

Shodan Promotion Requirements

Revised: 11/20/04

Shodan: Black Belt 1st Degree

3 Mistakes Fail Test

1. Pass all the knowledge and demonstration requirements of all previous rank exams
2. List and demonstrate the throws in the 1st Kyo , 2nd Kyo and 3rd Kyo
3. Techniques will be judged according to the 3 elements: Kuzushi, Tsukuri, Kake.

Go-Kyo-No-Waza			
1 Kyo	2 Kyo	3 Kyo	
De-Ashi-barai Hiza-guruma *Sasae Tsuru Komi Ashi Uki goshi O soto gari O goshi O uchi gari Seoi nage: Ippon/Morote	Ko soto gari Ko uchi gari Koshi guruma Tsuru komi goshi *Okuri ashi harai Tai otoshi Harai goshi Uchi mata	Ko soto gake Tsuru goshi Yoko otoshi <u>Ashi guruma</u> Hane goshi Harai tsuru komi ashi Tomoe nage Kata guruma	Shodan requires 2 combinations in 1 & 2 Kyo *Required: Sasae Tsuru Komi Ashi to Okuri Ashi Harai

Osae Waza Technique	
Kesa- Gatame Kami Shiho Gatame Yoko Shiho Gatame	Demonstrate technique and escapes for each. <u>Demonstrate Uke escape into: 1 Shime waza</u> <u>1 Kansetsu waza</u>
Tate Shiho Gatame Kuzure-Kesa- Gatame Kata Gatame Kuzuri Kami Shiho Gatame	Demonstrate
<u>Sankaku Series:</u> • Application to Shime-waza • Application to Osae-waza • Application to Kansetsu-waza	Demonstrate
• Entering through legs when opponent is on back • Turning techniques when opponent is on knees and elbows	Demonstrate 2 methods for each

Shime-waza	
Name-juji-jime Okuri-eri-jime Hadaka jime Kataha jime Kata Juji Jime	Demonstrate
Kansetsu Waza Techniques	
Ude hishigi juji gatame Ude-garami	Demonstrate

Kata Demonstration or Kata Certificate

- Nage-no-kata (3 sets)