



# STANDARD Judo Testing Curriculum

柔道

	RoKyu 6th "Grade"	GoKyu 5th "Grade"	YonKyu 4th "Grade"	SanKyu 3rd "Grade"	NiKyu 2nd "Grade"	IkKyu 1st "Grade"	Shodan "1st Dan"
<b>Adult Rank</b> (16+ over)	White Belt	Green#2 Belt	Green#1 Belt	Brown#3 Belt	Brown#2 Belt	Brown#1 Belt	"1st Dan"
<b>Junior Rank</b>	White Belt	Yellow Belt	Orange Belt	Green Belt	Blue Belt	Purple Belt	

## STANDARD JUDO TEST #1

### ● 6th grade to 5th grade test

IPPON SEONAGE	(One Arm Shoulder Throw)
SEONAGE	(Shoulder Throw -2 hands)
O GOSHI	(Major Hip Throw)
KOUCHI GARI	(Minor Inside Leg Reap)
OUCHI GARI	(Major Hip Throw)
KATA GATAME	(Shoulder Hold)
KESA GATAME	(Scarf Hold)

## STANDARD JUDO TEST #2

### ● 5th grade to 4th grade test

UKI GOSHI	(Floating Hip Throw)
KUBI NAGE	(Neck Throw)
O SOTO GARI	(Major Outer Reap)
DE ASHI HARAI	(Advancing Foot Sweep)
OKURI ASHI HARAI	(Side Stepping Foot Sweep)
KUZURE (modified) KESA GATAME	
YOKO SHIHO GATAME	(Side Control)

## STANDARD JUDO TEST #3

### ● 4th grade to 3rd grade test

TAI OTOSHI	(Body Drop)
17+ TSURIKOMA GOSHI	(Lifting, Pulling Hip Throw)
17+ HARAI GOSHI	(Sweeping Hip Throw)
17+ HANE GOSHI	(Springing Hip Throw)
17+ UCHI MATA	(Inner Thigh Throw)
SASAE TSURA KOMI ASHI	(Lifting, Pulling Ankle Prop)
HIZA GURUMA	(Knee Wheel)
13+ OKURI ERI JIME	(Sliding Lapel Choke)
13+ HADAKA JIME	(Rear Naked Choke)
13+ KATA HOJIME	(Single Arm Wing Lock)
17+ JUJI GATAME	(Traditional Arm Bar)
KAMISHIHO GATAME	(North South Hold)
TATE SHIHO GATAME	(Full Mount)

## STANDARD JUDO TEST #4

### ● 3rd grade to 2nd grade test

UKI OTOSHI	(Floating Drop)
17+ O SOTO OTOSHI	(Major Outer Drop)
KOSOTO GARI	(Minor Outer Leg Reap)
KO SOTO GAKE	(Minor Outer Reaping)
KUZURE (modified) KAMISHIHO GATAME	
USHIRO KESA GATAME	(Reverse Scarf Hold)
13+ JUJI JIME	(Cross Chokes) -Nami, Kata, & Gaku
17+ UDE GARAMI	(Entangled Arm Bar)
17+ UDE GATAME	(Straight Arm Bar)

## STANDARD JUDO TEST #5

### ● 2nd grade to 1st grade test

17+ O SOTO GURUMA	(Body Wheel)
17+ O SOTO GAKE	(Major Outer Reaping)
17+ TOMO NAGE	(Major Circle Throw / "Cowboy and Indian" roll)
17+ SUMI GAESHI	(Corner Reversal)
17+ TAWARA GAESHI	(Rice Ball Throw)
17+ URA NAGE	(Rear Throw)
17+ YOKO GAKAE	(Side Hook, Side Drop)
17+ TANI OTOSHI	(Valley Drop)
UKI GATAME	(Floating Hold)
13+ TSURIKOMI JIME	(Lifting, Pulling Choke)
13+ RYOTE JIME	(Knuckle Choke)
13+ KESA GATAME JIME	(Scarf Hold Defense Choke)
17+ HISHIGI HIZA GATAME	(Arm Lock using Knee)

### ● Test for 1st Dan

#### Junior Black Belt (13-17)

Test will include ALL techniques EXCEPT Locks (Kansetsu-waza)

### ● Test for 1st Dan

#### Adult Black Belt (18+)

Test will include ALL techniques

Techniques shown in grey are NeWaza (Groundwork)



DADDY DOJO  
JUDO