

## CCSF Nidan Promotion Requirements

### Nidan: Black Belt 2<sup>nd</sup> Degree      3 Mistakes Fail Test

1. Pass all the knowledge and demonstration requirements of all previous rank exams
2. List and demonstrate the throws in the 1<sup>st</sup> Kyo , 2<sup>nd</sup> Kyo, 3<sup>rd</sup> Kyo and 4<sup>th</sup> Kyo

<b>Go-Kyo-No-Waza</b>				
1 Kyo	2 Kyo	3 Kyo	4 Kyo	
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	Ko Soto Gake Tsuru Goshi Yoko Otoshi Ashi Guruma Hane Goshi Harai Tsuru Komi Ashi Tomoe Nage Kata Guruman	Sumi Gaeshi Tani Otoshi Hane Maki Komi Sukui Nage Utsuri Goshi O Guruma Soto Maki Komi Uki Otoshi	Nidan requires 2 counter throws against 1 <sup>st</sup> Kyo and 4 combinations

<b>Osae Waza Techniques</b>	
Kesa- Gatame Kami Shiho Gatame Yoko Shiho Gatame	<ul style="list-style-type: none"> <li>Demonstrate technique and escapes for each</li> </ul>
Kata Gatame Tate Shiho Gatame Kuzure-Kesa- Gatame Kuzuri Kami Shiho Gatame Ushiro Kesa Gatame Makura Kesa Gatame Kuzure Tate Shiho Gatame	<ul style="list-style-type: none"> <li>Demonstrate</li> </ul>

<b>Osae Waza Techniques</b>	
<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>	<ul style="list-style-type: none"> <li>Demonstrate 3 methods for each</li> </ul>

<b>Shime-waza</b>	
Okuri-Eri-Jime Hadaka Jime Kata Juji Jime Nami Juji Jime Kataha Jime Gyaku Juji Jime Sankaku Jime	<ul style="list-style-type: none"> <li>Demonstrate</li> </ul>

<b>Kansetsu-Waza</b>	
Ude-Garami Ude Hishigi Juji Gatame Ude Hishigi Ude Gatame Ude Hishigi Hiza Gatame	<ul style="list-style-type: none"> <li>Demonstrate</li> </ul>

Kata: Nage no Kata, (Complete set, Tori and Uke) or Kata Certificate: (Nidan)

**Referee: 2 Tournaments**

**CCSF Tournament Staff Management**