

## CCSF 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
<ul style="list-style-type: none"> <li>Entering through legs when opponent is on back</li> <li>Turning techniques when opponent is on knees and elbows</li> </ul>	Demonstrate 1 methods for each	

<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

**Kata Demonstration or Kata Certificate (Soko Joshi Kata Clinic)**

**Referee: 1 Tournament**

**CCSF Tournament Staff Management**