

## Nikyu Promotion Requirements

### Nikyu: Brown; 2nd Degree

1. Pass all the knowledge and demonstration requirements of all previous rank exams
2. List and demonstrate the 5 throws of the 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 the “Gokyo no waza”?

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<b>Vocabulary</b>	
<ul style="list-style-type: none"> <li>• Technique - <u><b>Waza</b></u></li> <li>• Counter technique - <u><b>Kaeshi Waza</b></u></li> <li>• Attention - <u><b>Kiyotsuke</b></u></li> <li>• Bow - <u><b>Rei</b></u></li> <li>• Teacher - <u><b>Sensei</b></u></li> <li>• Practice hall for Judo - <u><b>Dojo</b></u></li> <li>• Judo uniform - <u><b>Judogi</b></u></li> <li>• Judo player - <u><b>Judoka</b></u></li> <li>• Little inside reaping throw - <u><b>Ko Uchi Gari</b></u></li> <li>• Hip wheel throw - <u><b>Koshi Guruma</b></u></li> <li>• Modified side hold - <u><b>Kuzure Kesa Gatame</b></u></li> <li>• Fourth class (kyu) Judo rank - <u><b>Yonkyu</b></u></li> <li>• To slide - <u><b>Okuri</b></u></li> <li>• Way of the warrior - <u><b>Bushido</b></u></li> <li>• Martial arts – <u><b>Budo</b></u></li> <li>• Five stages of technique, the basic syllabus of Kodokan Judo - <u><b>Go Kyo No Waza</b></u></li> <li>• The principle of gentleness or giving way – <u><b>Ju</b></u></li> <li>• Way of life - <u><b>Do</b></u></li> </ul>	<ul style="list-style-type: none"> <li>• Judo uniform sleeve - <u><b>Sode</b></u></li> <li>• Judo uniform lapel - <u><b>Eri</b></u></li> <li>• Belt - <u><b>Obi</b></u></li> <li>• The attacker - <u><b>Tori</b></u></li> <li>• Repetition attack practice without throwing, done in pairs - <u><b>Uchi Komi</b></u></li> <li>• Alternate throwing practice without resistance - <u><b>Sute Geiko</b></u></li> <li>• Form practice - <u><b>Kata</b></u></li> <li>• Free practice - <u><b>Randori</b></u></li> <li>• Practice in general - <u><b>Keiko</b></u></li> <li>• Little outside reaping throw - <u><b>Ko Soto Gari</b></u></li> <li>• Lifting pulling hip throw - <u><b>Tsuri Komi Goshi</b></u></li> <li>• Modified upper corners hold - <u><b>Kuzure Kami Shiho Gatame</b></u></li> <li>• Win by forfeit or default of the opponent before a match - <u><b>Fusengachi</b></u></li> <li>• Win by withdrawal of the opponent during a match - <u><b>Kiken Gachi</b></u></li> <li>• Combination win by one-half point from opponent's penalty and one-half point from a score - <u><b>Sogo Gachi</b></u></li> </ul>

### General Techniques

- Ability to demonstrate and teach one combination technique.
- Ability to demonstrate and teach one counter technique.

### 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