan Judo
  - The candidate's interpretation of Kodokan Judo and its application in everyday life
- Answer any question that the examiner may ask of the candidate

### **4.3 WAZA (AS PER EXAMINER'S CHOICE)**

- Demonstrate: 25 Nage Waza from the Kodokan Gokyo no Waza
- Demonstrate: 5 Nage Waza from the Shinmeisho no Waza
- Demonstrate: 15 Katame Waza (and escapes)
  - 5 Osaekomi Waza
  - 5 Shime Waza
  - 5 Kansetsu Waza
- Demonstrate: 5 Renzoku Waza
- Demonstrate: 5 Renraku Waza
- Demonstrate: 10 Kaeshi Waza
- Basic ability to teach the above waza

### **4.4 RANDORI AND/OR SHIAI**

- 5 Randori and/or Shiai matches

### **4.5 KATA**

- Demonstrate: Nage-no-Kata as Tori and Uke
- Explanation of principles must accompany the demonstrations

## **5. SANDAN – 3<sup>RD</sup> DEGREE**

### **5.1 GENERAL REQUIREMENTS**

- Exhibit good judo spirit in everyday life
- Member in good standing with the MAIF - ITKJ
- Continued practice and involvement in Kodokan Judo
- Increased proficiency in all lower rank requirements
- Knowledge and skill in teaching Kodokan Judo
- Minimum age to be promoted – 20 years
- Minimum time of at least 2 years as Nidan
- Normal time of 2 - 4 years as Nidan

### **5.2 UNDERSTANDING OF KODOKAN JUDO**

- Essays (c.1000 words each) on the following:
  - The teaching of Kodokan Judo to either adults or children
  - The contribution of Kodokan Judo to education
- Answer any question that the examiner may ask of the candidate

### **5.3 WAZA (AS PER EXAMINER'S CHOICE)**

- Demonstrate: 30 Nage Waza from the Kodokan Gokyo no Waza
- Demonstrate: 6 Nage Waza from the Shinmeisho no Waza
- Demonstrate: 18 Katame Waza (and escapes)
  - 6 Osaekomi Waza
  - 6 Shime Waza
  - 6 Kansetsu Waza
- Demonstrate: 6 Renzoku Waza
- Demonstrate: 6 Renraku Waza
- Demonstrate: 12 Kaeshi Waza
- Improved ability to teach the above waza

### **5.4 RANDORI AND/OR SHIAI**

- 5 Randori and/or Shiai matches

### **5.5 KATA**

- Demonstrate: Nage-no-Kata as Tori and Uke
- Demonstrate: Katame-no-Kata as Tori and Uke
- Explanation of principles must accompany the demonstrations

## **6. YONDAN – 4<sup>TH</sup> DEGREE**

### **6.1 GENERAL REQUIREMENTS**

- Exhibit outstanding judo spirit in everyday life
- Member in good standing with the MAIF - ITKJ
- Continued practice and involvement in Kodokan Judo
- Increased proficiency in all lower rank requirements
- Good knowledge and skill in teaching Kodokan Judo
- Minimum age to be promoted – 25 years
- Minimum time of at least 3 years as Sandan
- Normal time of 3 - 5 years as Sandan

### **6.2 UNDERSTANDING OF KODOKAN JUDO**

- Essays (c.1000 words each) on the following:
  - The role of kata and randori in Kodokan Judo practice
  - How Kodokan Judo has influenced other Martial Arts
- Answer any question that the examiner may ask of the candidate

### **6.3 WAZA (AS PER EXAMINER'S CHOICE)**

- Demonstrate: 35 Nage Waza from the Kodokan Gokyo no Waza
- Demonstrate: 7 Nage Waza from the Shinmeisho no Waza
- Demonstrate: 21 Katame Waza (and escapes)
  - 7 Osaekomi Waza
  - 7 Shime Waza
  - 7 Kansetsu Waza
- Demonstrate: 7 Atemi Waza
- Demonstrate: 7 Renzoku Waza
- Demonstrate: 7 Renraku Waza
- Demonstrate: 14 Kaeshi Waza
- Good ability to teach the above waza

### **6.4 RANDORI AND/OR SHIAI**

- 5 Randori and/or Shiai matches

### **6.5 KATA**

- Demonstrate: Nage-no-Kata as Tori and Uke
- Demonstrate: Katame-no-Kata as Tori and Uke
- Explanation of principles must accompany the demonstrations

## **7. GODAN – 5<sup>TH</sup> DEGREE**

### **7.1 GENERAL REQUIREMENTS**

- Exhibit outstanding judo spirit in everyday life
- Member in good standing with the MAIF - ITKJ
- Continued practice and involvement in Kodokan Judo
- Increased proficiency in all lower rank requirements
- Very good knowledge and skill in teaching Kodokan Judo
- Minimum age to be promoted – 30 years
- Minimum time of at least 4 years as Yondan
- Normal time of 4 - 6 years as Yondan

### **7.2 UNDERSTANDING OF KODOKAN JUDO**

- Essays (c.1000 words each) on the following:
  - Lessons on Kodokan Judo and of “Life in General” that can be learnt from the High Dan Holders of Kodokan Judo
  - Lessons that can be learnt from Dr Jigoro Kano and his life-long accomplishments
- Answer any question that the examiner may ask of the candidate

### **7.3 WAZA (AS PER EXAMINER’S CHOICE)**

- Demonstrate: 40 Nage Waza from the Kodokan Gokyo no Waza
- Demonstrate: 8 Nage Waza from the Shinmeisho no Waza
- Demonstrate: 24 Katame Waza (and escapes)
  - 8 Osaekomi Waza
  - 8 Shime Waza
  - 8 Kansetsu Waza
- Demonstrate: 16 Kaeshi Waza
- Demonstrate: 8 Renzoku Waza
- Demonstrate: 8 Renraku Waza
- Demonstrate: 8 Atemi Waza
- Strong ability to teach the above waza

### **7.4 RANDORI AND/OR SHIAI**

- 5 Randori and/or Shiai matches

### **7.5 KATA**

- Demonstrate: Kime-no-Kata or Kodokan Goshin Jutsu as Tori and Uke
- Explanation of principles must accompany the demonstrations

## **8. ROKUDAN – 6<sup>TH</sup> DEGREE**

### **8.1 GENERAL REQUIREMENTS**

- Exhibit outstanding judo spirit in everyday life
- Member in good standing with the MAIF - ITKJ
- Continued practice and involvement in Kodokan Judo
- Increased proficiency in all lower rank requirements
- Excellent knowledge and skill in teaching Kodokan Judo
- Substantial contribution to Kodokan Judo
- Minimum age to be promoted – 35 years
- Minimum time of at least 5 years as Godan
- Normal time of 6 - 8 years as Godan

### **8.2 UNDERSTANDING OF KODOKAN JUDO**

- Written essay, magazine article, or book (2000 word minimum) on any aspect of Kodokan Judo
- Detailed presentation of favorite technique. Explanation of theory and practice must accompany the demonstration
- Answer any question that the examiner may ask of the candidate

### **8.3 WAZA (AS PER EXAMINER'S CHOICE)**

- Excellent skill in demonstrating and teaching the Kodokan Gokyo no Waza
- Excellent skill in demonstrating and teaching the Shinmeisho no Waza
- Excellent skill in demonstrating and teaching Katame Waza (and escapes)
- Excellent skill in demonstrating and teaching Kaeshi Waza
- Excellent skill in demonstrating and teaching Atemi Waza

### **8.4 KATA**

- Demonstrate: Kime-no-Kata or Kodokan Goshin Jutsu as Tori and Uke
- Demonstrate: Ju-no-Kata as Tori and Uke
- Explanation of principles must accompany the demonstrations
- Teaching of 1 complete Kodokan kata (candidate's choice) taken from the syllabus for promotion up to Godan

## **9. SHICHDAN – 7<sup>TH</sup> DEGREE**

### **9.1 GENERAL REQUIREMENTS**

- Exhibit outstanding judo spirit in everyday life
- Member in good standing with the MAIF - ITKJ
- Continued practice and involvement in Kodokan Judo
- Increased proficiency in all lower rank requirements
- Superior knowledge and skill in teaching Kodokan Judo
- Substantial contribution to Kodokan Judo and society
- Minimum age to be promoted – 40 years
- Minimum time of at least 6 years as Rokudan
- Normal time of 8 - 10 years as Rokudan

### **9.2 UNDERSTANDING OF KODOKAN JUDO**

- Written essay, magazine article, or book (5000 word minimum) about any aspect of Kodokan Judo
- Answer any question that the examiner may ask of the candidate

### **9.3 WAZA (AS PER EXAMINER'S CHOICE)**

- Superior skill in demonstrating and teaching the Kodokan Gokyo no Waza
- Superior skill in demonstrating and teaching the Shinmeisho no Waza
- Superior skill in demonstrating and teaching Katame Waza
- Superior skill in demonstrating and teaching Kaeshi Waza
- Superior skill in demonstrating and teaching Atemi Waza

### **9.4 KATA**

- Demonstrate: Ju-no-Kata as Tori and Uke
- Demonstrate: Itsutsu-no-Kata as Tori and Uke
- Explanation of principles must accompany the demonstrations
- Teaching of 2 complete Kodokan kata (candidate's choice) taken from the syllabus for promotion up to Rokudan

## **10. HACHIDAN – 8<sup>TH</sup> DEGREE**

### **10.1 GENERAL REQUIREMENTS**

- Exhibit outstanding judo spirit in everyday life
- Member in good standing with the MAIF - ITKJ
- Continued practice and involvement in Kodokan Judo
- Increased proficiency in all lower rank requirements
- Mastery of the principles and philosophies of Kodokan Judo
- Major contribution to Kodokan Judo and society
- Minimum age to be promoted – 50 years
- Minimum time of at least 7 years as Shichidan
- Normal time of 9 - 11 years as Shichidan

### **10.2 UNDERSTANDING OF KODOKAN JUDO**

- Presentation of written dissertation (c.10,000 words) containing extensive analysis of the general theory and practice of Kodokan Judo
- Answer any question that the examiner may ask of the candidate

### **10.3 KATA**

- Demonstrate: Koshiki-no-Kata as Tori and Uke
- Explanation of principles must accompany the demonstrations
- Teaching of 3 complete Kodokan kata (candidate's choice) taken from the syllabus for promotion up to Shichidan

## **11. KUDAN – 9<sup>TH</sup> DEGREE AND JUDAN 10<sup>TH</sup> DEGREE**

### **11.1 GENERAL REQUIREMENTS**

- Exhibit outstanding judo spirit in everyday life
- Member in good standing with the MAIF - ITKJ
- Outstanding contribution to Kodokan Judo and society
- Increased proficiency in all lower rank requirements
- Mastery of the principles and philosophies of Kodokan Judo

### **11.2 KUDAN**

- Minimum age to be promoted – 60 years
- Minimum time of at least 8 years as Hachidan
- Normal time of 12 - 14 years as Hachidan

### **11.3 JUDAN**

- Minimum age to be promoted – 70 years
- Minimum time of at least 9 years as Kudan
- Normal time of 13 - 16 years as Kudan

### **11.4 ADMINISTRATIVE GUIDELINES**

Promotion to the ranks of Kudan and above is awarded on the basis of outstanding achievements and service during the candidate's Kodokan Judo career. Generally for these Dan grades there will be no technical examination or kata demonstrated. However, the candidate may chose to demonstrate a kata if he/she so desires.

If the ITKJ Board of Examiners does not have knowledge of the technical ability of the candidate in question, he/she may be required to demonstrate the requirements for Hachidan. The MAIF Executive Board must approve all promotions to these ranks. Candidates for promotion to Kudan and Judan are also required to submit a resume, which includes:

- A brief personal history
- Kodokan Judo history detailing promotion record information and technical qualifications attained
- Training courses attended
- Involvement in promoting Kodokan Judo at local, regional, national and international levels
- Administrative duties for the International Traditional Kodokan Judo programme
- Special development projects for Kodokan Judo
- Endorsements of recommendation for promotion from interested parties
- Any other information supporting the candidate's application

## **APPENDICES**

## A. THE NAGE WAZA OF KODOKAN JUDO

The Gokyo-no-Waza as the standard syllabus of judo throwing techniques (Nage Waza) originated in 1895. From 1920 to 1982 the Kodokan Gokyo-no-Waza was made up of 40 throws in 5 groups and these were all of the throwing techniques in the Kodokan syllabus. Around the 100th anniversary of the Kodokan (1982) a group of 8 traditional judo throws were recognized that had been taken out in 1920, and 17 newer techniques were recognized as official Kodokan Judo throws (called the Shinmeisho no Waza). In 1997 the Kodokan added Sode Tsurikomi-goshi and Ippon Seoinage, as last two additional throws to the Shinmeisho no Waza.

The following are the only Nage Waza currently recognized by the Kodokan.

### A.1 THE KODOKAN GOKYO NO WAZA

#### Dai Ikkyo (1<sup>st</sup> group)

- Deashi Harai (Forward Foot Sweep)
- Hiza-guruma (Knee Wheel)
- Sasae Tsurikomi Ashi (Support Foot Lift-Pull Throw)
- Uki-goshi (Floating Hip Throw)
- Osoto-gari (Large Outer Reap)
- Ogoshi (Large Hip Throw)
- Ouchi-gari (Large Inner Reap)
- Seoi Nage (Shoulder Throw)

#### Dai Nikyo (2<sup>nd</sup> group)

- Kosoto-gari (Small Outer Reap)
- Kouchi-gari (Small Inner Reap)
- Koshi-guruma (Hip Wheel)
- Tsurikomi-goshi (Lift-Pull Hip Throw)
- Okuri Ashi Harai (Foot Sweep)
- Tai-otoshi (Body Drop)
- Harai-goshi (Hip Sweep)
- Uchi Mata (Inner Thigh Reaping Throw)

#### Sankyo (3<sup>rd</sup> group)

- Kosoto-gake (Small Outer Hook)
- Tsurigoshi (Lifting Hip Throw)
- Yoko Otoshi (Side Drop)
- Ashi-guruma (Leg Wheel)
- Hane-goshi (Hip Spring)
- Harai Tsurikomi Ashi (Lift-Pull Foot Sweep)

- Tomoe Nage (Circular Throw)
- Kata-guruma (Shoulder Wheel)

**Yonkyo (4<sup>th</sup> group)**

- Sumi-gaeshi (Corner Throw)
- Tani Otoshi (Valley Drop)
- Hane Makikomi (Springing Wraparound Throw)
- Sukuinage (Scooping Throw)
- Utsuri-goshi (Hip Shift)
- Oguruma (Large Wheel)
- Soto Makikomi (Outer Wraparound Throw)
- Uki Otoshi (Floating Drop)

**Gokyo (5<sup>th</sup> group)**

- Osoto-guruma (Large Outer Wheel)
- Uki Waza (Floating Throw)
- Yoko Wakare (Side Separation)
- Yoko-guruma (Side Wheel)
- Ushiro-goshi (Back Hip Throw)
- Ura Nage (Back Throw)
- Sumi Otoshi (Corner Drop)
- Yoko Gake (Side Hook)

**Habukareta Waza (preserved techniques from 1895 Gokyo (reinstated in 1982))**

- Obi Otoshi (Belt Drop)
- Seoi Otoshi (Shoulder Drop)
- Yama Arashi (Mountain Storm)
- Osoto Otoshi (Large Outer Drop)
- Daki Wakare (High Separation)
- Hikikomi-gaeshi (Rolling Reversal)
- Tawara-gaeshi (Rice Bail Throw)
- Uchi Makikomi (Inner Wrap Around)

**A.2 SHINMEISHO NO WAZA**

These are the throwing techniques newly accepted by the Kodokan.

**Te Waza (Hand Techniques)**

- Morote-gari (Two-Hand Reap)
- Kuchiki Taoshi (One-Hand Drop)
- Kibisu-gaeshi (Heel Trip)
- Uchi Mata Sukashi (Inner Thigh Reaping Throw Slip)
- Sode Tsurikomi-goshi (Sleeve Lift-Pull Hip)
- Ippon Seoinage (One-Arm Shoulder Throw)

**Koshi Waza (Hip Techniques)**

- Dakiage (High Lift)
- Tsubame-gaeshi (Swallow Counter)
- Osoto-gaeshi (Large Outer Reaping Throw Counter)
- Ouchi-gaeshi (Large Inner Reaping Throw Counter)
- Kouchi-gaeshi (Small Inner Reaping Throw Counter)
- Hane-goshi-gaeshi (Hip Spring Counter)
- Harai-goshi-gaeshi (Hip Sweep Counter)
- Uchi Mata-gaeshi (Inner Thigh Reaping Throw Counter)

**Yoko Sutemi Waza (Side sacrifice techniques)**

- Kani-basami (Scissors Throw)
- Kawazu-gake (One Leg Entanglement)
- Osoto Makikomi (Large Outside Wraparound Throw)
- Uchi Mata Makikomi (Inner Thigh Wraparound Throw)
- Harai Makikomi (Hip Sweep Wraparound Throw)

**B. KATAME WAZA (GRAPPLING TECHNIQUES)**

The following are the Katame Waza currently recognized by the Kodokan.

**B.1 OSAE-KOMI WAZA (HOLDING TECHNIQUES)**

- Kesa-gatame (Scarf Hold)
- Kuzure Kesa-gatame (Variation of Scarf Hold)
- Kata-Gatame (Shoulder Hold)
- Kami Shiho-gatame (Top Four-corner Hold)
- Kuzure Kami Shiho-gatame (Broken Top Four-corner Hold)
- Yoko Shiho-gatame (Side Locking Four-corner Hold)
- Tate Shiho-gatame (Straight Locking Four-corner Hold)

**B.2 SHIME-WAZA (STRANGULATION TECHNIQUES AND CHOKE LOCKS)**

- Nami Juji-jime (Normal Cross Lock)
- Gyaku Juji-jime (Reverse Cross Lock)
- Kata Juji-jime (Half Cross Lock)
- Hadaka-jime (Naked Lock)
- Okuri Eri-jime (Sliding Collar Lock)
- Kata Ha-jime (Single wing Lock)
- Katate-jime (One-Hand Choke)
- Ryote-jime (Two-Hand Choke)
- Sode-guruma-jime (Sleeve Wheel Choke)
- Tsukkomi-jime (Thrust Choke)
- Sankaku-jime (Triangular Choke)
- Do-jime (Body strangle)

**B.3 KANSETSU-WAZA (JOINT LOCKING TECHNIQUES)**

- Ude-garami (Entangled Armlock)
- Ude Hishigi Juji-gatame (Cross Armlock)
- Ude Hishigi Ude-gatame (Straight arm Armlock)
- Ude Hishigi Hiza-gatame (Knee Armlock)
- Ude Hishigi Waki-gatame (Armpit Armlock)
- Ude Hishigi Hara-gatame (Stomach Armlock)
- Ude Hishigi Ashi-gatame (Leg Armlock)
- Ude Hishigi Te-gatame (Hand Armlock)

- Ude Hishigi Sankaku Jime (Triangular Armlock)
- Ashi-garami (Entangled Leglock)

#### NOTES

- The Kodokan uses the formal name *Kuzure Kesa-gatame* instead of commonly used *Makura Kesa-gatame* and *Ushiro Kesa-gatame*.
- *Kesa-* and *Kami Shiho-* are the only waza which have *Kuzure*. There are no *Kuzure* in *Yoko Shiho-gatame*, *Tate Shiho-gatame* nor in *Kata-gatame*.
- The Kodokan uses the formal name *Ude Hishigi Jjuji-gatame* or *Ude Hishigi Ude-gatame* instead of abbreviating the names such as *Juji-gatame* or *Ude-gatame*.

## C. ATEMI WAZA (STRIKING TECHNIQUES)

Atemi is constructed of the words ate, which means strike or blow, and mi, which means body. Thus Atemi Waza are techniques with which you strike the body. They are commonly referred as strikes or blows to the body's vital points, but does not necessarily have to be directed to them.

The techniques may take the form of striking, punching, chopping, thrusting, jabbing or kicking. They are divided into Ude Ate (arm strikes), in which vital points are attacked with the hand or arm, and Ashi Ate (leg strikes), in which the leg or foot becomes a weapon. Both groups of techniques are further subdivided. The Atemi Waza of Kodokan Judo are based on those of the Tenshin Shin'yo Ryu.

### C.1 UDE ATE (ARM STRIKES)

#### Hiji Ate (elbow strikes)

- Ushiro Ate (Rear Strike)

#### Tegatana Ate (outside hand edge strikes)

- Kirioroshi (Downward Cut)
- Naname uchi (Rear Strike)

#### Kobushi Ate (fist strikes)

- Naname Ate (Crossing Blow)
- Yoko ate (Side Strike)
- Kami ate (Upward Blow)
- Tsukiage (Uppercut)
- Shimo Tsuki (Downwards Blow)
- Ushiro Tsuki (Back Blow)
- Ushiro Sumi Tsuki (Rear Corner Blow)
- Tsukkake (Stomach Punch)
- Yoko Uchi (Side Blow)
- Ushiro uchi (Rear Blow)
- Uchioroshi (Downwards Strike)

#### Yubisaki Ate (fingertip strikes)

- Tsukidashi (Hand Thrust)
- Ryogan Tsuki (Strike to Both Eyes)

### C.2 ASHI ATE (LEG STRIKES)

#### Hiza Gashira Ate (knee strikes)

- Mae Ate (Front Blow)

#### Sekito Ate (ball of foot strikes)

- Naname-geri (Crossing Kick)
- Mae-geri (Front Kick)

- Taka-geri (High Front Kick)

**C.3 KAKATO ATE (HEEL STRIKES)**

- Ushiro-geri (Rear Kick)
- Yoko-geri (Side Kick)

## D. NAGE-NO-KATA (KATA OF THROWS)

The Nage-no-Kata was established to help understanding of the theoretical basis of judo and learn the processes involved in *Kuzushi*, *Tsukuri*, *Kake* - in other words, how to assume the correct position for applying a throwing technique once the opponents balance has been broken, and how to apply and complete a technique. The kata consists of fifteen representative throwing techniques, three from each of the following five categories: Te Waza, Koshi Waza, Ashi Waza, Ma Sutemi Waza and Yoko Sutemi Waza.

Each technique is executed from both sides.

### TE WAZA (HAND TECHNIQUES)

- Uki Otoshi (Floating Drop)
- Seoi Nage (Shoulder Throw)
- Kata-guruma (Shoulder Wheel)

### KOSHI WAZA (HIP TECHNIQUES)

- Uki-goshi (Floating Hip Throw)
- Harai-goshi (Hip Sweep)
- Tsurikomi-goshi (Lift-Pull Hip Throw)

### ASHI WAZA (LEG TECHNIQUES)

- Okuri Ashi Harai (Foot Sweep)
- Sasae Tsurikomi Ashi (Support Foot Lift-Pull Throw)
- Uchi Mata (Inner Thigh Reaping Throw)

### MA SUTEMI WAZA (SUPINE SACRIFICE TECHNIQUES)

- Tomoe Nage (Circular Throw)
- Ura Nage (Back Throw)
- Sumi-gaeshi (Corner Throw)

### YOKO SUTEMI WAZA (SIDE SACRIFICE TECHNIQUES)

- Yoko Gake (Side Hook)
- Yoko-guruma (Side Wheel)
- Uki Waza (Floating Throw)

## E. KATAME-NO-KATA (KATA OF CONTROL)

The Katame-no-Kata was established during 1884 and 1885. The kata consists of five representative techniques each from the Osaе-komi Waza, Shime Waza and Kansetsu Waza, the aim being the mastery of the theoretical basis for executing and evading each technique.

Together, the Nage-no-Kata and the Katame-no-Kata from the Randori-no-Kata, Their practice helps in the understanding and mastery of the theory behind Randori techniques.

### OSAE-KOMI WAZA (HOLDS)

- Kesa-gatame (Scarf Hold)
- Kata-Gatame (Shoulder Hold)
- Kami Shiho-gatame (Top Four-corner Hold)
- Yoko Shiho-gatame (Side Locking Four-corner Hold)
- Kuzure Kami Shiho-gatame (Broken Top Four-corner Hold)

### SHIME WAZA (STRANGLES & CHOKES)

- Kata Juji-jime (Half Cross Lock)
- Hadaka-jime (Naked Lock)
- Okuri Eri-jime (Sliding Collar Lock)
- Kata Ha-jime (Single wing Lock)
- Gyaku Juji-jime (Reverse Cross Lock)

### KANSETSU WAZA (LOCKS)

- Ude-garami (Entangled Armlock)
- Ude Hishigi Juji-gatame (Cross Armlock)
- Ude Hishigi Ude-gatame (Straight arm Armlock)
- Ude Hishigi Hiza-gatame (Knee Armlock)
- Ashi-garami (Entangled Leglock)

**F. KIME NO KATA / SHINKEN-SHOBU-NO-KATA (KATA OF DECISION)**

The Kime-no-Kata consists of twenty techniques for attack and defence. Eight are Idori techniques that are employed while seated, and twelve are Tachiai that are used when both people are standing.

The Kime-no-Kata was established in 1888. By studying the kata it is possible to understand and master the theoretical basis for attack and defence, thereby allowing one to move quickly and apply the most appropriate techniques to control the opponent.

The Kime-no-Kata includes Atemi Waza, which are not used in Randori. Regular practice is essential in order to understand the key locations and apply the atemi sharply.

**IDORI (KNEELING)**

- Ryote-dori (Two-Hand Hold)
- Tsukkake (Stomach Punch)
- Suri Age (Forehead Thrust)
- Yoko Uchi (Side Blow)
- Ushiro-dori (Hold from Behind)
- Tsukkomi (Dagger Thrust to Stomach)
- Kirikomi (Downward Slash)
- Yoko Tsuki (Dagger Thrust to Side)

**TACHIAI (STANDING)**

- Ryote-dori (Two-Hand Hold)
- Sode Tori (Sleeve Grab)
- Tsukkake (Punch to face)
- Tsukiage (Uppercut)
- Suri Age (Forehead Thrust)
- Yoko Uchi (Side Blow)
- Keage (Groin Kick)
- Ushiro-dori (Hold from Behind)
- Tsukkomi (Dagger Thrust to Stomach)
- Kirikomi (Downward Slash)
- Nuki Kake (Sword Unsheathing)
- Kirioroshi (Downward Cut)

## G. KODOKAN GOSHIN JUTSU (MODERN SELF DEFENCE KATA)

The founder of Kodokan Judo, Jigoro Kano, referred to the three purposes of Judo as *physical education, learning how to attack and defend, and moral training.*

The Kime-no-Kata was created around 1888 to study how to attack and defend. However, with the change of lifestyles, it became necessary to come up with a new set of kata more suited to modern times. Therefore, in 1956, the Kodokan established Goshin Jutsu, a set of twenty one self defence techniques, which are divided into two categories: Toshu or Against Unarmed Attack; and Buki or Against Armed Attack.

### TOSHU (AGAINST UNARMED ATTACK)

#### When held

- Ryote-dori (Two-Hand Hold)
- Hidari Eri-dori (Left-lapel hold)
- Migi Eri-dori (Right-lapel hold)
- Kataude-dori (Single-Hand Hold)
- Ushiro Eri-dori (Collar Hold from Behind)
- Ushiro-jime (Choke from Behind)
- Kaka-e-dori (Seize and Hold from Behind)

#### At a distance

- Naname Uchi (Slanting Strike)
- Ago Tsuki (Uppercut)
- Gammen Tsuki (Thrust-Punch to Face)
- Mae-geri (Front Kick)
- Yoko-geri (Side Kick)

### BUKI (AGAINST ARMED ATTACK)

#### Knife

- Tsukkake (Thrust)
- Choku-zuki (Straight Thrust)
- Naname-zuki (Slanting Stab)

#### Stick

- Furiage (Upswing against Stick)
- Furioroshi (Downswing against Stick)
- Morote-zuki (Two-Hand thrust against Stick)

**Pistol**

- Shomen-zuki (Pistol at the Abdomen)
- Koshi-gamae (Pistol Held at the Side)
- Haimen-zuki (Pistol against the Back)

## H. JU-NO-KATA (KATA OF SUPPLENESS)

The Ju-no-Kata was formulated as one of Kata of Kodokan Judo in 1887. The gentle movements are designed to teach the fundamentals of attack and defence and will make it much easier for one to learn the principals and movements of Kodokan Judo. Since the forms incorporate various movements such as bending, stretching and twisting, they are very effective in conditioning the body and developing it all-round.

Another advantage of the Ju-no-Kata is that it can be practiced by men and women, young and old without having to wear judogi.

### IKKYO (SET 1)

- Tsukidashi (Hand Thrust)
- Kata Oshi (Shoulder Push)
- Ryote-dori (Two-Hand Hold)
- Kata Mawashi (Shoulder Turn)
- Ago Oshi (Jaw Push)

### NIKYO (SET 2)

- Kirioroshi (Downward Cut)
- Ryokata Oshi (Two-Shoulder Push)
- Naname Uchi (Slanting Strike)
- Katate-dori (One-Hand Hold)
- Katate Age (One-Hand Lift)

### SANKYO (SET 3)

- Obi Tori (Belt Grab)
- Mune Oshi (Chest Push)
- Tsukiage (Uppercut)
- Uchioroshi (Downward Strike)
- Ryogan Tsuki (Strike to Both Eyes)

## I. ITSUTSU-NO-KATA (KATA OF FIVE PRINCIPLES)

The Itsutsu-no-Kata was established in 1887 by the founder of Kodokan Judo, Jigoro Kano. The kata forms the basis of Kodokan Judo. Inspired by the forms found in nature, Jigoro Kano strived to come up with a way of expressing those forces through judo. The result is the Itsutsu-no-Kata.

There are no names for the specific techniques, but the Itsutsu-no-Kata comprises all the fundamental principles of Kodokan Judo, applying the theoretical basis of attack and defence to natural phenomena. In that sense they can also be appreciated from an artistic point of view.

- Form 1: Demonstrates the principle that rationalized, continuous attack will bring defeat, even against a strong power. This technique represents the impeccable strength of justice. A small power applied continuously, in a rational manner, can control a huge power.
- Form 2: Demonstrates the principle of using the energy of the opponent's attack to defeat them, or victory through yielding.
- Form 3: Demonstrates the principle of the whirlpool, wherein the inner circle controls the outer circle. Two objects revolving in giant circles, inevitably they close in on each other, and then part without damage.
- Form 4: Demonstrates the power of the ocean's tide. The tide will draw everything on the shore into the ocean, no matter how large, as a giant wave sweeping the beach clean of all debris and impurity.
- Form 5: Demonstrates the principle of yielding. When unlimited energies collide with each other, one yields to avoid destroying both. This technique shows that a clash between two strong forces can only result in mutual doom, but if you step aside and give way there will be peace and coexistence.

## J. KOSHIKI NO KATA (ANTIQUE KATA)

The Koshiki-no-Kata preserves the kata of the Kito-Ryu of Jujutsu which Jigoro Kano studied before founding Kodokan Judo.

The Koshiki-no-Kata is based on the throwing techniques executed by armour-clad warriors on the battle field. There are fourteen Omote and seven Ura forms.

### OMOTE (FRONT)

- Tai (Ready Posture)
- Yume no Uchi (Dreaming)
- Ryokuhi (Strength Dodging)
- Mizu-guruma (Water Wheel)
- Mizu Nagare (Water Flow)
- Hikiotoshi (Draw Drop)
- Ko-daore (Log Fall)
- Uchikudaki (Smashing)
- Tani Otoshi (Valley Drop)
- Kuruma-daoshi (Wheel Throw)
- Shikoro-dori (Grabbing the Neckplates)
- Shikoro-gaeshi (Twisting the Neckplates)
- Yudachi (Shower)
- Taki Otoshi (Waterfall Drop)

### URA (REAR)

- Mi Kudaki (Body Smashing)
- Kuruma-gaeshi (Wheel Throw)
- Mizu Iri (Water Plunge)
- Ryusetsu (Willow Snow)
- Sakaotoshi (Headlong Fall)
- Yukiore (Snowbreak)
- Iwa Nami (Wave on the Rocks)