



Orange County  
Judo Training Center

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# Seinen Senior Promotion Guidelines



## Rank Requirements



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## Promotions and Testing Guidelines:

As students progress and improve their skill levels, they can test or compete for advancement in rank. For advancement in rank, the student can choose to advance by competing in tournaments or choose non-competition and take a skills test. Rank promotions in Judo are regulated and recorded at the Club, State, National and International levels.

Judo ranks must be recorded to be recognized. Adult senior rank of Shodan Black Belt and above must be recorded by USA Judo, the national governing body for Judo in the United States, to be valid. The students must record their rank and have their rank confirmed by USA Judo within one year of their promotion. If their rank is not recorded and confirmed within one year, their promotion become invalid and the student(s) must re-apply for that rank. (See exceptions)

Orange County Judo Training Center is a member of USA Judo, the national governing body for Judo in the United States. The ranks are recorded with this organization and once received will be recognized by any registered Judo club in the United States.

## For Advancement:

Students who choose to advance by competing in tournaments must pass the OCJTC Judo basics test and complete the required classes, certifications, and time in rank. These requirements can be shortened or waived by the accumulation of tournament points. Non-competing students must pass the OCJTC Judo basics test, belt promotion skills test, and complete the required classes, certifications, and time in rank.

## To Test:

- To test for promotion or compete in tournaments, the student must be a member of USA Judo. It is an annual membership and mandatory to compete in any tournament. Online registration is available and a temporary ID card is issued online after registration is complete.
- Complete the Promotion Test form, pay the appropriate fee and submit it to the office. The fee for the test covers the belt and certificate. The Head Instructor will determine if the student is ready for the promotion test.
- The tests are scheduled twice per calendar year. The promotion ceremony will be scheduled shortly thereafter. Parents, guests, and cameras are always welcome.



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## General Testing Guidelines:

This is a general guideline on the method used when testing students. The goal of the testing process is to give a positive experience to our students. Time in rank requirements listed below are minimum total time in judo, but may be waived for outstanding performance in tournaments and class participation. All promotions are granted by the Head Instructor. To be eligible for promotion, you must achieve the minimum score listed on the tests and complete the registration and confirmation process.

## Promotions and Tests:

Promotions and tests will be held at the discretion of the Head Instructor. Regularly scheduled promotions will be held twice per calendar year. Merit promotions between tests are possible for outstanding performance in tournaments and class participation. Students may be invited to test off-cycle for merit promotions.

Adult senior rank of Shodan Black Belt and above, must be recorded and confirmed by State or National Judo Organizations to be valid. The students must record their rank and have their rank confirmed by State or National Judo Organizations within one year of their promotion. If their rank is not recorded and confirmed within one year, their promotion become invalid and the students must re-apply for that rank.

Senior rank of Shodan Black Belt and above must follow USA Judo guidelines and requirements. The student must also complete the OCJTC promotion requirements.

## Seinen Minimum Age:

Green Belt	17 years
Sankyu Brown Belt	17 years
Nikyu Brown Belt	17 years
Ikkyu Brown Belt	17 years
Shodan Black Belt	17 years

## Seinen Time in Rank:

Green Belt	6 months
Sankyu Brown Belt	6 months
Nikyu Brown Belt	6 months
Ikkyu Brown Belt	6 months
Shodan Black Belt	6 months



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## **BASICS**

The students must possess a basic understanding of judo fundamentals and principles, judo practice techniques, and safety. The students must demonstrate or articulate the basic movements and stances. The students must be proficient in ukemi, safe falling techniques, and abide by OCJTC safety rules.

### **Shizentai: Natural Stance**

Show Shizen Hontai, Migi Shizentai and Hidari Shizentai

### **Jigotai: Defensive Stance**

Show Jigo Hontai, Migi Jigotai and Hidari Jigotai

### **Kuzushi:**

Show directions of balance, 8 points of Kuzushi

### **Safety:**

Explain why safety is important. Give some simple examples of how to train safely.

### **Hygiene:**

Basic understanding of why good hygiene is important.

Clean Gi, finger and toe nails trimmed short, etc.

## **TACHI WAZA**

Tachi Waza demonstrations are graded according to the age and ability of the student.

The student must articulate the four components of Tachi-waza.

1. Setup – Correct grips and movements
2. Kuzushi – Balance
3. Tsukuri – The entry of throw
4. Kake – Completion

## **NE WAZA**

Ne Waza demonstrations are graded according to the age and ability of the student.

### **Osaekomi-waza:**

The student should show good position, good control, and the correct method of holding.

### **Shime-waza:**

The student should show good position, good control and, correct method of applying choke holds.

### **Kansetsu-waza:**

The student should show good position, good control and, correct method of applying the arm bar holds.



# Orange County Judo Training Center



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## RANK TEST SEINEN GREEN BELT

### I. REQUIREMENTS

- A. Minimum age: 17 years old, Seinen (17 years and older division)
- B. Number of classes attended since last promotion: 20
- C. Time in rank: 6 months

### II. BASICS (Pass/Fail)

- A. Demonstrate Stance
  - a. Shizentai (Natural stance)
  - b. Jigotai (Defensive stance)
- B. Demonstrate proper bowing
  - a. Standing bow (Ritsurei)
  - b. Kneeling bow (Zarei)
- C. Show and explain dojo etiquette
  - a. Importance of safety
  - b. Value of hygiene
  - c. Procedure for coming into a dojo and onto the mat
  - d. Proper method of tying belt
  - e. How to begin randori
- D. Demonstrate correct Ukemi (Falling Technique)
  - a. Ushiro Ukemi (Back fall)
  - b. Yoko Ukemi (Side Fall)
  - c. Mae Ukemi (Forward Fall)
  - d. Zenpo Kaiten Ukemi (Forward Rolling Fall)
- E. History, philosophy, and Japanese Terminology
  - a. Know terms 1 through 20 from the Japanese Terms List
  - b. Review articles on "Kodokan Judo" "The purpose of judo"
- F. Judo tournament rules
  - a. Wazari, Ippon, Hansokumake and Shido
  - b. Hajime, Matte and how to enter and exit the tournament area

### III. TACHI WAZA (Standing Techniques right and left side, techniques announced by the Head Instructor) (Pass/Fail)

- A. Demonstrate throws and combinations from the Nage-waza techniques list
  - a. Demonstrate Nage-waza and Tachi-waza combination techniques
  - b. Demonstrate Tachi-waza to Ne-waza techniques
  - c. Demonstrate Tachi-waza counter techniques

### IV. NE WAZA (Ground Techniques, Techniques announced by the Head Instructor) (Pass/Fail)

- A. Demonstrate techniques from Osaekomi-waza, Shime-waza and Kansetsu-waza techniques list
  - a. Demonstrate Osaekomi-waza techniques
  - b. Demonstrate escape techniques from Kesa-gatame
  - c. Demonstrate transition techniques from one Osaekomi-waza to another Osaekomi-waza
  - d. Demonstrate Shime-waza techniques and Kansetsu-waza techniques

### V. FIGHTING SPIRIT/COMPETITION

- A. Demonstrate fighting spirit in randori
  - a. Students must pass each requirement to make the rank of Seinen Green Belt



# Orange County Judo Training Center



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## RANK TEST SEINEN BLUE BELT

### I. REQUIREMENTS

- A. Minimum Age: 17 years old, Seinen (17 years and older Division)
- B. Number of classes attended since last promotion: 20
- C. Time in rank: 6 months

### II. BASICS (Pass/Fail)

- A. Demonstrate Stance
  - a. Shizentai (Natural stance)
  - b. Jigotai (Defensive stance)
- B. Demonstrate proper bowing
  - a. Standing bow (Ritsurei)
  - b. Kneeling bow (Zarei)
- C. Show and explain dojo etiquette
  - a. Importance of safety
  - b. Value of hygiene
  - c. Procedure for coming into a dojo and onto the mat
  - d. Proper method of tying belt
  - e. How to begin randori
- D. Demonstrate correct Ukemi (Falling Technique)
  - a. Ushiro Ukemi (Back fall)
  - b. Yoko Ukemi (Side Fall)
  - c. Mae Ukemi (Forward Fall)
  - d. Zenpo Kaiten Ukemi (Forward Rolling Fall)
- E. History, philosophy, and Japanese Terminology
  - a. Know terms 21 through 40 from the Japanese Terms List
  - b. Understand the History and Philosophy of Judo
  - c. Review articles on "Kodokan Judo" "The purpose of judo"
- F. Judo tournament rules
  - a. Wazari, Ippon, Hansokumake and Shido
  - b. Hajime, Matte and how to enter and exit the tournament area

### III. TACHI WAZA (Standing Techniques right and left side, techniques announced by the Head Instructor) (Pass/Fail)

- A. Demonstrate throws and combinations from the Nage-waza techniques list
  - a. Demonstrate Nage-waza and Tachi-waza combination techniques
  - b. Demonstrate Tachi-waza to Ne-waza techniques
  - c. Demonstrate Tachi-waza counter techniques

### IV. NE WAZA (Ground Techniques, Techniques announced by the Head Instructor) (Pass/Fail)

- A. Demonstrate techniques from Osaekomi-waza, Shime-waza and Kansetsu-waza techniques list
  - a. Demonstrate Osaekomi-waza techniques
  - b. Demonstrate escape techniques from Kesa-gatame
  - c. Demonstrate transition techniques from one Osaekomi-waza to another Osaekomi-waza
  - d. Demonstrate Shime-waza techniques and Kansetsu-waza techniques

### V. FIGHTING SPIRIT/COMPETITION

- A. Demonstrate fighting spirit in randori
  - a. Students must pass each requirement to make the rank of Seinen Green Belt



# Orange County Judo Training Center



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## RANK TEST

### SEINEN SANKYU, NIKYU, IKKYU AND SHODAN RANK

Sankyu, Nikyu and Ikyu Brown Belt Rank and Shodan Black Belt Rank and above must follow USA Judo rank book requirements. (Rank requirements listed in USA Judo Web Site)

#### I. REQUIREMENTS

- A. Minimum Age: 17 years old, Seinen (17 years and older Division)
- B. Number of classes attended since last promotion: 20
- C. Time in rank: 6 months

#### II. BASICS (Pass/Fail)

- A. Demonstrate Stance
  - a. Shizentai (Natural stance)
  - b. Jigotai (Defensive stance)
- B. Demonstrate proper bowing
  - a. Standing bow (Ritsurei)
  - b. Kneeling bow (Zarei)
- C. Show and explain dojo etiquette
  - a. Importance of safety
  - b. Value of hygiene
  - c. Procedure for coming into a dojo and onto the mat
  - d. Proper method of tying belt
  - e. How to begin randori
- D. Demonstrate correct Ukemi (Falling Technique)
  - a. Ushiro Ukemi (Back fall)
  - b. Yoko Ukemi (Side Fall)
  - c. Mae Ukemi (Forward Fall)
  - d. Zenpo Kaiten Ukemi (Forward Rolling Fall)
- E. History, philosophy, and Japanese Terminology
  - a. Know terms 1 through 40 from the Japanese Terms List
  - b. Understand the History and Philosophy of Judo
  - c. Review articles on "Kodokan Judo" "The purpose of judo"
  - d. Explain the principles of "Mutual Welfare and Benefit" and "Maximum Efficiency"
  - e. Explain why there is "Strength in Yielding"
- F. Judo tournament rules
  - a. Wazari, Ippon, Hansokumake and Shido
  - b. Hajime, Matte and how to enter and exit the tournament area

#### III. TACHI WAZA (Standing Techniques right and left side, techniques announced by the Head Instructor) (Pass/Fail)

- A. Demonstrate throws and combinations from the Nage-waza techniques list
  - a. Demonstrate Nage-waza and Tachi-waza combination techniques
  - b. Demonstrate Tachi-waza to Ne-waza techniques
  - c. Demonstrate Tachi-waza counter techniques

#### IV. NE WAZA (Ground Techniques, Techniques announced by the Head Instructor) (Pass/Fail)

- A. Demonstrate techniques from Osaekomi-waza, Shime-waza and Kansetsu-waza techniques list
  - a. Demonstrate Osaekomi-waza techniques
  - b. Demonstrate escape techniques from Kesa-gatame
  - c. Demonstrate transition techniques from one Osaekomi-waza to another Osaekomi-waza
  - d. Demonstrate Shime-waza techniques and Kansetsu-waza techniques

#### V. FIGHTING SPIRIT/COMPETITION

- A. Demonstrate fighting spirit in randori
  - b. Students must pass each requirement to make the rank of Seinen Green Belt



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## Japanese Terms

1. Judo (the gentle way = ju (gentle) + do (way))
2. Judogi (uniform)
3. Obi (belt)
4. Dojo (club or hall where judo is practiced)
5. Sensei (teacher or head instructor)
6. Tatami (mat)
7. Rei (bow)
8. Shomen (front of dojo or place of honor)
9. Anza (sitting cross-legged)
10. Seiza (kneeling at attention)
11. Hajime (begin)
12. Matte (stop or wait)
13. Kiai (yell or noise used to gain strength)
14. Uke (defender)
15. Tori (attacker)
16. Migi (right)
17. Hidari (left)
18. Ushiro (back, backwards)
19. Mae (forward)
20. Osaekomi (holding)
21. Toketa (broken)
22. Waza (technique)
23. O (major)
24. Ko (minor)
25. Soto (outer)
26. Uchi (inner)
27. Nage (throw)
28. Seoi (shoulder)
29. Kuzushi (off-balancing)
30. Tsukuri ("fitting in" for the throw)
31. Kake (execution / completion of the throw)
32. Ebi (shrimp, warm-up exercise)
33. Uchikomi (fitting in practice, warm-up exercise)
34. Sonomama (freeze or stop and don't move)
35. Yoshi (continue)
36. Koshi / Goshi (hip)
37. Yame (stop or wait)
38. Ippon (full point, win)
39. Wazari (almost an ippon, half point, two wazaris = ippon)
40. Counting 1 to 10 in Japanese: 1 ichi, 2 ni, 3 san, 4 shi, 5 go, 6 roku, 7 shichi, 8 hachi, 9 kyu, 10 ju



## Nage-Waza / Katame-Waza Techniques

Green Belt	Blue Belt
<b>Te-Waza</b> <ul style="list-style-type: none"><li>• Ippon-seoi-nage</li><li>• Morote-seoi-nage</li></ul>	<b>Te-Waza</b> <ul style="list-style-type: none"><li>• Tai-otoshi</li></ul>
<b>Koshi-Waza</b> <ul style="list-style-type: none"><li>• Uki-goshi</li><li>• O-goshi</li></ul>	<b>Koshi-Waza</b> <ul style="list-style-type: none"><li>• Koshi-guruma</li><li>• Tsurikomi-goshi</li><li>• Sode-tsurikomi-goshi</li><li>• Harai-goshi</li></ul>
<b>Ashi-Waza</b> <ul style="list-style-type: none"><li>• De-ashi-harai</li><li>• Hiza-guruma</li><li>• Sasae-tsurikomi-ashi</li><li>• O-soto-gari</li><li>• O-uchi-gari</li></ul>	<b>Ashi-Waza</b> <ul style="list-style-type: none"><li>• Ko-uchi-gari</li><li>• Ko-soto-gari</li><li>• Okuri-ashi-harai</li><li>• Uchi-mata</li></ul>
<b>Osaekomi-Waza</b> <ul style="list-style-type: none"><li>• Kesa-gatame</li><li>• Kuzure-kesa-gatame</li><li>• Yoko-shiho-gatame</li><li>• Ushiro-kesa-gatame</li><li>• Kami-shiho-gatame</li><li>• Tate-shiho-gatame</li></ul>	<b>Osaekomi-Waza</b> <ul style="list-style-type: none"><li>• Kata-gatame</li><li>• Kuzure-kami-shiho-gatame</li></ul>
<b>Shime-Waza</b> <ul style="list-style-type: none"><li>• Nami-juji-jime</li><li>• Gyaku-juji-jime</li><li>• Kata-juji-jime</li><li>• Sankaku-jime</li></ul>	<b>Shime-Waza</b> <ul style="list-style-type: none"><li>• Hadaka-jime</li><li>• Okuri-eri-jime</li><li>• Kataha-jime</li></ul>
<b>Kansetsu-Waza</b> <ul style="list-style-type: none"><li>• Ude-garami</li><li>• Ude-hishigi-juji-gatame</li></ul>	<b>Kansetsu-Waza</b> <ul style="list-style-type: none"><li>• Ude-hishigi-waki-gatame</li><li>• Ude-hishigi-ude-gatame</li></ul>



## Nage-Waza / Katame-Waza Techniques

Sankyu (Brown Belt)	Nikyu (Brown Belt)
<b>Te-Waza</b> <ul style="list-style-type: none"><li>Kata-guruma</li></ul>	<b>Te-Waza</b> <ul style="list-style-type: none"><li>Uki-otoshi</li><li>Sukui-nage</li></ul>
<b>Koshi-Waza</b> <ul style="list-style-type: none"><li>Hane-goshi</li><li>Tsuri-goshi</li></ul>	<b>Koshi-Waza</b> <ul style="list-style-type: none"><li>Utsuri-goshi</li></ul>
<b>Ashi-Waza</b> <ul style="list-style-type: none"><li>Kosoto-gake</li><li>Harai-tsurikomi-ashi</li><li>Ashi-guruma</li></ul>	<b>Ashi-Waza</b> <ul style="list-style-type: none"><li>O-guruma</li></ul>
<b>Ma-Sutemi-Waza</b> <ul style="list-style-type: none"><li>Tomoenage</li></ul>	<b>Ma-Sutemi-Waza</b> <ul style="list-style-type: none"><li>Sumi-gaeshi</li></ul>
<b>Yoko-Sutemi-Waza</b> <ul style="list-style-type: none"><li>Yoko-otoshi</li></ul>	<b>Yoko-Sutemi-Waza</b> <ul style="list-style-type: none"><li>Tani-otoshi</li><li>Hane-makikomi</li></ul>
<b>Osaekomi-Waza</b> <ul style="list-style-type: none"><li>Uki-gatame</li><li>Ura-gatame</li></ul>	<b>Shime-Waza</b> <ul style="list-style-type: none"><li>Sode-guruma-jime</li><li>Tsukkomi-jime</li></ul>
<b>Shime-Waza</b> <ul style="list-style-type: none"><li>Ryote-jime</li></ul>	<b>Kansetsu-Waza</b> <ul style="list-style-type: none"><li>Ude-hishigi-hara-gatame</li></ul>
<b>Kansetsu-Waza</b> <ul style="list-style-type: none"><li>Ude-hishigi-hiza-gatame</li><li>Ude-hishigi-sankaku-gatame</li></ul>	



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## Nage-Waza / Katame-Waza Techniques

Ikkyu (Brown Belt)	Shodan (Black Belt)
<p data-bbox="240 541 363 573"><b>Te-Waza</b></p> <ul data-bbox="329 583 505 615" style="list-style-type: none"><li>• Sumi-otoshi</li></ul> <p data-bbox="240 657 407 688"><b>Koshi-Waza</b></p> <ul data-bbox="329 699 516 730" style="list-style-type: none"><li>• Ushiro-goshi</li></ul> <p data-bbox="240 772 480 804"><b>Ma-Sutemi-Waza</b></p> <ul data-bbox="329 814 467 846" style="list-style-type: none"><li>• Ura-nage</li></ul> <p data-bbox="240 888 508 919"><b>Yoko-Sutemi-Waza</b></p> <ul data-bbox="329 930 578 1098" style="list-style-type: none"><li>• Uki-waza</li><li>• Yoko-wakare</li><li>• Yoko-guruma</li><li>• Yoko-gake</li><li>• O-Soto-makikomi</li></ul> <p data-bbox="240 1140 412 1171"><b>Shime-Waza</b></p> <ul data-bbox="329 1182 500 1213" style="list-style-type: none"><li>• Katate-jime</li></ul> <p data-bbox="240 1255 456 1287"><b>Kansetsu-Waza</b></p> <ul data-bbox="329 1297 662 1360" style="list-style-type: none"><li>• Ude-hishigi-ashi-gatame</li><li>• Ude-hishigi-te-gatame</li></ul>	<p data-bbox="930 548 1349 621"><b>Refer to USA Judo Rank Book Requirements</b></p>