



(When testing for new rank, you must be able to demonstrate all required techniques of previous ranks upon request)

BROWN – 3rd KYU (San Kyu)

Tachi Waza	Ne Waza
<p>Nage Waza:</p> <ul style="list-style-type: none"> • Hane Goshi – Springing Hip Throw • Sumi Gaeshi – Corner Counter • Kata Guruma – Shoulder Wheel • Ashi Guruma – Foot Wheel • Uki Otoshi – Floating Drop • Ushiro Goshi vs. Ura Nage • <i>Kankan Uchimata</i> <p>Counters:</p> <ul style="list-style-type: none"> • Uchimata Sukashi • Kosoto w/ Uchimata • 3 Osoto Gari Counters • 2 Uchi Gari Counters <p>Renwaku Waza</p> <ul style="list-style-type: none"> • 2 Combinations involving Uchimata • 2 Combinations involving Kouchi Gari • 2 Tokoui Renwaku Waza • <i>Explain Tai Sabaki (Body Pivot) and how it is used to set up Nage Waza</i> <p>Gokyo No Waza</p> <ul style="list-style-type: none"> • Translate and be able to demonstrate the first 3 sets of the Gokyo No Waza <p>First 2 Sets of Nage No Kata</p> <ul style="list-style-type: none"> • Te Waza <ul style="list-style-type: none"> ○ Uki Otoshi, Seoi Nage, Kata Guruma • Koshi Waza <ul style="list-style-type: none"> ○ Uki Goshi, Harai Goshi, Trsurikomi Goshi • All formalities of Nage No Kata 	<p>Osaekomi Waza:</p> <ul style="list-style-type: none"> • Kami Shiho Gatame – Top 4-Corner Hold • Ushiro Kesa Gatame – Backwards Scarf Hold • Tate Shiho – Straight 4 corner hold • Kuzure Kesa Gatame – Modified Scarf Hold • Kuzure Kami Shiho Gatame • Yoko Shiho Gatame – Side 4 – Corner Hold <p>Pin Escapes</p> <ul style="list-style-type: none"> • 3 escapes from Kesa Gatame • 3 escape from Mune/Yoko • 2 escapes from Tate Shiho <p>Turnovers</p> <ul style="list-style-type: none"> • All Pedro Wrist Control Series Series 1-5 <ul style="list-style-type: none"> ○ 5 – Headroll Juji Gatame <p>Guard Game</p> <ul style="list-style-type: none"> • Butterfly Sweep, Knee to Belly, Armpit Scissor Sweep, Butt-Scout Scissor Sweep, Push knee & Pull Sleeve, Hip Bump, Pendulum Sweep • 2 Closed Guard Passes/2 Strategies to get around Open Guard • 4 Attacks from Bottom Guard: Gyaku Jime, Ude Garami, Juji Gatame, Sankaku, others ... <p>Sankaku</p> <ul style="list-style-type: none"> • From Guard, Belly Down, Turtle (front/back) <p>Kanestu Waza</p> <ul style="list-style-type: none"> • Headroll Juji vs. Hip-roll Juji (Adam’s Roll)

Vocab for green and brown (learn these plus the sets for orange and yellow):

Counting #1-20	Shido
Shime Waza	With how many accumulated shidos will you lose a judo match?
Kansetsu Waza	How many seconds do you need to hold a pin to obtain a wazari and an ippon?
Seiryoku-Zenyo	Hansoku Make
Jita-Kyoei	Judo governing body - internationally
Tsukuri	Judo governing body - in the USA
Kake	Judo governing body - in Colorado
Kata	Color of belt for rokudan to hachidan
	Color of belt for kudan and judan
	Shodan



(When testing for new rank, you must be able to demonstrate all required techniques of previous ranks upon request)

BROWN – 2nd KYU (Ni Kyu)

Tachi Waza	Ne Waza
<p>Nage Waza:</p> <ul style="list-style-type: none"> • Harai Tsurikomi Ashi – Lift/Pull Foot Sweep • Morote Gari – Double Leg Reap • O Guruma – Large Wheel • Soto Makikomi – Outer Wraparound • Sukui Nage - Scooping Throw; legal vs illegal • <i>Hip vs. Leg Uchimata</i> <p>Principle/Theory: Explain the idea of the 4 quadrants of Judo and demonstrate your own 4 quadrant system of attacks.</p> <p>Tokui Waza</p> <ul style="list-style-type: none"> • Be able to demonstrate 2 of your favorite techniques from multiple kumi kata and stance positions <p>Gokyo No Waza</p> <ul style="list-style-type: none"> • Translate and be able to demonstrate the first 3 ½ sets of the Gokyo No Waza <p>First 3 Sets of Nage No Kata</p> <ul style="list-style-type: none"> • Te Waza <ul style="list-style-type: none"> ○ Uki Otoshi, Seoi Nage, Kata Guruma • Koshi Waza <ul style="list-style-type: none"> ○ Uki Goshi, Harai Goshi, Trsurikomi Goshi • Ashi Waza <ul style="list-style-type: none"> ○ Okuri Ashi Harai, Sasai Tsurikomi Ashi, Uchi Mata 	<p>Kansentsu Waza:</p> <ul style="list-style-type: none"> • Ude Gatame – Arm Hold • Waki Gatame – Armpit Hold • Hiza Gatame – Knee Hold • Juji Gatame – Cross Arm Hold <p>ArmBar Defense/Finishes</p> <ul style="list-style-type: none"> • 2 Armbar lever defense breaks • Juji Gatame Finish Defenses <p>Shime Waza</p> <ul style="list-style-type: none"> • Nami Juji Jime • Gyaku Juji Jime • Kata Juji Jime <p>Variations of “Bow & Arrow” Roll</p> <ul style="list-style-type: none"> • Kataha Jime • Jigoku Jime – Hell Strangle <p>Sankaku</p> <ul style="list-style-type: none"> • In Depth understanding of Sankaku from different positions, transitions into osaekomi & kanstetsu waza and defenses <p>Turnovers</p> <ul style="list-style-type: none"> • Proficient in 12-15 Turnovers from Turtle or Belly Down • Proficient in transitions from Nage Waza into Ne Waza

Vocab for Ni Kyu (learn these plus the sets for orange, yellow and San Kyu):

Aoi Shiro Atemi Waza Kappo Ura	Simpan Sono mama! Yoshi!
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