

## Ikkyu Promotion Requirements

### **Ikkyu: Brown Belt; 1<sup>st</sup> Degree**

1. Pass all the knowledge and demonstration requirements of all previous rank exams
2. List and demonstrate 1<sup>st</sup> Kyo and 2<sup>nd</sup> Kyo of the Go-Kyo No Waza

<b>Go-Kyo-No-Waza</b>		
1	2	
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	Demonstrate

<b>Osae Waza-Holding Techniques</b>		
Kesa Gatame Kami shiho Gatame Yoko Shiho Gatame	Kuzuri kami shiho gatame Kata gatame Tate shiho gatame	Demonstrate

<b>Shime-waza</b>		
Name-juji-jime Okuri-eri-jime Gyaku juji jime	Hadaka jime Kataha jime	Demonstrate

<b>Kansetsu-Waza</b>	
Ude hishigi juji gatame Ude-garami	Demonstrate

### • **Oral/Written Questions**

- Who was the founder of Kodokan Judo?
- When and where did Judo begin?
- Demonstrate “Happo no kuzushi”
- What are the three major divisions of Judo techniques?
- What are the three key points in executing a throwing technique?
- What is the history of Judo?
- What is the ultimate goal of Judo practice?
- What is Nage no kata? Name the sets
- Name each technique in order in Japanese?
- What is the “Gokyo no waza”?

# Ikkyu Promotion Requirements

## **1. Tournament Management**

- Ability to supervise and instruct score table responsibility
  - Timers
  - Storekeepers
  - Pool recorders
- Supervise scoring table, at a minimum of one CCSF tournament.
- Responsibility of Assistant Tournament Director

## **2. Refereeing:**

- Referee two tournaments per semester