

SHODAN, 1st Degree Black Belt

PREREQUISITES

- 1 Increased proficiency in all lower rank requirements.
- 2 Minimum of three (3) years active in judo with a valid membership.
- 3 Minimum of one year as ikkyu.
- 4 A minimum of 120 points.
- 5 For candidates 20 years and younger, 1/3 of points must be earned in shiai.
- 6 Shiai point accumulation starts at age 14 and from ikkyu in rank; earned in events U17 and higher.
- 7 Minimum age of 15 years old.

ABILITY TO DEMONSTRATE

1 Nage-Waza and Katame-Waza, as per Grading Board's choice.

- 8 nage waza from Gokyo (40 techniques)
- 3 osae waza
- 3 shime waza
- 3 kansetsu waza

2 Randori, as per Grading Board's choice.

The partner may be selected at random by the jury.

3 Kata

Must perform the first three sets of the Nage no kata as Tori.

Points

TECHNICAL		Code							Max/yr
NCCP Certification	T1	DA - 20	DI - 20	III - 30	IV - 50	V - 60			
Coach (NCCP Certified)	T2	DA - 5	DI - 10	III - 15	IV - 20	V - 25			
		Club	Reg	Prov	InterPv	Nat	Int'l		
Clinic Conductor	T3			6		9	12	20	
Clinic Participant	T4			5		5		10	
Referee Certification	T5			5		10	20		
Rostered Referee to Sr. Nationals	T5					15			
Refereeing	T6		2	4	8	10	10	20	
NON-TECHNICAL		Club	Reg	Prov	InterPv	Nat	Int'l		
Administration	N1	3	5	10		15	20	20	
Volunteer at Tournaments	N2		2	3	4	5	5	10	

for full explanation of point requirements see:

<http://www.judocanada.org/system/wp-content/uploads/2011/05/National-Grading-Syllabus.pdf>

GOKYO



DE-ASHI-BARAI
ADVANCING FOOT SWEEP



HIZA GURUMA
KNEE WHEEL



SASAE-TSURI-KOMI-ASHI
LIFTING PULLING FOOT PROP



O GOSHI
BIG HIP



O-SOTO-GARI
BIG OUTER REAP



UKI GOSHI
HALF HIP



O-UCHI-GARI
BIG INNER REAP



SEOI - NAGE
SHOULDER THROW



KO-SOTO-GARI
SMALL OUTER REAP



KO-UCHI-GARI
SMALL INNER REAP



KOSHI-GURUMA
HIP WHEEL



TSURI-KOMI-GOSHI
LIFT PULL HIP



OKURI-ASHI-BARAI
SLIDING FOOT SWEEP



TAI-OTOSHI
BODY DROP



HARAI-GOSHI
SWEEPING HIP



UCHI-MATA
INNER THIGH



KO-SOTO-GAKE
SMALL OUTER HOOK



TSURI-GOSHI
LIFTING HIP



YOKO-OTOSHI
SIDE DROP



ASHI-GURUMA
LEG WHEEL



HANE GOSHI
SPRINGING HIP



HARAI-TSURI-KOMI-ASHI
LIFTING PULLING FOOT SWEEP



TOMOE-NAGE
CIRCLE THROW



KATA-GURUMA
SHOULDER WHEEL



SUMI-GAESHI
CORNER REVERSAL



TANI-OTOSHI
VALLEY DROP



HANE-MAKI-KOMI
SPRINGING WIND UP



SUKI-NAGE
SCOOP THROW



UTSURI-GOSHI
CHANGING HIP



O-GURUMA
MAJOR WHEEL



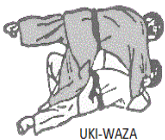
SOTO-MAKI-KOMI
OUTER WIND UP



UKI-OTOSHI
FLOATING DROP



O-SOTO-GURUMA
MAJOR OUTER WHEEL



UKI-WAZA
FLOATING TECHNIQUE



YOKO-WAKARE
SIDE SEPARATION



YOKO-GURUMA
SIDE WHEEL



USHIRO GOSHI
REVERSE HIP



URA-NAGE
REAR THROW



SUMI-OTOSHI
CORNER DROP



YOKO-GAKE
SIDE HOOK

OSEA WAZA



KESA-GATAME



KATA-GATAME



YOKO-SHIHO-GATAME



KAMI-SHIHO-GATAME



KUZURE-KESA-GATAME



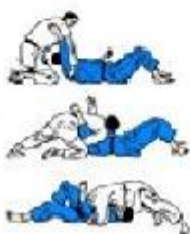
MAKURA-KESA-GATAME



TATE-SHIHO-GATAME



USHIRO-KESA-GATAME



KUZURE-KAMI-SHIHO-GATAME

SHIME WAZA



GYAKU-JUJI-JIME



NAMI-JUJI-JIME



KATA-JUJI-JIME



HADAKA-JIME



KATA-HA-JIME



OKURI-ERI-JIME



RYOTE-JIME



SODE-GURUMA-JIME



GOSHI-JIME

KANSETU WAZA



UDE-GATAME



UDE-GARAMI



JUJI-GATAME



HIZA-GATAME



WAKI-GATAME



HARA-GATAME