

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