



**PROCEDURES AND REQUIREMENTS  
FOR  
DAN RANK PROMOTIONS**

(Revised July 2024)

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## Introduction

This document was written to describe the promotion procedures and to prepare you for your Dan test. If you have any questions feel free to ask any member of Indiana Judo, Inc. Promotion Board for assistance. We will make every effort to administer promotion examinations twice a year, once in the spring and once in fall. After the Promotion Committee tests/reviews an applicant, and the applicant passes, we will send the Promotion Package to the USA Judo Promotion Committee. The USA Judo Promotion Board makes the final promotional decisions for the ranks of Yodan and above.

## Test Requirements:

Indiana Judo, Inc. Dan rank promotional tests are given in three segments:

- 1) Demonstration of Techniques
- 2) Kata Demonstration
- 3) Written Examination

## Demonstration of Techniques

The Gokyo no Waza as the standard syllabus of Judo throws originated in 1895. From 1920 to 1982 the Kodokan Gokyo no Waza was made up of 40 throws in 5 groups (Shodan requirement). Around the 100th anniversary of the Kodokan (1982) a group of 8 traditional Judo throws (Nidan requirement) were recognized that had been taken out in 1920, and 17 newer techniques (Sandankyu Requirement) were recognized as official Kodokan Judo throws (called the Shinmeisho no Waza). In 1997 the Kodokan added the last two additional Judo throws to the Shinmeisho no Waza. The following are the only throwing techniques (*nage waza*) currently recognized by the Kodokan.

### Shodan Requirement

#### **Dai Ikkyo (1st group)**

- |                            |                                  |
|----------------------------|----------------------------------|
| 1. Deashi Harai (or barai) | <i>Advanced Foot Sweep</i>       |
| 2. Hiza Guruma             | <i>Knee Wheel</i>                |
| 3. Sasae Tsurikomi Ashi    | <i>Supporting Lift-Pull Foot</i> |
| 4. Uki Goshi               | <i>Floating Hip</i>              |
| 5. Osoto Gari              | <i>Major Outer Reap</i>          |
| 6. O Goshi                 | <i>Major Hip</i>                 |
| 7. Uchi Gari               | <i>Major Inner Reap</i>          |
| 8. Seoi Nage               | <i>Shoulder Throw</i>            |

#### **Dai Nikyo (2nd group)**

- |                    |                             |
|--------------------|-----------------------------|
| 1. Kosoto Gari     | <i>Minor Outer Reap</i>     |
| 2. Kouchi Gari     | <i>Minor Inner Reap</i>     |
| 3. Koshi Guruma    | <i>Hip Wheel</i>            |
| 4. Tsurikomi Goshi | <i>Lift-Pull Hip</i>        |
| 5. Okuriashi Harai | <i>Assisting Foot Sweep</i> |
| 6. Tai Otoshi      | <i>Body Drop</i>            |
| 7. Harai Goshi     | <i>Sweeping Hip</i>         |
| 8. Uchi Mata       | <i>Inner Thigh</i>          |

**Dai Sankyo (3<sup>rd</sup> group)**

1. Kosoto Gake
2. Tsuru Goshi
3. Yoko Otoshi
4. Ashi Guruma
5. Hane Goshi
6. Harai Tsurikomi Ashi
7. Tomoe Nage
8. Kata Guruma

*Minor Outer Hook*  
*Lifting Hip*  
*Side Drop*  
*Foot Wheel*  
*Springing Hip*  
*Sweeping Lift-Pull Foot*  
*Stomach Throw*  
*Shoulder Wheel*

**Dai Yonkyo (4<sup>th</sup> group)**

1. Sumi Gaeshi
2. Tani Otoshi
3. Hane Makikomi
4. Sukui Nage
5. Utsuri Goshi
6. O Guruma
7. Soto Makikomi
8. Uki Otoshi

*Corner Reversal*  
*Valley Drop*  
*Springing Body Wrap*  
*Scooping Throw*  
*Transfer Hip*  
*Major Wheel*  
*Outside Body Wrap*  
*Floating Drop*

**Dai Gokyo (5<sup>th</sup> group)**

1. Osoto Guruma
2. Uki Waza
3. Yoko Wakare
4. Yoko Guruma
5. Ushiro Goshi
6. Ura Nage
7. Sumi Otoshi
8. Yoko Gake

*Major Outer Wheel*  
*Floating Technique*  
*Side Separation*  
*Side Wheel*  
*Rear Hip*  
*Back Throw*  
*Corner Drop*  
*Side Hook*

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**Nidan Requirement****Habukareta Waza (preserved techniques from 1895 gokyo)**

1. Obi Otoshi
2. Seoi Otoshi
3. Yama Arashi
4. Osoto Otoshi
5. Daki Wakare
6. Hikikomi Gaeshi
7. Tawara Gaeshi
8. Uchi Makikomi

*Belt Drop*  
*Shoulder Drop*  
*Mountain Storm*  
*Major Outer Drop*  
*High Separation*  
*Back Fall Reversal*  
*Rice Bale Reversal*  
*Inner Wrap Around*

## Sandan and Above Requirement

### Shinmeisho No Waza (newly accepted techniques)

1. Morote Gari	<i>Two hand Reap</i>
2. Kuchiki Taoshi	<i>Single Leg Take-down</i>
3. Kibisu Gaeshi	<i>Heel Trip Reversal</i>
4. Uchi Mata Sukashi	<i>Inner Thigh Avoidance</i>
5. Daki Age	<i>High Lift</i>
6. Tsubame Gaeshi	<i>Swallow Counter</i>
7. Kouchi Gaeshi	<i>Minor Inner Reap Counter</i>
8. Ouchi Gaeshi	<i>Minor Inner Counter</i>
9. Osoto Gaeshi	<i>Major Outer Counter</i>
10. Harai Goshi Gaeshi	<i>Sweeping Hip Counter</i>
11. Uchi Mata Gaeshi	<i>Inner Thigh Counter</i>
12. Hane Goshi Gaeshi	<i>Springing Hip Counter</i>
13. Kani Basami	<i>Flying Scissors</i>
14. Osoto Makikomi	<i>Major Outer Wrap Around</i>
15. Kawazu Gake	<i>Side Sacrifice Technique</i>
16. Harai Makikomi	<i>Sweeping Wrap Around</i>
17. Uchi Mata Makikomi	<i>Inner Thigh Wrap Around</i>
18. Sode Tsurikomi Goshi	<i>Sleeve Lifting Pulling Hip</i>
19. Ippon Seoinage	<i>One Arm Shoulder Throw</i>

Pins (Osaewaza)	Chokes (Shimewaza)	Locks (Kansetsuwaza)
1. <b>Kesa Gatame</b> <i>Scarf Hold</i>	1. <b>Nami Juji Jime</b> <i>Normal Cross Choke</i>	1. <b>Ude Garami</b> <i>Bent Arm Lock</i>
2. <b>Kata Gatame</b> <i>Shoulder Hold</i>	2. <b>Kata Juji Jime</b> <i>Half Cross Choke</i>	2. <b>Juji Gatame</b> <i>Cross Arm Lock</i>
3. <b>Tate Shiho Gatame</b> <i>Horizontal Four Quarter Hold</i>	3. <b>Gyaku Juji Jime</b> <i>Reverse Cross Choke</i>	3. <b>Ude Gatame</b> <i>Normal Arm Lock</i>
4. <b>Yoko Shiho Gatame</b> <i>Side Hold</i>	4. <b>Hadaka Jime</b> <i>Naked Choke</i>	4. <b>Hiza Gatame</b> <i>Knee Arm Lock</i>
5. <b>Kami Shiho Gatame</b> <i>Upper Four Corner Hold</i>	5. <b>Okuri Eri Jime</b> <i>Sliding Lapel Choke</i>	
6. <b>Kuzure Kami Shiho Gatame</b> <i>Broken Upper Four Corner Hold</i>	6. <b>Kata Ha Jime</b> <i>Single Wing Choke</i>	

Combinations	Counters
Demonstrate three (3) Combinations	Demonstrate three (3) Counters

## Kata Demonstration:

The following table describes the Kata demonstration requirements for the Dan ranks:

KATA REQUIRED				
Rank	Nage-No-Kata	Katame-No Kata	Goshin Jutsu No Kata	Juno-No-Kata
Shodan	X			
Nidan	X	X		
Sandan	X	X	X	
Yodan	X	X	X	
Godan	X	X	X	X

*Note: Alternate Katas can be considered at the request of the candidate pending approval of the Board of Examiners. (Ex: Juno no kata vs. kime no kata/Sandan level). Indiana Judo may accept a valid Kata certification as an alternative to performing the kata at the time of examination.*

**Referee Certification:** Applicants shall have and maintain at a minimum, a current Regional Referee Certification approved by Indiana Judo Inc.

## Written examination Instructions:

To demonstrate general Judo knowledge and vocabulary, each applicant is required to take a written test. An example of the test is given at the end of this document. Applicants must achieve a minimum score of 75% on the written test to pass.

## Requirements for Points, Time in Grade, and Age

- Competitors**, defined as judoka who compete in any recognized judo tournament as a regular contestant, a kata contestant, or a masters division contestant.
- Non-Competitor.** Time in Grade (TIG) and Reduction Categories (A through D) are on page 8 and the USA Judo Website.

### Minimum Time in Grade, Points, and Age Requirements

Rank	Min. Age	Non-competitor	Competitor 5 pts	Competitor 10 Pts	Competitor 15 Pts	Competitor 20 pts
Shodan	15 yrs	3 yrs	2 yrs	1 yr	9 mo	6 mo
Nidan	16 yrs	4 yrs	3 yrs	2yrs	1 yr	6 mo
Sandan	18 yrs	6 yrs	4 yrs	3 yrs	1.5 yrs	1 yr
Yodan	21 yrs	8 yrs	5yrs	3 yrs	2 yrs	1 yr
Godan	26 yrs	10 yrs	6 yrs	4 yrs	2 yrs	1.5 yrs
Rokudan	32 yrs	12 yrs	12 yrs	9 yrs	8 yrs	7 yrs
Shichidan	42 yrs	15 yrs				
Hachidan	55 yrs	18 yrs				

## How competitors earn points

### Randori-Contest:

Points	Win type
2.0	Winning against an opponent more than two ranks higher
1.5	Winning against an opponent one rank higher
1.0	Winning against an opponent of the same rank
0.5	Winning against an opponent one rank lower
0.1	Winning against an opponent two ranks lower
0.0	Winning against an opponent three or more ranks lower

### Kata-Contest:

Points	Placing
0.5	First place (National, Regional)
0.3	Second Place (National, Regional)
0.1	Third Place (National, Regional)

### Entering a Tournament; No wins:

Competitors who enter a tournament, have at least one match, but do not win any match(s), may claim 1/3 point. IJI believes these people demonstrate true Judo “spirit”. The Promotion Board can additionally accept recommendations from a club’s Head Sensei for promotional consideration.

## Application Forms Needed

The Indiana Judo, Inc. Promotion Board will notify all Indiana Judo Clubs at least 30 days before a testing date. **All applications MUST be completed and sent into the Promotion Chairperson 21 Days prior to the day of the examination. If your paperwork is not completed and received 21 days prior to the day of the examination your application will not be accepted for testing on this testing date. There will be NO exceptions!**

The application form(s) provided by USA Judo must be completed by the applicant and sponsored by a USA Judo Certified Coach. **The USA Judo Promotion Application form and applicable fees can be found on the USA Judo Website by clicking on the following link:**

<https://docs.usajudo.net/forms/Promotion/Individual%20Recommendation%20for%20Promotion%20fillable.pdf>

1. **Competitor:** A complete copy of your competition record. This must include name of event, date and location, name of opponent (if you include a competition record) and win/loss of each match as of the Ikkyu to Shodan example below:

Event	Date	Location	Opponent/Rank	Win/Loss	Points
Ind State	4-27-23	Portland, IN	John Doe /Shodan	Win	1.5
Ind State	4-27-23	Portland, IN	David Friend/Sandan	Loss	0
RWB	11-19-23	Marion, IN	Clark Kent/Yodan	Win	2
RWB	11-19-23	Marion, IN	Henry Higgins/Ikkyu	Win	1
America Cup	10-15-23	Muncie, IN	Bill Doe/Nikyu	Win	0.5
America Cup	10-15-23	Muncie, IN	David Kent/Shodan	Win	1.5

2. **Non-competitor:** Your record of coaching (you must be certified to get credit), Refereeing (any level) must be included with your Application for Promotion to get credit for Categories A through D as listed below.

DEFINITIONS: The following exceptions to baseline time-in-grade requirements for promotion will be made for certain candidates based upon their accomplishments in judo:

**CATEGORY A+:** An approximate reduction of 50% of the time-in-grade requirement is authorized for the following individuals:

- Competitors who placed in the top three in the Olympic Games or Senior World Championship
- Appointed Head Coach of an Olympic Games or Senior World Team which produced an Olympic or Senior World Championships medalist.
- IJF-A Referees who worked the Olympic Games or the Final Block of the Senior World Championships

**CATEGORY A:** An approximate reduction of 40% of the time-in-grade requirement is authorized for the following Individuals:

- Competitors who were members of an Olympic or Senior World Team, or who placed in the top three of the Paralympic Games or Disabled Sports World Championships
- Referees who achieved IJF-A status and worked extensively in international competition (outside the USA)
- Appointed Head Coach of the Olympic Games or Senior World Championships Team
- Officials who served on the board or working committee of the IJF or PJC

**CATEGORY B:** An approximate reduction of 30% of the time-in-grade requirement is authorized for the following Individuals:

- Competitors who represented their country as members of the Paralympic Games or Disabled Sports World Championships Team
- Referees who achieved IJF-B status and worked internationally with that license level
- Competitors who placed in the top three of the Kata World Championships • Competitors who placed in the top three of the Veterans World Championships
- Appointed national coaches who oversaw a competitor who placed in the top three of the Paralympic Games or Disabled Sports World Championship • Club



coaches who produced competitors who were members of a selected USA National Team

- Officials who served on the board of directors, or chaired a committee, of USA Judo

**CATEGORY C:** An approximate reduction of 15% of the time-in-grade requirement is authorized for the following Individuals:

- Competitors who placed in the top three of the U.S. Senior National Championship
- Kata competitors who placed in the top three of the Pan American Championships
- Referees and Kata Judges who achieved national level status and worked nationally at that license level
- Appointed national coaches who oversaw competitors who placed in the top three of the Kata World Championships
- Appointed national coaches, and managers, of US National Teams
- Coaches who produced a competitor who placed in the top three of the U.S. Senior National Championship
- Officials who were officers of their USA Judo State Organization
- Officials who served actively and consistently as appointed members of USA Judo Committees (generally for a minimum of 2 years)

**CATEGORY D:** All other candidates will be considered upon review of their individual judo accomplishments, service, and merits.

**Additionally, there is a separate \$10.00 Administrative Fee payable to Indiana Judo, Inc. at the time of your application.**

Mail or email your entire application, bio, and your activities for Promotion to:

Bruce Bender  
IJI Promotion Chairperson  
4411 Macombe Drive  
Marion, IN. 46952  
[Babender836@gmail.com](mailto:Babender836@gmail.com)  
765-667-2976

## Written Test – General knowledge and Judo Vocabulary

<b>Name:</b>	<b>Date:</b>
<b>Questions</b>	<b>Your Answers</b>
1. Name the founder of Judo:	
2. Name the school that he founded:	
3. In what year was it founded:	
4. Name the National Governing Body of Judo in the United States:	
5. Name the world Governing Body for Judo:	
6. Practice Hall for Judo	
7. When did Judo become an Olympic Sport:	
8. Name the three parts of a Judo throw in English and Japanese	
English:	Japanese:
A:	A:
B:	B:
C:	C:
9. Name the two divisions of Nage-waza in English and Japanese:	
English:	Japanese:
A:	A:
B:	B:
10. Name the three divisions of Tachi-waza in English and Japanese:	
English:	Japanese:
A:	A:
B:	B:
C:	C:
11. Name the three divisions of Katame-waza in English and Japanese:	
English:	Japanese:
A:	A:
B:	B:
C:	C:
12. What are the two main principles of Judo as defined by Dr. Kano:	
A.	
B.	
Write-in the Japanese words for the following:	
13. Begin (Referee's command):	
14. Bow:	
15. Stop (Referee's command):	
16. Free Practice:	
17. Attention:	
18. I Surrender:	
19. The Thrower:	
20. The Person Thrown:	

21. Technique:	
22. Mat Technique:	
23. Lock or Hold	
24. Throw:	
25. Reap:	
26. Teacher:	
27. Formal Sitting Position:	
28. Informal Sitting Position:	
29. Off-balancing:	
30. Foot Techniques:	
31. Hand Techniques:	
32. Waist or Hip Techniques:	
33. Walking by Sliding (1) Foot Behind the Other:	
34. Hold Down (Referee's Command):	
35. Broken Hold Down (Referee's Command):	
36. Time is Up (Referee's Command):	
37. A Shout or Show of Spirit:	
38. Tournament:	
39. Big or Major	
40. Little or Minor:	
41. Falling Methods or Ways:	
42. Judo Uniform:	
43. Judo Uniform Belt:	
44. Judo Uniform Sleeve:	
45. Judo Uniform Lapel:	
46. Left:	
47. Right:	
48. Class of Belt Ranks in Judo Below Dan Ranks:	
49. Step or Degree in the Black Belt Ranks:	
50. Fundamental Natural Posture:	
51. Fundamental Defensive Posture:	
52. Entry into a Throw	
53. Execution of a Throw:	