

Yodan Promotion Requirements

Revised: 11/20/04

Yodan: Black Belt 4th Degree

3 Mistakes Fails 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, 3rd Kyo, 4th Kyo and 5th Kyo
3. Techniques will be judged according to the 3 elements: Kuzushi, Tsukuri, Kake.

Go-Kyo-No-Waza				
1 Kyo	2 Kyo	3 Kyo	4 Kyo	5 Kyo
<ul style="list-style-type: none"> • Requires 6 combinations. • 4 Counter throws against 1st & 2nd Kyo techniques 				
De-Ashi-Barai Hiza-Guruma Sasae Tsuru Komi Ashi Uki Goshi O Soto Gari O Goshi O Uchi Gari Seoiage: 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 Ashi Guruma Hane Goshi Harai Tsuru Komi Ashi Tomoe Nage Kata Guruma	Sumi Gaeshi Tani Otoshi Hane Maki Komi Sukui Nage Utsuri Goshi O Guruma Soto Maki Komi Uki Otoshi	O Soto Guruma Uki Waza Yoko Wakare Yoko Guruma Ushiro Goshi Ura Nage Sumi Otoshi Yoko Gake

Osae Waza Techniques	
Kesa- Gatame Kami Shiho Gatame Yoko Shiho Gatame Kata Gatame Tate Shiho Gatame Kuzure-Kesa- Gatame Kuzuri Kami Shiho Gatame Ushiro Kesa Gatame Makura Kesa Gatame Kuzure Tate Shiho Gatame	<ul style="list-style-type: none"> • Demonstrate technique and escapes for each • Demonstrate Uke escape into: 3 Shime waza 3 Kansetsu waza
Sankaku Series: <ul style="list-style-type: none"> • Application to Shime-waza • Application to Osae-waza • Application to Kansetsu-waza 	<ul style="list-style-type: none"> • Demonstrate

Osae Waza Techniques	
<ul style="list-style-type: none"> • Entering through legs when opponent is on back • Turning techniques when opponent is on knees and elbows 	<ul style="list-style-type: none"> • Demonstrate 5 methods for each

Shime-waza

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Hadaka Jime Okuri Eri Jime Kata Juji Jime Nami Juji Jime Kataha Jime Gyaku Juji Jime Sankaku Jime Sode Guruma Tomoe Jime Tsukkomi Jime Jigoku Jime Yoko Jime	<ul style="list-style-type: none">• Demonstrate 2 applications and/or escape into shime-waza
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Kansetsu-Waza	
Ude Hishigi Hara Gatame Ude Garami Ude Hishigi Juji Gatame Ude Hishigi Waki Gatame Ude-Hishigi Ude Gatame Ude Hishigi Hiza Gatame	<ul style="list-style-type: none">• Demonstrate 3 applications

Kata: Kime no Kata (complete set, tori and uke)

Kime no Kata Certificate: (Yondan)

Teach: 2 Tachiwaza techniques
 1 Combination Techniques
 1 Osae waza and escapes
 1 Methods-entering into newaza
 1 Shime-waza application
 1 Kansetsu waza application