

JUDO(UNITED STATES JUDO ASSOCIATION) MUDANSHA GRADING SYLLABUS

No.	Technique	Jr.	Jr.	Sr. Hdbk.	Sr. Rankd Hdbk	Type of Rank
1.	(mae) hiza guruma Dai Ik Kyo --number 3	13-13	1st	18	Rokkyu	ashi waza ateru waza tsumazukase waza
2.	o goshi Dai Ik Kyo --number 6	12;14	1st	18	Rokkyu	koshi waza ateru waza tsumazukase waza
3.	(hontai) kesa gatame Kesa Gatame Gei	12;14	1st	18	Rokkyu	osae komi waza katame waza Ne waza
4.	hon gesa no gaeshi sankyu "bridge and roll escape from kesa gatame"	12;14	1st	18	Rokkyu	fusegi gata nogari gata
5.	shizen hontai	12	1st	18	Rokkyu	shisei kamae
6.	jigo hontai	12	1st	18	Rokkyu	shisei kamae

This ends requirements for Jr. 1st Degree -- excluding written test.

7.	(ipon/morote) seio nage nihon Dai Ik Kyo --number 8	15-17	2nd	19	Rokkyu	te waza ateru waza kata waza kuruma waza
8.	o soto gari Dai Ik Kyo -- number 5	15;17-18	2nd	19	Rokkyu	ashi waza karu waza tsumazukase waza
9.	(hontai) yoko shiho gatame Shiho Gatame Gei	15;18	2nd	19	Rokkyu	osae komi waza katame waza ne waza
10.	yoko shiho nige gata sankyo "leg entangling escape from yoko shiho gatame"	15;18	2nd	19	Rokkyu	fusegi gata nogare gata

This concludes requirements for Jr. 2nd Degree and Sr. Rokkyu -- excluding written tests/

NOTE: Terms in capitals below the technique's names are those of the group from which the techniques come. The types of techniques are: 1st -- old Kodokan classification, followed by new Kodokan classification; 2nd -- Kawaishi classification; 3rd -- Koizumi classification. In regard to kaeshi gata and nige gata, there are five basic kaeshi gata: ikkyo - I; nikyo - II; sankyo - III; yonkyo - IV; gokyo - V, and five basic nige gata (also ikkyo through gokyo).

11.	de ashi barai	19;21	3rd	21	Gokyu	ashi waza harau waza tsumazukase waza
12.	o uchi gari	19;20	3rd	21	Gokyu	ashi waza karu waza tsumazukase waza
13.	(hontai kami shiho gatame Shiho Gatame Gei	19;22	3rd	21	Gokyu	osae komi waza katame waza ne waza
14.	kami shiho no gaeshi nikyo "single roll escape from kami shiho gatame"	19;37	3rd	21	Gokyu	fusegi gata nogare gata
15.	tsugi ashi	19	3rd	21	Gokyu	shintai tai no ido
16.	ayumi ashi	19	3rd	21	Gokyu	shintai tai no ido
17.	happo no kuzushi	19	3rd	21	Gokyu	kuzushi tsukuri gata
18.	seiza	19	3rd	21	Gokyu	shisei kamae
19.	anza	19	3rd	21	Gokyu	shisei kamae
20.	shizentai no kumi kata soto naka sode dori	19;21	3rd	21		kumi kata
21.	sode dori no ude furi "swinging arm break from sleeve grip"	19;21	3rd	21	Gokyu	kumi kata kenkyu
This concludes the requirement for Jr. 3rd Degree -- excluding written test						
22.	uki goshi Dai Ik Kyo -- number 4	23-24	4th		Gokyu	koshi waza harau waza tembin nage
23.	sasae tsurikomi ashi	23-24	4th		Gokyu	ashi waza ateru waza tsumazukase waza
24.	migi sabaki Tai Sabaki Migi ashi tobikomi Hairi Kata "defense against hiza guruma"	23-24	4th		Gokyu	bogyo

25.	migi mae sabake Tai Sabaki "defense against o goshi"	23-24	4th		Gokyu	bogyo
26.	kuzure gesa gatame kuzushi gesa gatame Kesa Gatame Gei	23;26	4th		Gokyu	osae komi waza katame waza ne waza
27.	hon gesa nige kata ikkyo "up-hill turn escape from kesa gatame"	23;28	4th		Gokyu	fusegi gata nogare gata
28.	kubi gatame gaeshi "cross face turn-over entry into mat work" "half-nelson from the front into mat work:"	29;31	4th		Gokyu	kaeshi gata Semete Kata
29.	yoko ukemi sokuho ukemi	23	4th		Gokyu	ukemi
30.	zempo kaiten ukemi mae sumi kaiten ukemi chugaeri ukemi	23	4th		Gokyu	ukemi
31.	zempo ukemi (ma) mae ukemi	23	4th		Gokyu	ukemi
32.	koho ukemi ushiro ukemi	23	4th		Gokyu	ukemi
33.	hiji furi kenkyu "Swinging elbow break-through for sleeve grip" (see number 20)	23;28	4th		Gokyu	kumi gata kenkyu
This concludes the requirements for Jr. 4th Degree and Sr. Gokyu -- excluding written test.						
34.	ko uchi gari Dai Ni Kyo -- number 10	20-30	5th	22	Yonkyu	ashi waza kuru waza tsumazukase waza
35.	koshi guruma Dai Ni Kyo - number 11	29-30	5th	22	Yonkyu	koshi waza tembin waza
36.	hidari maware Tai Sabaki "defense against o soto gari"	29;36	5th	22	Yonkyu	bogyo
37.	migi mae sabake Tai Sabaki "defense against seoi nage"	29	5th	22	Yonkyu	bogyo
38.	kuchiki daoshi mae ashi (dori) o uchi gari	29	5th	22	Yonkyu	kaeshi waza (sen) go no sen

	tobi komi ko soto gake "counter for hiza guruma"	41	5th		Yonkyu	kaeshi waza
39.	tani otoshi Dai Yon Kyo -- number 26 "counter against o goshi"	29;25	5th	22	Yonkyu	kaeshi waza Yoko Sutemi Waza
40.	kuzure yoko shiho gatame kuzushi yoko shihon gatame Shiho Gaame Gei	29	5th	22	Yonkyu	osae komi waza katame waza ne waza
41.	yoko shiho no gaeshi sankyo "bridge and roll escape from yoko shiho gatame"	29	5th	22	Yonkyu	fusegi gata kaeshi gata
42.	Tai Sabaki: 90° front: mae sabake rear: ushiro sabake	29	5th	22	Yonkyu	tai sabaki
43.	Tai Sabaki: 180° front: mae maware rear: ushiro maware	29	5th	22	Yonkyu	tai sabaki
44.	shizentai no kumi kata ushiro eri dori "collar grip"	29;31	5th	22	Yonkyu	kumi kata
45.	kakae kubi kenkyu "drive through break for collar grip"	29;31	5th	22	Yonkyu	kumi kata kenkyu
This concludes the requirements for Jr. 5th Degree -- excluding written test.						
46.	ko soto gari Dai Ni Kyo -- number 9	32-33	6th	23	Yonkyu	ashi waza karu waza tsumazukase waza
47.	(sasae) tsurikomi goshi Dai Ni Kyo -- number 12	32;34	6th	23	Yonkyu	koshi waza tembin waza
48.	hidari mae sabake Tai Sabaki "defense against o uchi gari"	32;35;40	6th	23	Yonkyu	bogyo
49.	hiki ashi "defense against ashi barai"	32;35	6th	23	Yonkyu	bogyo
50.	o soto gaeshi "counter for o soto gari"	32;36	6th	23	Yonkyu	kaeshi waza sensen no sen
51.	tani otoshi (see number 39)	32;35	6th	23	Yonkyu	kaeshi waza

52.	renraku henka waza hiza guruma to o soto gari o soto gari to hiza guruma		6th		Yonkyu	sayu waza
53.	kuzure kami shiho gatame kuzushi kami shiho gatame Shiho Gatame gei	32;36	6th	23	Yonkyu	osae komi waza katame waza ne waza
54.	kami shiho no gaeshi yonkyo "double bridge and roll escape from kami shiho gatame:	32;37	6th	23	Yonkyu	fusegi gata kaeshi gata
55.	ne waza kawazu gake "break out entry into mat work" "entry into newaza by hooking the legs & breaking down the opponent for a choke hold"	32	6th	23	Yonkyu	hairi gata Semete gata
56.	uchi sode dori kenkyu "inner sleeve counter grip for the collar grip"	32	6th	23	Yonkyu	kumi kata kenkyu
This concludes the requirements for Jr. 6th Degree and Sr. Yonkyu -- excluding the written test.						
57.	okuri ashi barai Dai Ni Kyo-- number 13	38-39	7th	24	Sankyu	ashi waza harau waza tsumazukase waza
58.	Harai goshi Dai Ni Kyo -- number 15	38-39	7th	24	Sankyu	koshi waza harau waza tembin waza
59.	migi mae maware Tai Sabaki "defense against uke goshi"	38	7th	24	Sankyu	bogyo
60.	migi ashi tobikomi Hari Gata "defense against sasae tsurikomi ashi"	38;41	7th	24	Sankyu	bogyo
61.	nidan ko soto gari kari gaeshi "counter for o uchi gari"	38;40	7th	24	Sankyu	kaeshi waza (sen) tai no sen
62.	tsubami gaeshi "counter for de ashi barai"	38;35	7th	24	Sankyu	kaeshi waza (sen) tai no sen
63.	(hontai) kata gatame Shiho Gatame Gei	38;41	7th	24	Sankyu	osae komi waza katame waza ne waza
64.	kata gatame nige kata nikyo ebi gamae "legs over escape from kata gatame"	38	7th	24	Sankyu	fusegi gata nogare gata

65.	hiza furi daoshi "swinging knee entry into mat work" "entry by pushing knees to side"	38	7th	24	Sankyu	hairi gata Semete Gata
66.	shizentai no kumi kata mae shita eri dori "low lapel grip"	38;42	7th	24	Sankyu	kumi kata
67.	tsurikomi kenkyu "snap out break through for low lapel grip"	38;42	7th	24	Sankyu	kumi kata kenyu
This concludes the requirements for Jr. 7th Degree -- excluding written test.						
68.	tai otoshi ni Dai Ni Kyo -- number 14	43-44	8th	25	Sankyu	te waza ateru waza kuruma waza
69.	ko taka uchi mata o	43;45	8th	25	Sankyu	ashi waza koshi waza harau waza tsumazukase waza
70.	hiki ashi "defense against ko uchi gari"	43;48	8th	25	Sankyu	bogyo
71.	migi mae sabake Tai Sabaki "defense for koshi guruma"	43;25	8th	25	Sankyu	bogyo
72.	tani otoshi (see number 39)	43;25	8th	25	Sankyu	kaeshi waza
73.	tobikomi ko soto gake "counter for sasae tsurikomi ashi"	43;41	8th	25	Sankyu	kaeshi waza
74.	renraku hanka waza ko uchi gari to seoi nage seoi nage to ko uchi gari	43	8th	25	Sankyu	kogeki waza
75.	ushiro gesa gatame gyaku gesa gatame Kesa Gatame Gei	43;46	8th	25	Sankyu	osae komi waza katame waza no waza
76.	hon gesa no gaeshi ikkyo "sit up escape from kesa gatame"	43	8th	25	Sankyu	fusegi gata Kaeshi Gata
77.	ushiro gesa nige kata ikkyo "up hill turn escape from ushiro gesa gatame:	43	8th	25	Sankyu	fusegi gata nogare gata
78.	sode hiki mawashi hairi kata "sleeve pull around entry into mat work"		8th	25	Sankyu	hairi gata Semete Gata

79.	shizentai no kumi kata yoko eri dori "high lapel grip"	43;46	8th	25	Sankyu	kumi kata
80.	uchi sode dori kenkyu "inner sleeve counter grip for high lapel grip: This concludes requirements for Jr. 8th Degree and Sr. Sankyu -- excluding the written text.	43;46	8th	25	Sankyu	kumi kata kenkyu
81.	ko soto gake Dai San Kyo -- number 17	47-48	9th	26	Nikyu	ashi waza
82.	ko tsuri(komi) goshi o Dai San Kyo -- number 18	47-48	9th	26	Nikyu	koshi waza tembin waza
83.	hiki ashi "defense for okuri ashi barai"	47	9th	26	Nikyu	bogyo
84.	migi maware Tai Sabaki "defense for hari goshi"	47	9th	26	Nikyu	bogyo
85.	hiza guruma Dai Ik Kyo -- number 2 "counter for ko uchi gari"	47-48	9th	26	Nikyu	kaeshi waza
86.	tani otoshi (see number 1)	47;25	9th	26	Nikyu	kaeshi waza
87.	renraku henka waza hiza guruma to de ashi barai sasae tsurikomi ashi to de ashi barai	47	9th	26	Nikyu	sayu waza
88.	(hontai) tate shiho gatame Shiho Gatame Gei	47-48	9th	26	Nikyu	osae komi waza katame waza ne waza
89.	yoko shiho nige kata yonkyo "leg out escape from yoko shiho gatame:	47-48	9th	26	Nikyu	fusegi gata nagare gata
90.	obi dori tomoe hairi gata "double belt pull entry into mat work"	47;50	9th	26	Nikyu	hairi gata Semete Gata
91.	obi dori (sumi) gaeshi Dai Yon Kyo -- number 25 "sumi gaeshi take down into mat work"	47;50	9th	26	Nikyu	kaeshi gata Semete Gata
92.	shizen hontai no kumi kata ryo sode dori "double sleeve grip"	47;62	9th	26	Nikyu	kumi kata

93.	ryo sode dori gyaku fusegi ude hishigi ude gatame ude hishigi waki gatame "double sleeve counter grip"	47;59;62	9th	26	Nikyu	kumi kata kenkyu
This concludes Jr. 9th Degree requirements -- excluding written test.						
94.	harai tsurikomi ashi Dai San Kyo -- number 22	51;52	10th	27	Nikyu	ashi waza harau waza tsumazukase waza
95.	hane goshi Dai San Kyo	51-52	10th	27	Nikyu	koshi waza harau waza tembin waza
96.	migi mae sabake Tai Sabaki "defense against tai otoshi"	51;44	10th	27	Nikyu	bogyo
97.	hidari sabake Tai Sabaki "defense against uchi mata"	51;56	10th	27	Nikyu	bogyo
98.	nidan ko soto gari kari gaeshi "counter for okuri ashi barai"	51;35;40	10th	27	Nikyu	kasehi waza sensen no sen kake no sen
99.	harai gaeshi mae te guruma "counter for harai goshi"	51	10th	27	Nikyu	kaeshi waza
100.	renraku henka waza harai goshi -- o soto gari o soto gari -- harai goshi	51;53	10th	27	Nikyu	sayu waza Kogeki
101.	yoko shiho nige kata ikkyo "up hill turn escape from yoko shiho gatate"	51;53	10th	27	Nikyu	fusegi gata nogare gata
102.	chugaeri hairi kata tombo gaeri "souplesault entry for mat work:	51;53	10th	27	Nikyu	hairi kata Semete Gata
103.	(ushiro) hadaka jime Hadaka Jime Gei	51;54	10th	27	Nikyu	shime waza shibori waza
104.	okuri eri jime Eri Jime Gei	51;54	10th	27	Nikyu	shime waza shibori waza
105.	kata ha jime Eri Jime Gei	51;54	10th	27	Nikyu	shime waza shibori waza

106.	shime waza no kihon fusegi "basic escape from all chokes"	51;54	10th	27	Nikyu	fusegi kata
107.	hiji daoshi kenkyu "pull down break through for high lapel grip"	51;54	10th	27	Nikyu	kumi kata kenkyu
This concludes the requirements for 10th Degree Jr. and Sr. Nikyu -- excluding the written test.						
108.	yoko otoshi Dai San Kyo -- number 19	55-56	11th		Ikkyu	yoko sutemi waza kuruma waza
109.	kata guruma Dai San Kyo -- number 24	55-56	11th		Ikkyu	te waza kata waza kuruma waza
110.	hiki ashi "defense against ko soto gake"	55	11th		Ikkyu	bogyo
111.	migi mae sabake Tai Sabaki "defense against tsuri goshi"	55;25	11th		Ikkyu	bogyo
112.	tani otoshi Dai Yon Kyo -- number 26 "counter for tai otoshi"	55	11th		Ikkyu	kaeshi waza yoko sutemi waza
113.	uchimata sukashi uki otoshi tai otoshi	55-56	11th		Ikkyu	kaeshi waza Sukashi Waza
114.	renraku henka waza harai goshi -- ippon seoi nage uchi mata -- harai goshi	55	11th		Ikkyu	sayu waza Kogeki
115.	kami shiho nige kata ikkyu "uphill turn escape from kami shiho gatame"	55;57	11th		Ikkyu	fusegi kata nogare kata
116.	ryo ashi dori hairi kata "double leg grip entry into mat work:	55;57	11th		Ikkyu	hairi kata Semete Kata
117.	nami juji jime Eri Jime Gei	55:58	11th		Ikkyu	shime waza shibori waza
118.	kata juji jime Eri Jime Gei	55;58	11th		Ikkyu	shime waza shibori waza
119.	gyaku juji jime Eri Jime Gei	55;58	11th		Ikkyu	shime waza shibori waza
120.	shizen hontai no kumi kata susoo dori	55	11th		Ikkyu	kumi kata

121.	ude furi kenkyu "jacket and grip" "inner sleeve counter grip for jacket end grip"	55	11th		Ikkyu	kumi kata kenkyu
This concludes requirements for Jr. 11th Degree -- excluding the written test.						
122.	tomoe nage Dai San Kyo -- number 23	59;60	12th	29	Ikkyu	ma sutemi waza ateru waza kuruma waza
123.	ashi guruma Dai San Kyo -- number 20	59;60	12th	29	Ikkyu	ashi waza tsumazukase waza
124.	hiki ashi "defense against harai tsurikomi ashi"	59	12th	29	Ikkyu	bogyo
125.	migi mae sabake Tai Sabaki "defense against hane goshi"	59	12th	29	Ikkyu	bogyo
126.	nidan ko soto gari "counter for ko soto gake"	59;35	12th	29	Ikkyu	kaeshi waza
127.	tani otoshi Dai Yon Kyo -- number 26 "counter for tsumi goshi"	59;25	12th	29	Ikkyu	kaeshi waza yoko sutemi waza
128.	renraku henka waza uchi mata - ko/o uchi gari ko/o uchi gari -- uchi mata	59	12th	29	Ikkyu	awase waza Kogeki
129.	kami shiho nige kata gokyo "double arm escape from kami shiho gatame"	59	12th	29	Ikkyu	fusegi kata Nogare Gata
130.	kami shiho no gaeshi gokyo "press out escape from kami shiho gatate"	59	12th	29	Ikkyu	fusegi kata kaeshi Gata
131.	kami shiho nige kata nikyo ebi gamae "legs over escape from kami shiho gatame"	59-60	12th	29	Ikkyu	fusegi kata Nogare Gata
132.	hizakomi hairi gata "knee in entry into mat work"	59;61	12th	29	Ikkyu	hairi kata Semete Gata
133.	(ude hishigi) juji gatame ude kujiki ju(mon) ji gatame	59;61	12th	29	Ikkyu	kansetsu waza Hiji Kansetsu Waza
134.	(ude hishigi) ude/sempaku gatame ude kujiki ude gatame	59;62	12th	29	Ikkyu	kansetsu waza Hiji Kansetsu Waza

135.	ude garami ikkyo hontai ude garami	59;62	12th	29	Ikkyo	kansetsu waza Hiji Kansetsu Waza
136.	gyaku waza kihon fusegi "basic defense against arm locks"		12th		Ikkyu	fusegi kata
137.	ude hishigi ude/zempaku gatame "ude gatame break for sleeve grip"	59;62	12th	29	Ikkyu	kumi kata kenyu
138.	ude hishigi ude gatame	59;62	12th	29	Ikkyu	kumi kata kenkyu
139.	ude hishigi waki gatame Ude Kujiki Tai Gatame "waki gatame break for lapel grip"	59;62	12th	29	Ikkyu	kumi ktat kenkyu

This concludes requirements for Jr. 12th Degree and Sr. Ikkyu -- excluding the written test. This also concludes all requirements for all Jr. and Sr. ranks below black belt. In addition to the techniques listed 1 -- 139 and the written test, points earned in contest or contributions to the art are required for each rank.

NOTE: Japanese terminology used for escapes, entries and most classifications are those used by Midori Yama Judokai. Fusegi Kata can be divided into two major clauses: Nige kata, which are used to escape: Kaeshi kata, which are used to reverse the attack. Both nige kata and kaeshi kata have five basic variations, indicated by the terms ikkyo (1st form -- up hill turn), nikyo (2nd form -- legs over escape), sankyo (3rd form -- leg entangling escape), yonkyo (4th form -- leg out escape), and gokyo (5th form -- double arm escape the preceding are the forms of nige kata. The forms of kaeshi kata are ikkyo (1st form -- sit up escape), nikyo (2nd form -- single roll escape), sankyo (3rd form -- bridge and roll escape), yonkyo (4th form -- double bridge and roll escape) and gokyo (5th form -- press out escape).

Additional Requirements for Shodan (1st Degree Black Belt)

1. Demonstrate the first nine techniques of Nage no Kata:

A. Tewaza	Hand Techniques
1) uki otoshi	floating drop
2) (ippon) seoi nage	(one point) back carry throw
3) kata guruma	shoulder wheel
B. Koshi waza	Waist/loin techniques
1) uki goshi	floating loin
2) harai goshi	sweeping loin
3) (sasae) tsurikomi goshi	(propping) lift-pull loin
C. Ashi waza	Leg techniques
1) okuri ashi barai	sliding foot sweep
2) sasae tsurikomi ashi	propping lift-pull foot
3) (ko) uchi mata	(minor) inner thigh

2. Demonstrate the following techniques (fourth kyo of the Go Kyo no Waza)

A. Sumi gaeshi	Corner turnover
B. Tani otoshi	Valley Drop
C. Hane makikomi	Springing wind pull

D. Sukui nage	Scooping throw
E. Utsuri Goshi	Transfer of the loins
F. O guruma	Major wheel
G. (soto) Makikomi	(outside) Wind pull
H. Uki otoshi	Floating Drop

Additional Requirements for Nidan (2nd Degree Black Belt)

1. Demonstrate the entire nage no Kata (first nine techniques in Shodan requirements):

A. Ma sutemi waza	Direct (rear) sacrifice techniques
1. tomoe nage	whirling throw
2. ura nage	reverse throw
3. sumi gaeshi	corner throw
B. Yoko sutemi waza	Side sacrifice techniques
1. yoko gake	side hook
2. yoko guruma	side wheel
3. uki waza	floating technique

2. Demonstrate the fourth and fifth kyo of the Gokyo no Waza (fourth kyo in Shodan requirements):

A. O soto guruma	Major outer wheel
B. Uki waza	Floating technique
C. Yoko wakare	Side separation
D. Yoko guruma	Side wheel
E. Ushiro goshi	Rear loin
F. Ura nage	Reverse throw
G. Sumi otoshi	Corner drop
H. Yoko gake	Side hook

Additional Requirements for Sanda (3rd Degree Black Belt)

1. Demonstrate the entire Nage no Kata (techniques listed in Shodan and Nidan above)

2. Demonstrate the entire Katame no Kata:

A. Osaie komi waza	Hold down techniques
1. (kuzure) kesa gatame	(modified) scarf hold
2. (hontai) kata gatame	(basic) shoulder hold
3. kami shiho gatame	upper four corners hold
4. yoko shiho gatame	side four corners hold
5. kuzure kami shiho gatame	modified upper four corners hold
B. Shime waza	Strangling techniques
1. kata juji jime	single cross strangle
2. (ushiro) hadaka jime	(rear) naked choke
3. okuri eri jime	sliding lapel choke
4. kata ha jime	single wing choke
5. gyaku juji jime	reverse cross strangle
C. Kansetsu waza	Joint lock techniques
1. (hontai) ude garami	(basic) army wrap
2. (ude hishigi) juji gatame	(arm crush) cross lock
3. (ude hishigi) ude gatame	(arm crush) arm lock
4. (ude hishigi) hiza gatame	(arm crush) knee lock
5. ashi garami	leg wrap

3. Demonstrate the fourth and fifth kyo of the Go Kyo no Waza (techniques listed in Shodan and Nidan above)

Additional requirements for Yo(n)dan (4th Degree Black Belt)

1. Demonstrate the entire Nage no Kata (see Sandan requirements)
2. Demonstrate the entire Katame No Kata (see Sandan requirements)
3. Demonstrate the fourth and fifth kyo of the Go Gyo no Waza (see Sandan requirements)
4. Demonstrate the teaching methods for the techniques covered by the six kyu exams.

Additional Requirements for Godan (5th Degree Black Belt)

1. Demonstrate the entire Nage no Kata (see Sandan requirements)
2. Demonstrate the entire Katame No Kata (see Sandan requirements)
3. Demonstrate the fourth and fifth kyo of the Go Gyo no Waza (see Sandan requirements)
4. Demonstrate the teaching methods for the techniques covered by the six kyu exams.

Rokudan (6th Degree Black Belt) and above: Must have six years in grade. Other requirements to be determined by the USJA National Board of Examiners.