

CCSF Shodan Promotion Requirements

Rev: 11/03

Shodan: Black Belt 1st 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 1st Kyo , 2nd Kyo and 3rd Kyo

Go-Kyo-No-Waza			
1 Kyo	2 Kyo	3 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 Guruma	Shodan requires 2 combinations in 1 & 2 Kyo

Osae Waza Techniques	
Kesa- Gatame Kami Shiho Gatame Yoko Shiho Gatame	Demonstrate technique and escapes for each
Tate Shiho Gatame Kuzure-Kesa- Gatame Kata Gatame Kuzuri Kami Shiho Gatame	Demonstrate
<ul style="list-style-type: none"> Entering through legs when opponent is on back Turning techniques when opponent is on knees and elbows 	Demonstrate 2 methods for each

Shime-waza	
Name-Juji-Jime Okuri-Eri-Jime Hadaka Jime Kataha Jime Kata Juji Jime	Demonstrate
Kansetsu Waza Techniques	
Ude Hishigi Juji Gatame Ude-Garami	Demonstrate

Kata Demonstration or Kata Certificate (Soko Joshi Kata Clinic)

- Nage-no-kata (3 sets)

Referee: 2 Tournaments

CCSF Tournament Staff Management