

Ikkyu Promotion Requirements

Revised: 11/20/04

Ikkyu: Brown Belt; 1st Degree

1. Pass all the knowledge and demonstration requirements of all previous rank exams
2. List and demonstrate 1st Kyo and 2nd Kyo of the Go-Kyo No Waza
3. Techniques will be judged according to the 3 elements: Kuzushi, Tsukuri, Kake.

Go-Kyo-No-Waza		
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

Osae Waza-Holding Techniques		
Kesa Gatame Kami Shiho Gatame Yoko Shiho Gatame	Kuzuri Kami Shiho Gatame Kata Gatame Tate Shiho Gatame	Demonstrate

Shime-waza	
Name-Juji-Jime Okuri-Eri-Jime Gyaku Juji Jime Hadaka Jime Kataha Jime	Demonstrate
Sankaku Series: <ul style="list-style-type: none"> • Application to Shime-waza • Application to Osae-waza • Application to Kansetsu-waza 	Demonstrate

Kansetsu-Waza	
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 elements in executing a throwing technique?
- What is the history of Judo? (how judo was derived)
- What is the ultimate goal of Judo practice?
- What is Nage no kata? Name the sets
- Name each technique in order in Japanese?
- What is the “Gokyo no waza”?