



Orange County
Judo Training Center

柔道

Yonen and Shonen Junior Promotion Guidelines



Rank Requirements



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. Ranks are regulated by State level organizations and must be recorded to be recognized.

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.



General Testing Guidelines for Kid's Judo:

This is a general guideline on the method used when testing students. The goal of the testing process is to foster positive experience for 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.

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. Half belts and black bands for belts are awarded according to age and test scores.

Yonen Time in Rank:

Yellow Belt	6 months
Orange Belt	6 months
Green Belt	6 months
Blue Belt	6 months
Purple Belt	6 months

Shonen Time in Rank:

Yellow Belt.	6 months
Orange Belt.	6 months
Green Belt	6 months
Blue Belt	6 months
Purple Belt	6 months

Yonen Minimum Age:

Yellow Belt	5 years
Orange Belt	5 years
Green Belt	5 years
Blue Belt	5 years
Purple Belt	5 years

Shonen Minimum Age:

Yellow Belt	13 years
Orange Belt	13 years
Green Belt	13 years
Blue Belt	13 years
Purple Belt	13 years



BASICS

The basic understanding of Judo principles is all that is required for the Yonen students at this phase of training. The students must demonstrate or articulate the basic movements and stances. Shonen students must demonstrate the basics and its main principles. Yonen and Shonen must also 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.

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 the correct method of applying the choke holds.

Kansetsu-waza:

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



Orange County
Judo Training Center

柔道

Yonen Junior 1

Yellow Belt to Purple Belt

&

Shonen Junior 2

Green Belt to Brown Belt

Promotion Skills Test



Orange County Judo Training Center



RANK TEST NOVICE YELLOW BELT

I. REQUIREMENTS

- A. Minimum age: 5 years old, Yonen (5 to 12 years old) and Shonen (13 to 16 years old) divisions
- 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 10 from the Japanese Terms List

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

- A. Demonstrate throws and combination from the Nage-waza techniques list
 - a. Demonstrate Nage-waza and Tachi-waza combination techniques

IV. NE WAZA (Ground Techniques, right and left side, techniques announced by the Head Instructor) (Pass/Fail)

- A. Demonstrate Osaekomi-waza from the Katame-waza techniques list
 - a. Demonstrate Osaekomi-waza techniques
 - b. Demonstrate escape from Kesa-gatame

V. FIGHTING SPIRIT/COMPETITION

- F. Demonstrate fighting spirit in randori
 - a. Students must pass each requirement to make the rank of Yellow Belt



Orange County Judo Training Center



RANK TEST NOVICE ORANGE BELT

I. REQUIREMENTS

- A. Minimum age: 5 years old, Yonen (5 to 12 years old) and Shonen (13 to 16 years old) divisions
- 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. Zempo Kaiten Ukemi (Forward Rolling Fall)
- E. History, philosophy, and Japanese Terminology
 - a. Know terms 11 through 20 from the Japanese Terms List
 - b. Review "History of Kodokan Judo" article

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

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

IV. NE WAZA (Ground Techniques, right and left side, techniques announced by the Head Instructor) (Pass/Fail)

- A. Demonstrate Osaekomi-waza from the Katame-waza techniques list
 - a. Demonstrate Osaekomi-waza techniques
 - b. Demonstrate escape from Kesa-gatame

V. FIGHTING SPIRIT/COMPETITION

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



Orange County Judo Training Center



RANK TEST NOVICE GREEN BELT

I. REQUIREMENTS

- A. Minimum age: 5 years old, Yonen (5 to 12 years old) and Shonen (13 to 16 years old) divisions
- 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. Zempo Kaiten Ukemi (Forward Rolling Fall)
- E. History, philosophy, and Japanese Terminology
 - a. Know terms 21 through 30 from the Japanese Terms List
 - b. Understand the History and Philosophy of Judo
 - c. Explain the principles of "Mutual Welfare and Benefit" and "Maximum Efficiency"
 - d. What is "Strength in Yielding"
 - e. Review articles, "History of Kodokan Judo" and "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 combination from the Nage-waza techniques list
 - a. Demonstrate Nage-waza and Tachi-waza combination techniques
 - b. Demonstrate Nage-waza to Ne-waza transition
 - c. Demonstrate Tachi-waza counters

IV. NE WAZA (Ground Techniques, right and left side, techniques announced by the Head Instructor) (Pass/Fail)

- A. Demonstrate Osaekomi-waza from the Katame-waza techniques list
 - a. Demonstrate Osaekomi-waza techniques
 - b. Demonstrate escape from Osaekomi-waza techniques
 - c. Demonstrate transition from one Osaekomi-waza to another Osaekomi-waza
 - d. Demonstrate Shime-waza techniques

V. FIGHTING SPIRIT/COMPETITION

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



Orange County Judo Training Center



RANK TEST BLUE BELT

I. REQUIREMENTS

- A. Minimum age: 5 years old, Yonen (5 to 12 years old) and Shonen (13 to 16 years old) divisions
- 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. Zempo Kaiten Ukemi (Forward Rolling Fall)
- E. History, philosophy, and Japanese Terminology
 - a. Know terms 31 through 40 from the Japanese Terms List
 - b. Understand the History and Philosophy of Judo
 - c. Explain the principles of "Mutual Welfare and Benefit" and "Maximum Efficiency"
 - d. What is "Strength in Yielding"
 - e. Review articles, "History of Kodokan Judo" and "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 combination from the Nage-waza techniques list
 - a. Demonstrate Nage-waza and Tachi-waza combination techniques
 - b. Demonstrate Nage-waza to Ne-waza transition
 - c. Demonstrate Tachi-waza counters

IV. NE WAZA (Ground Techniques, right and left side, techniques announced by the Head Instructor) (Pass/Fail)

- A. Demonstrate Osaekomi-waza from the Katame-waza techniques list
 - a. Demonstrate Osaekomi-waza techniques
 - b. Demonstrate escape from Osaekomi-waza techniques
 - c. Demonstrate transition from one Osaekomi-waza to another Osaekomi-waza
 - d. Demonstrate Shime-waza techniques

V. FIGHTING SPIRIT/COMPETITION

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



Orange County Judo Training Center



RANK TEST PURPLE BELT

I. REQUIREMENTS

- A. Minimum age: 5 years old, Yonen (5 to 12 years old) and Shonen (13 to 16 years old) divisions
- 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. Zempo Kaiten Ukemi (Forward Rolling Fall)
- E. History, philosophy, and Japanese Terminology
 - a. Know terms 31 through 40 from the Japanese Terms List
 - b. Understand the History and Philosophy of Judo
 - c. Explain the principles of "Mutual Welfare and Benefit" and "Maximum Efficiency"
 - d. What is "Strength in Yielding"
 - e. Review articles, "History of Kodokan Judo" and "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 combination from the Nage-waza techniques list
 - a. Demonstrate Nage-waza and Tachi-waza combination techniques
 - b. Demonstrate Nage-waza to Ne-waza transition
 - c. Demonstrate Tachi-waza counters

IV. NE WAZA (Ground Techniques, right and left side, techniques announced by the Head Instructor) (Pass/Fail)

- A. Demonstrate Osaekomi-waza from the Katame-waza techniques list
 - a. Demonstrate Osaekomi-waza techniques
 - b. Demonstrate escape from Osaekomi-waza techniques
 - c. Demonstrate transition from one Osaekomi-waza to another Osaekomi-waza
 - d. Demonstrate Shime-waza techniques

V. FIGHTING SPIRIT/COMPETITION

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



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**

Yellow Belt	Orange Belt
Te-Waza <ul style="list-style-type: none">• Ippon-seoi-nage• Morote-seoi-nage Koshi-Waza <ul style="list-style-type: none">• O-goshi• Koshi-guruma Ashi-Waza <ul style="list-style-type: none">• De-ashi-harai• Sasae-tsurikomi-ashi• O-soto-gari Osaekomi-Waza <ul style="list-style-type: none">• Kesa-gatame• Kuzure-kesa-gatame• Yoko-shiho-gatame	Te-Waza <ul style="list-style-type: none">• N / A Koshi-Waza <ul style="list-style-type: none">• Uki-goshi Ashi-Waza <ul style="list-style-type: none">• O-uchi-gari• Ko-soto-gari• Ko-uchi-gari• Hiza-guruma Osaekomi-Waza <ul style="list-style-type: none">• Kata-gatame• Kuzure-kami-shiho-gatame



Nage-Waza / Katame-Waza Techniques

Green Belt	Blue Belt
Te-Waza <ul style="list-style-type: none">Tai-otoshi	Te-Waza <ul style="list-style-type: none">Uki-goshiKata-guruma
Koshi-Waza <ul style="list-style-type: none">Tsuri-goshiHarai-goshiTsurikomi-goshi	Koshi-Waza <ul style="list-style-type: none">Hane-goshiSode-tsurikomi-goshi
Ashi-Waza <ul style="list-style-type: none">Okuri-ashi-haraiUchi-mataAshi-guruma	Ashi-Waza <ul style="list-style-type: none">Ko-uchi-gariHari-tsurikomi-ashi
Osaekomi-Waza <ul style="list-style-type: none">Kata-gatameKuzure-kami-shiho-gatame	Ma-Sutemi-Waza <ul style="list-style-type: none">Tomoe-nage
Shime-Waza <ul style="list-style-type: none">Sankaku-jime	Yoko-Sutemi-Waza <ul style="list-style-type: none">Yoko-otoshi
	Osaekomi-Waza <ul style="list-style-type: none">Uki-gatameUra-gatame
	Shime-Waza <ul style="list-style-type: none">Nami-juji-jimeGyaku-juji-jimeKata-juji-jime



**Nage-Waza / Katame-Waza
Techniques**

Purple Belt	Brown Belt
Te-Waza <ul style="list-style-type: none">• Suki-nage• Sumi-otoshi Koshi-Waza <ul style="list-style-type: none">• Utsuri-goshi• Ushiro-goshi Ashi-Waza <ul style="list-style-type: none">• O-guruma• O-soto-guruma Ma-Sutemi-Waza <ul style="list-style-type: none">• Sumi-gaeshi• Ura-nage Yoko-Sutemi-Waza <ul style="list-style-type: none">• Tani-otoshi• Hane-makikomi• Soto-makikomi• Uki-waza• Yoko-wakare• Yoko-guruma• Yoko-gake Shime-Waza <ul style="list-style-type: none">• Hadaka-jime• Okuri-eri-jime• Kataha- jime	Refer to Seinen Sankyu Brown Belt Requirements