

## IKKYU JUDO RANK REQUIREMENTS

- Minimum time in Judo four (4) years
- Good moral character and maturity.
- Good attendance record.
- At least a "C" average, if still in school.
- Minimum 1 year Nikyu

Three (3) Combination Techniques

Three (3) Counter Techniques

Three (3) Left-handed Throwing Techniques

### Go Kyo No Waza

### Nage No Kata

#### Pins

- |                             |                                     |
|-----------------------------|-------------------------------------|
| 1. Kesa Gatame              | Scarf Lock                          |
| 2. Kata Gatame              | Shoulder Lock                       |
| 3. Tate Shiho Gatame        | Vertical Quarter Lock               |
| 4. Yoko Shiho Gatame        | Side Quarter Lock                   |
| 5. Kami Shiho Gatame        | Upper Quarter Lock                  |
| 6. Kuzure Kami Shiho Gatame | Broken Upper Four Quarter Hold Down |

#### Chokes

- |                    |                        |
|--------------------|------------------------|
| 1. Nami Juji Jime  | Normal Cross Wringing  |
| 2. Kata Juji Jime  | Half Cross Wringing    |
| 3. Gyaku Juji Jime | Reverse Cross Wringing |
| 4. Hadaka Jime     | Naked Strangle         |
| 5. Okuri Eri Jime  | Sliding Lapel Wringing |
| 6. Kata Ha Jime    | Single Wing Wringing   |

#### Locks

- |                |                    |
|----------------|--------------------|
| 1. Ude Garami  | Bent Arm Lock      |
| 2. Juji Gatame | Step Over Arm Lock |
| 3. Ude Gatame  | Straight Arm Lock  |
| 4. Hiza Gatame | Knee Arm Lock      |

General Knowledge

Posture

Sitting

Walking

Turning

Falling

Gripping

Grip Breaking

Mat Entries / Escapes