

## CCSF 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
<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>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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### Vocabulary

- Technique - Waza
- Counter technique - Kaeshi Waza
- Attention - Kiyotsuke
- Bow - Rei
- Teacher - Sensei
- Practice hall for Judo - Dojo
- Judo uniform - Judogi
- Judo player - Judoka
- Little inside reaping throw - Ko Uchi Gari
- Hip wheel throw - Koshi Guruma
- Modified side hold - Kuzure Kesa Gatame
- Judo uniform sleeve - Sode
- Judo uniform lapel - Eri
- Belt - Obi
- The attacker - Tori
- The defender -
- Repetition attack practice without throwing, done in pairs - Uchi Komi
- Alternate throwing practice without resistance - Sute Geiko
- Form practice - Kata
- Free practice - Randori
- Practice in general - Keiko
- Little outside reaping throw - Ko Soto Gari
- Lifting pulling hip throw - Tsuri Komi Goshi
- Modified upper corners hold - Kuzure Kami Shiho Gatame
- Fourth class (kyu) Judo rank - Yonkyu
- To slide - Okuri
- Way of the warrior - Bushido
- Martial arts - Budo
- Win by forfeit or default of the opponent before a match - Fusengachi
- Win by withdrawal of the opponent during a match - Kiken Gachi
- Combination win by one-half point from opponent's penalty and one-half point from a score - Sogo Gachi
- Five stages of technique, the basic syllabus of Kodokan Judo - Go Kyo No Waza
- The principle of gentleness or giving way - Ju
- Way of life - Do

**Tournament Management: 1 Assist (Timer/Scorekeeper) Outside Tournament**

**1 Assist CCSF Invitational Judo Tournament or Clinic**