

Nikyu Promotion Requirements (guideline)

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 1st Kyo and 2nd Kyo of the Go-Kyo No Waza

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

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 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”?

Vocabulary

- Technique - Waza
- Counter technique - Kaeshi Waza
- Attention - Kiyotsuke
- Bow - Rei

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- 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*