



## **JUNIOR RANK PROGRAM**

### **GENERAL GUIDELINES**

The objective of this program is to provide a reference in the process of teaching judo. It should be thought of as a flexible tool that the instructor will use as needed to improve the process, according to the resources, methods and capabilities of the athlete. Always take into account the capabilities and personality of the athlete within the process.

We play a role in the formation of future members of society, and judo should complement the education that the athlete will receive elsewhere.

The content of this program is just a starting point. We encourage the instructor to further develop it to suit their needs. It is the responsibility of the instructor to research, document and make use of the athlete's imagination. The instructor should also motivate and take the initiative in order to integrate this information into the classes in an orderly and planned manner.

It is suggested that the techniques shown in this program be taught under different conditions. Throwing techniques should be shown stationary, with movement from left and right side, with uke resisting (push or pull); likewise for grappling techniques, the instructor should introduce alternatives according to age and technical proficiency of the athlete.

It is also important to start teaching the principles of judo at the earliest possible age. This includes the correct way to tie the belt, the behavior expected inside and outside the dojo, etc. Although it will be time consuming now, it is the best way to ensure that the athlete cover all aspects of his/her education as a judoka.

This program assumes that the athlete will start learning judo at 5-6 years old and if the athlete continues at a rate of half a belt promotion per year, they will have a brown belt by age 14-15. At that time, the athlete will be able to apply for a black belt at the minimum age set by USA Judo. Regardless, since not all athletes start at the same age, the instructor should modify the program based on each athlete's needs; for example, changing the promotions from half belt to full belt.

### **GAMES**

The practice of judo at an early age (5-9 years old) is different from the same process at a later age; it should be fun, a true initiation to our sport. From the moment the athlete is born, they become acquainted with the world and also develop in all aspects (emotional, cognitive, physical, artistic and creative) with games.

All teaching programs for athlete's judo should keep the athlete active and make the activity fun. Using this as the foundation, we can set objectives that the athlete can achieve:

- Discover, accept, and use their body
- Act autonomously
- Develop self confidence

- Enjoy and express himself/herself through movement
- Learn new capabilities (movement, falls)
- Understand and respect the basic rules of judo
- Understand and practice basic judo techniques

In addition, it is highly recommended to include fun activities as part of the training (10-15 years old).

These activities will help the development of tactical thinking. At specific stages, speed, strength, and agility are extremely important features for the athlete.

That is why we should include procedures (physical, technical and tactical) as well as age appropriate games in judo classes. However, it should not be games for games' sake; there should always be a clear objective.

Games are a very efficient way to find solutions to problems that are presented to our athletes. Using games, we can allow the athlete to learn without realizing it (wax on, wax off). This also fulfills our objectives at the same time that the athlete is having fun, while they are still learning and developing.

## **RANKS**

### **10<sup>th</sup> Jyu Kyu (white/yellow belt)**

Fundamentals of standing judo	Ashi Waza	Koshi Waza	Te Waza	Kata Waza	Fundamentals of judo floor	Sutemi Waza	Katame Waza	Kansetsu Waza	Shime Waza
Rei, ukemi, shisei, kuzushi, kumikata	O-uchi gari	Uki goshi			Basic movement of attack-uke face down & on all fours		Kesa gatame		

### **9<sup>th</sup> Kyu Kyu (yellow belt)**

Fundamentals of standing judo	Ashi Waza	Koshi Waza	Te Waza	Kata Waza	Fundamentals of judo floor	Sutemi Waza	Katame Waza	Kansetsu Waza	Shime Waza
Improvement of basic elements	O-soto gari	O-goshi			Basic movement of defense-sphere, shrimp, legs		Yoko shiho gatame Tate shiho gatame Kami shiho gatame		

### **8<sup>th</sup> Hachi Kyu (yellow/orange belt)**

Fundamentals of standing judo	Ashi Waza	Koshi Waza	Te Waza	Kata Waza	Fundamentals of judo floor	Sutemi Waza	Katame Waza	Kansetsu Waza	Shime Waza
Kuzushi Tsukuri kake	Hiza guruma		Tai-otoshi		Basic movement of attack-tori between uke's legs		Kata gatame Hon kesa gatame		

### **7<sup>th</sup> Shichi Kyu (orange belt)**

Fundamentals of standing judo	Ashi Waza	Koshi Waza	Te Waza	Kata Waza	Fundamentals of judo floor	Sutemi Waza	Katame Waza	Kansetsu Waza	Shime Waza
Shintai tai sabaki	Renraku waza (combinations)	Koshi guruma		Ippon seoinage	Basic movement of attack-tori between uke's legs		Kuzure kami shiho gatame		

## 6<sup>th</sup> Rokyū (orange/green belt)

Fundamentals of standing judo	Ashi Waza	Koshi Waza	Te Waza	Kata Waza	Fundamentals of judo floor	Sutemi Waza	Katame Waza	Kansetsu Waza	Shime Waza
Tendoku renshu Sotai renshu	De ashi barai Uchi mata	Renraku wazai			Base of detentions Base chokes output chokes	Tomoe nage	Combinations		Kata juji jime Hadaka juji jime Gyaku juji jime

## 5<sup>th</sup> Gokyu (green belt)

Fundamentals of standing judo	Ashi Waza	Koshi Waza	Te Waza	Kata Waza	Fundamentals of judo floor	Sutemi Waza	Katame Waza	Kansetsu Waza	Shime Waza
Yaku soku geiko	Ko-uchi gari	Tsuri komi goshi		Morote seoi nage	Base output of assets		Review, departures and combinations		

## 4<sup>th</sup> Yonkyū (green/blue belt)

Fundamentals of standing judo	Ashi Waza	Koshi Waza	Te Waza	Kata Waza	Fundamentals of judo floor	Sutemi Waza	Katame Waza	Kansetsu Waza	Shime Waza
Kakari geiko	Soto makikomi	Hane goshi			Base armlock			Ude hishigi Juji gatame	

## 3<sup>rd</sup> Sankyū (blue belt)

Fundamentals of standing judo	Ashi Waza	Koshi Waza	Te Waza	Kata Waza	Fundamentals of judo floor	Sutemi Waza	Katame Waza	Kansetsu Waza	Shime Waza
Uchi komi Nage komi	Sasae tsuri Komi ashi	Harai goshi	Uki otoshi		Output armlock			Ude garami	

## 2<sup>nd</sup> Nikyū (blue/purple belt)

Fundamentals of standing judo	Ashi Waza	Koshi Waza	Te Waza	Kata Waza	Fundamentals of judo floor	Sutemi Waza	Katame Waza	Kansetsu Waza	Shime Waza
Randori shiai	Okuri ashi harai	Sode tsuri komi goshi		Kata guruma				Ude garami	

## 1<sup>st</sup> Ikkyū (purple belt)

Fundamentals of standing judo	Ashi Waza	Koshi Waza	Te Waza	Kata Waza	Fundamentals of judo floor	Sutemi Waza	Katame Waza	Kansetsu Waza	Shime Waza
Chikara no oyo	Renraku waza	Renraku waza	I, II, III group nage no kata	Renraku waza				Ude garami	

## TOOLS/GUIDES

USA Judo has available for purchase a rank matrix poster listing all techniques above as well as individual posters by rank. These individual posters include graphics so that the athlete may easily see the techniques. A poster listing all basic elements is also available for purchase.

For the athlete, a booklet can be purchased so that they may carry it with them for easy reference.

Once your athlete has achieved a rank promotion, a customized rank certificate is also available for purchase.