



**NORTHERN CALIFORNIA JUDO ASSOCIATION, INC.  
HOKKA JUDO YUDANSHAKAI**

**Hokka/USJF Black Belt Promotion Check List**

Candidate's Name	Current Rank	Rank Date
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**Required Forms and Documentation (All Ranks)**

- Hokka RECOMMENDATION FOR PROMOTION APPLICATION  
Include the Hokka promotion fee (\$10, payable to "Northern California Judo Association") with the completed application.
- Judo Activity Record Forms  
A detailed record of your Judo activity at your current rank is required.  
List the wins and points earned from competition needed to reduce your time-in-grade.  
Document the service contributions to reduce your time-in-grade, (maximum is 30%)  
You should also include any national certification that you have received, (Referee, Coach, Kata).
- Current Rank Certificate  
Attach a copy of your current rank certificate (USJF, USJA, USA Judo).
- Current USJF Registration  
Include a copy of your current USJF membership card.

**Required Forms and Documentation (Black Belt Promotions Only)**

- USJF RECOMMENDATION FOR PROMOTION APPLICATION (Form #20)  
Include USJF promotion fee (payable to "USJF") with the completed application. Promotions are free for USJF Life Members.
- USJF Background Screening Form  
Include the background screening fee (payable to "USJF") with the completed form.
- Three Years Consecutive USJF Membership  
Include copies of your expired membership cards to prove consecutive membership.  
You may pay back membership fees to meet this requirement.

**Hokka Board of Examiners**

1. Make one copy for each member of the Hokka Board of Examiners.
2. Mail all required forms, documentation and fees, to the Chairman of the Hokka Board of Examiners (Mac Takeda), at least two weeks prior to the next meeting.

Mail To:

Mac Takeda  
8957 Park Meadow Drive  
Elk Grove, CA 95624



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**Shodan (1 Dan) Promotion Requirements Check List**

Minimum Requirements

Eligibility for promotion shall be based upon the following general requirements.

- Unquestioned moral character, attitude and maturity
- Continued practice and interest
- Competitive ability
- Technical proficiency in new skills and increased proficiency in all lower rank requirements
- General experience, contributions, and time in grade
- Recommendation by candidate's instructor

**Minimum Age Requirement**  
You must be at least 14 years of age for Shodan (1 Dan).

**Minimum Time-in-Grade Requirement**  
Time-in-grade at Ikkyu (1<sup>st</sup> Kyu).

Competitor: Points Time-in-Grade Reduction

One Ippon win over an opponent of equal rank is one (1) point.

An Opponent may count only once for each rank promotion.

If you place in an A, B, C, or D level tournament, your time-in-grade for Shodan is None.

	<b>2 Ranks Lower</b>	<b>1 Rank Lower</b>	<b>Same Rank</b>	<b>1 Rank Higher</b>	<b>2 Ranks Higher</b>	<b>3 Ranks Higher</b>
<b>Ippon</b>	1/3	1/2	1	1 1/2	2	3
<b>Waza Ari</b>	1/6	1/4	1/2	3/4	1	1 1/2

	<b>Points</b>	<b>Time-in-grade</b>
Non-competitor	0 points	3 years
Competitor	5 points	2 years
Competitor	10 points	1 years
Competitor	15 points	9 months
Competitor	20 points	6 months

Non-Competitor: Percentage Time-in-Grade Reduction

The maximum percentage time-in-grade reduction for service is 30%.

See page 7 of the USJF Rank Requirements Handbook for service time-in-grade reductions.

**Refereeing Requirement**  
Attend one Referee clinic and (Referee or Scorekeep) at one tournament.

**Kata Requirement**  
Attend one Nage-no-Kata clinic,  
or demonstrate the following:

- Competitor: First three sets of Nage-no-Kata (Tori)
- Non-competitor: Complete Nage-no-Kata (Tori)



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**Shodan (1 DAN) Required Skills Check List**

Ability to demonstrate the following:

**General Knowledge**

Basic Judo etiquette
Basic Judo hygiene
Purpose of breakfalls (ukemi)
Correct forms of sitting, standing and kneeling
Correct fundamentals of:
Gripping (kumi kata)
Posture (shisei)
Natural posture (shizenhontai)
Defensive posture (jigohontai)
Right defensive posture (migi jigotai)
Left defensive posture (hidari jigotai)
Basic fundamentals of throwing (kuzushi, tsukuri and kake)
Eight forms of unbalance

**Throwing Techniques**

O-soto-gari	Major outer reaping throw
O-goshi	Major hip throw
De-ashi-harai	Advanced foot sweep
Hiza-guruma	Knee wheel throw
Seio-nage	Shoulder throw
Tai-otoshi	Body drop
Kouchi-gari	Minor inner reaping throw
Uki-goshi	Floating hip throw
O-uchi-gari	Major inner reaping throw
Harai-goshi	Sweeping hip throw
Okuri-ashi-barai	Sweeping ankle throw
Ko-soto-gari	Minor outer reaping throw
Tomoe-nage	Stomach throw
Hane-goshi	Spring hip throw
Tsuri-komi-goshi	Lifting-pulling hip throw
Uchimata	Inner thigh throw
Sode-tsurikomi-goshi	Sleeve lift pull hip throw
Sasae-tsurikomi-ashi	Propping drawing ankle throw
Kata-guruma	Shoulder wheel
Uki-otoshi	Floating drop
Uki-waza	Floating throw
Koshi-guruma	Waist wheel throw
Harai-tsuri-komi-ashi	Lifting-pulling foot sweep
Yoko-guruma	Side wheel throw



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**Holding Techniques**

	Kesa-gatame	Cross-chest hold
	Kata-gatame	Shoulder hold
	Kami-shiho-gatame	Upper four-corner hold
	Yoko-shiho-gatame	Side four-corner hold
	Kuzure-kame-shiho-gatame	Modified upper four-corner hold
	Tate-shiho-gatame	Vertical four-corner hold

**Choking Techniques**

	Kata-juji-jime	Half cross choke
	Gyaku-juji-jime	Reverse cross choke
	Nami-juji-jime	Normal cross choke
	Okuri-eri-jime	Sliding lapel choke
	Hadaka-jime	Naked choke
	Kata-ha-jime	Single wing choke

**Joint Locks**

	Ude-garami	Coil arm lock
	Ude Hishigi Ude-gatame	Arm lock
	Ude Hishigi Hiza-gatame	Arm-knee lock
	Ude Hishigi Juji-gatame	Cross arm lock
	Ude Hishigi Ashi-gatame	Entangle leg lock

**General Techniques**

	Demonstrate three throws to the left and right side
	Demonstrate three combination techniques
	Demonstrate three counter techniques



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**NAGE-NO-KATA**

SET	TECHNIQUE	RIGHT	LEFT
1	UKI OTOSHI		
	SEOI NAGE		
	KATA GURUMA		
2	UKI GOSHI		
	HARAI GOSHI		
	TSURI KOMI GOSHI		
3	OKURI ASHI BARAI		
	SASAE TSURI KOMI ASHI		
	UCHI MATA		
4	TOMOE NAGE		
	URA NAGE		
	SUMI GAESHI		
5	YOKO GAKE		
	YOKO GURUMA		
	UKI WAZA		
<i>Sub Totals:</i>			
<i>Grand Total Score:</i>			
<i>Total Average Score:</i>			

**Kata Judge**

<b>Kata Judge Name</b>	<b>Signature</b>	<b>Judo Rank</b>	<b>Date</b>
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**Shodan (1 DAN) Required Skills Check List**

**Criteria for Scoring Kata**

10	PERFECT	Perfect execution of the technique with uke and tori showing skill, timing, smoothness, sprit and control, as well as progressive movement of kuzushi, tsukuri and kake.
9	ALMOST PERFECT	Displays and shows a close to perfect execution (lacking somewhat in smoothness or sprit)
8	VERY GOOD	Displays a greater degree of skill and sprit shows smooth execution with harmony and correct timing.
7	GOOD	Displays more skill, beginning to have harmony, shows smoothness and correct timing.
6	AVERAGE	Basically correct technique without any major or minor errors.
5	BELOW AVERAGE	A few minor errors, but generally correct technique.
4	POOR	A few major errors, and several minor errors.
3	VERY POOR	Numerous mistakes, poorly performed
2		Completely wrong movements within the technique
1		Numerous major and minor errors, unrecognizable movements and technique, gross lack of skill.
0		Skipped technique, wrong side technique (i.e. right technique s. left technique) or totally unrelated technique.