Judo had its origin in the Japanese art of Ju-jutsu, a system of hand-to-hand combat. The bushi of feudal Japan (samurai) are usually credited for developing it. Ju-Jutsu was known by several names throughout Japanese history: taijutsu, yawara, kempo, kugusoku, kumiuchi, koshi nomawari. What is unique to the art is the use of skill, finesse and flexibility rather than strength to overpower opponents. Economy of energy, balance, and grace were the outstanding hallmarks of its practitioner. S/he was expected to be soft and pliable, winning by appearing to yield.

During the feudal period, Ju-jutsu was part of the bushi training, along with archery, spearfighting, swordsmanship, firearms, horsemanship, tactics, and etiquette. Its importance grew with the rise of the bushi class after the late Heian period. Subsequent periods of Japanese history (Kamakura, 1185-1336; Muromachi, 1336-1573; Tokugawa, 1603-1868) saw the art become more diversified and specialized as it was taught in schools (ryus) that emphasized different aspects: throwing, groundwork, striking according to their founders' vision.

Given the constant state of war in Japanese feudal history, ryus tested their vision of Ju-jutsu on the battlefield, where survival was the premium. The three hundred years of peace that followed the Japanese civil wars changed the nature of the art. Under the harsh Tokugawa martial codes combat between bushi became rarer. On the other hand, unarmed combat was more usual. The rise of the common citizen at the end of the period required that Ju-jutsu techniques be adapted to their everyday life needs. At that time, several ryus gave up their insistence on ceremonial or ritual posturing in favor of a practical approach to hand-to-hand combat. By the end of the period, the ancient martial arts of Japan (Bu-jutsu) created for a warrior class began to fade as the martial ways (Budo) created for the commoner gained importance.

Budo was not simply a collection of fighting techniques. It was also a spiritual discipline, a way of life. With the Meiji Restoration (1868), several branches of the martial arts changed names and orientation: KyuJutsu became Kyudo, Iai-Jutsu became Iaido, Aiki-Jutsu became Aikido, and Ju-jutsu became Judo. There was a shift from a warfare approach to everyday life principles. Schools passed their tradition to students in the form of techniques, philosophy and ethics. Students were expected to be fully versed on hand-to-hand combat but also to embody the philosophy of the ryus=founders.

Dr. Jigoro Kano, founder of modern Judo, was born in Mikage, in the Hyogo Prefecture, on October 28, 1860. Shihan Kano never viewed martial arts as a means to display physical prowess or superiority. A pacifist, he studied them to find harmony in his dealings with others. In his youth Kano studied Ju-jutsu under Sensei Teinosuke Yagi, Sensei Hachinosuke Fukuda (Tenshin-Shinyo ryu), and after graduating from Tokyo University, under Sensei Ikuko (Kito ryu).

His search for a unifying principle for the techniques he learned led Kano to Seiryoku Zenyo (maximum efficiency in mental and physical energy). To him, only techniques that saved physical and mental energy should be incorporated into a Do. The idea was to use the energy of one's opponent to defeat his or her aggression. He called his system Judo, and to propagate it he founded the Kodokan (the "school to learn the way") at the Eishoji temple in 1882.

Kano's system was built around three major arts: throwing (nage waza), groundwork (katame waza) and striking (atemi waza). Throwing techniques, drawn from the Kito ryu, were further divided into standing (tachi waza) and sacrifice (sutemi waza) techniques. Standing techniques included hand (te waza), hip (koshi waza) and foot (ashi waza) throws. Sacrifice techniques include full (ma sutemi waza) and side sacrifice (yoko sutemi waza) projections.

Groundwork and striking techniques were drawn more heavily from the Tenshin-Shinyo ryu. Groundwork was organized into groundholds (osaekomi waza), strangulations (shime waza) and joint locks (kansetsu waza). While Kano taught groundholds earlier to his students, shime and kansetsu waza were saved for those who had attained a higher ranking. High ranking students were also expected to know the
art of resuscitation (kappo), so as to conduct their training in a safe and responsible manner.

Judo's striking techniques included upper (ude ate) and lower (ashi ate) limb blows. Among the techniques used were those fists, elbows, hand-edges, fingers, knees and feet strikes. Because of its lethal nature, Atemi waza was also taught exclusively to high ranking Judokas at the Kodokan.

The Judo syllabus was taught in a well-structured manner. Standing techniques were organized into five sets ranking from less strenuous or technically difficult to more advanced (the Gokyo no waza). Ground and striking techniques were organized into sets also. All sets were introduced slowly as Judokas became more proficient in the art. Students were divided into mudansha (color belt level) and yudansha (black belt level). Mudansha were ranked into five grades (kyus) while yudansha were ranked into ten degrees (dans). Ranks indicated the student's level of expertise in the art as different techniques were introduced at each level.

To complete the transition from Jutsu (martial) to Do (way of life), Kano added a strict code of ethics and a humanitarian philosophy to his system. Kodokan instructors and students were expected to be outstanding examples of good character and honest conduct. Any hand-to-hand combat outside of the dojo or behavior that brought shame to the school would lead to suspension or expulsion.

Kano's ultimate concern for the well-being of both the individual and the community is reflected in his teaching methods and in Judo's second guiding principle. Kano utilized four teaching methods in his dojo: randori (free practice of all techniques, similar to the physical training of the Ju-jutsu schools), kata (pre-arranged forms, considered the more technical rituals of the art), ko (his systematic lecturing), and mondo (periods of question and answer).

The debates between Kano and his disciples led him to the second principle of Judo, Jita Kyoei (mutual benefit and prosperity). Kano believed that the diligent practice of Judo should lead to the realization that one could not progress at the expense of others; only mutual prosperity offered the key to any real progress in human life. He was so taken with the principle that he regarded its diffusion, through Judo, as his greatest mission in life.

Most of Judo's development took place around the turn of the century. In 1889 Kano traveled to Europe and America to promote the art. He would make as many as eight trips to other continents to propagate Judo before his untimely death at sea, on May 4, 1938.

Judo's technical aspects came into full maturity in 1900 with the founding of the Kodokan Yudanshakai (association of black belt holders). On July 24, 1905 eighteen masters representing the leading Japanese Ju-jutsu ryus gathered at the Butokukai in Kyoto to join Kano's system. Kano's work had triumphed over Ju-jutsu in Japan. The final touches were added in 1909 when the Kodokan became a foundation and in 1920 with the revision of the Gokyo no Waza. The art's intellectual and moral philosophy came into full being by 1922 with the creation of the Kodokan Cultural Judo Society.

Between 1912 and 1952 (when the International Judo Federation was founded), several of Kano's disciples immigrated to other continents to spread the art. Sensei Gunji Koizumi, 7th Dan, went to Great Britain in 1918, to found the London Budokwai. Mikinosuke Kawaishi, 7th Dan, a world expert on Judo kata, went to France in 1922. Sensei Sumiyuki Kotani, 8th Dan in 1952, trained the first team of American Air Force Judokas at the Kodokan (that team became the seed of American Judo and what is now the United States Judo Association). As Judo spread throughout the West it slowly gained the form of a sport. Its inclusion in the 1964 Olympic Games and popularity in World and Regional Games led to an emphasis on its physical aspects, sometimes at the expense of its intellectual, moral and spiritual underpinnings.

In an effort to preserve the philosophical and spiritual aspects of Dr. Kano's art Zen Judo was created in England in 1974. Judo had been introduced to Great Britain in the early 1900s with Sensei Yukio Tani. He was followed by Sensei Uyenishi who taught Judo to the British Army at Aldershot. Sensei Gunji Koizumi founded the most famous Judo club in the country, the Budokwai of London, where he and Tani taught for many years. The post-war period saw the organization of several major Judo associations Great Britain. The British Judo Association (BJA) was the largest and most influential. Not long after the BJA's
creation, the British Judo Council was formed under the influence of Sensei Tani, and a third organization, the Kyu Shin Do, was created by Sensei Kenshiro Abe.

Zen Judo originated from the Kyu Shin Do. Shihan Dominick McCarthy, the founder of Zen Judo, was trained in the Kyu Shin Do system. When the Kyu Shin Do began to emphasize more Western aspects, Shihan McCarthy created a separate group to preserve its original spirit. In September 1974 the Zen Judo ryu came into life at the Community Center on Love Lane, Petersfield, England.

Since its creation, Zen Judo has spread across England. There have been clubs also in Germany, Canada and now in the United States. The first American dojo opened its doors on March 6, 1991 in Nashville, Tennessee, under the leadership of Sensei H.B. (Keo) Cavalcanti. The first American Zen black belts were awarded in his club to Kimberly Sory, Stephanie Bunte, Elizabeth McDaniel, and Neal Warren.

Zen clubs tend to attract a good following, with low membership dropout and high retention rates. Student interest in the art seems considerably greater than in the competitive styles. As an effort to preserve the traditional style of Judo pioneered by Dr. Kano, Zen Judo dojos do not participate in tournaments or competitions. As a Judo ryu it is devoted to technique, skill, and merit rather than the athletic ability.

Bibliography

RULES OF JUDO

Kyuzo Mifune, Judan

1. **Have no falsehood in mind.**
   Reluctance or deceit are not conducive to the inner harmony required by Judo practice.

2. **Do not lose self-confidence.**
   Learn to act wholeheartedly, without hesitation. Show reverence toward the practice of Judo, by keeping your mind in it.

3. **Learn proper attitude.**
   The attitude, much like the posture in Judo, ought to be natural. Camouflage or affectation should be avoided. The essence of life is in truth. Nature is ever unchangeable because truth is omnipresent. If a person can find him/herself in it, he or she is able to act freely.

4. **Keep your balance.**
   The center of gravity follows the movement of the body. The center of gravity is the most important element in maintaining stability. If it is lost, the body is naturally unbalanced. Thus, fix your mind so that your body is always in balance.

5. **Utilize your strength efficiently.**
   Minimize the use of strength with the quickest movement of body. Acknowledge that what is called stillness and motion is nothing but an endlessly repeated process.

6. **Don’t discontinue training.**
   Mastery of Judo cannot be accomplished in a short time. Since skills depend on mental and physical application, constant training is essential.

7. **Keep yourself humble.**
   If you become self-centered, you will build a wall around yourself and lose your freedom. If you can humble yourself in preparation for an event you will surely be better able to judge and understand it. In a match, you will be able to detect the weak point of your opponent and easily put him/her under control.
In Japanese, reishiki means literally "salutation or thanks." In ancient Japan, reishiki was not a sign of wealth or class, but the way a cultured person related properly to others. It was a mark of cultural sensitivity. In Judo, reishiki (courtesy) has a twofold purpose:

First, to live honestly, respectfully, and free from distractions, Judokas immerse themselves regularly in activity that suspends conscious thought. So, from the point of view of reishiki, how we do something is at least as important as what we are doing. Through reishiki we achieve a state of tranquility that aids our behavior in and out of the dojo.

Second, manners make us more capable of unconscious proper response. Kano believed that the root of Judo's culture was its etiquette and manners. For him, Judokas should always be polite in or out of the dojo, as an unconscious part of their daily life.

An outward sign of reishiki in modern Judo is the rei or bow. The rei can be performed kneeling (zarei) or standing (tachirei). It should be performed when entering or leaving the training hall (dojo), anytime an instructor enters the dojo (all should stop and bow), when entering or leaving the mat area (tatami), before and after a class, and before and after practice (uchikomi, randori, kata).

To start a practice instructors and students line up standing or kneeling at the edge of the mat. All bow toward the picture of Dr. Jigoro Kano (shihan ni rei or shomen ni rei), then students bow to the instructors (sensei ni rei). Then, the instructors bow to the students (shisho rei). The head student or assistant instructor should guide other students through the ceremony. Before class begins, he or she should call students to attention by saying kio-tsuke. After students line up, he or she will make the appropriate calls.

After students finish the last bow, representing all classmates, the head student may say: Sensei palchi dojo ("teacher, open the training hall"). At the end of class the same bows are performed in backward order. As signaled by the instructor the head student could say: Sensei, moa dojo; Sensei domo arigato gozai mas ("teacher, close the training hall; teacher thank you very much").

During practice, each individual should show courtesy toward his or her partner by bowing and saying onegaishimas ("please, may I have the honor to practice with you?") before any activity. Then he or she should say domo arigato gozai mas ("thank you very much") after the activity is over.
RULES OF THE DOJO

There are certain basic rules that are common to all dojos throughout the Judo community. They are basically related to conduct and hygiene.

1. Always wear foot covering when not on the mat. Straw sandals (zoris) are the traditional footwear, but any pair of sandals is acceptable.
2. Keep body, especially feet, scrupulously clean. Players with dirty feet should not be permitted on to the mat.
3. Do not wear rings, earrings or any other jewelry, including hair decorations, while on the mat. They may become caught up in a uniform, bringing serious consequences for the wearer.
4. Keep finger and toe-nails short. Long nails can be very sharp and cause injury to other players.
5. Long hair can be dangerous on the mat. Tie your hair back, pony-tail style, when practicing.
6. Do not wear socks on the mat. You may slip and fall badly.
7. Do not not wear any top clothing under your Judo uniform except in exceptional circumstances. Women may wear T-shirts.
8. Do not leave the mat without permission from instructor. As you leave, remember to bow (also as you return), and to don your footwear.
9. Do not talk while seated on the mat during practice. Sit cross-legged and pay attention. Being inattentive means having little protection if a player is accidentally thrown on you.
10. The general posture must be one of attentiveness (zanshin) at all times. To lean against a wall, lounge around, or lie down is not allowed. If standing, let arms hang loosely by your sides. If sitting, your hands should be relaxed and placed upon your knees.
UKEMIWAZA
(Breakfalls)
Mae korobi (front roll), Ushiro ukemi (rear), Migi yoko ukemi (right),
Hidari yoko ukemi (left), Mae ukemi (front)

NAGE WAZA
TACHIWAZA
(Standing Techniques)

GOKYU
Kubi nage
Ashi gake
Ko uchi maki komi
Tai otoshi

YONKYU
Kata seoi
Ryo ashi dori
Hiza guruma
Uki goshi
Obi goshi
Eri nage
O soto guruma
Te hiza sasae

SANKYU
Kata nage
Ashi guruma
Seoi nage
Sasae tsuri komi ashi
O guruma
Ko soto gake
Ko tsuri goshi
Koshi guruma

NIKYU
O soto toshi
Tsuri komi goshi
Sode tsuri komi goshi
Uchi ashi gake
De ashi harai
Hiki tai
Uchi ashi sasae
Kata ashi dori

IKKYU
Soto gake
Harai tsuri komi ashi
O soto gari
Sumi otoshi
Hiji otoshi
Hane goshi
Kata guruma

SHODAN
Okuri ashi harai
O uchi gari
Uchi mata
Ko soto gari
Harai goshi
Ko uchi gari
O goshi

HAN SUTEMIWAZA
(Half-Sacrifice Techniques)

SANKYU
Kubi nage
Ashi gake
Tai otoshi
Kata Seoi

NIKYU
Uki goshi
Kata gage

IKKYU
Seoi nage
Hiki tai

SHODAN
Obi goshi
Eri nage
Te hiza sasae
Ko tsuri goshi
Koshi guruma
Tsuri komi goshi

SUTEMIWAZA
(Sacrifice Techniques)

NIKYU
Yoko wakare
Uki waza
Sumi gaeshi

IKKYU
Tomoe nage
Yoko guruma
Tani Otoshi
Tawara gaeshi

SHODAN
Yoko gake
Yoko otoshi
Ura nage
Korobi sutemi
Soto maki komi
Hane maki komi
KATAME WAZA
OSAEKOMIWAZA
(Groundholds)

GOKYU
Kesa gatame
Kuzure kesa gatame

YONKYU
Kata gatame
Makura kesa gatame

SANKYU
Ushiro kesa gatame
Mune gatame

NIKYU
Yoko shiho gatame
Kuzure yoko shiho gatame

IKKYU
Kami shiho gatame
Kuzure kami shiho gatame

SHODAN
Tate shiho gatame
Kuzure tate shiho gatame

SHIME WAZA
(Strangulations)

SANKYU
Nami juji jime

NIKYU
Gyaku juji jime
Kata juji jime

IKKYU
Hadaka jime
Okuri eri jime

SHODAN
Kata ha jime
Katate jime
Ryote jime

NIDAN
Sode guruma jime
Tsukkomi jime
Sankaku jime

KANSETZU WAZA
(Joint locks)

SANKYU
Ude garami

NIKYU
Juji gatame
Ude gatame

IKKYU
Hiza gatame
Waki gatame

SHODAN
Hara gatame
Ashi gatame

NIDAN
Te gatame
Sankaku gatame

ATEMI WAZA
UDE ATE
(Upper Limb Strikes)

YUBISAKI ATE (Finger Strike): Tsukidashi (hand thrust), Ryogan tsuki (strike to both eyes)

HIJI ATE (Elbow Strike): Ushiro ate (rear blow)

TEGATANA ATE (Knife Hand Strike): Kirioroshi (downward cut), Naname uchi (slanting strike)

KOBUSHI ATE (Fist Strike): Naname ate (crossing blow), Yoko ate (side blow), Kami ate (upward blow), Tsukiage (upper cut), Shimo tsuki (downward strike), Ushiro tsuki (back strike), Ushiro sumi tsuki (rear corner strike), Tsukkake (punch), Yoko uchi (side blow), Ushiro uchi (rear blow), Uchioroshi (downward blow)

ASHI ATE
(Lower Limb Strikes)

HIZA-GASHIRA ATE (Knee Strikes): Mae ate (front blow)

SEKITO ATE (Ball of Foot Strikes): Naname-geri (crossing kick), Mae-geri (front kick), Taka geri (high front kick)

KAKAKO ATE (Heel Strikes): Ushiro geri (back kick), Yoko geri (side kick)
From Color to Color

The white is yours from the start,
so hold it well.
Yellow, to eliminate your fear,
brings out the best.
Orange, to feed the fruit of your labors,
to ban all pretext;
Green, to gather wisdom like
Mother Earth.

Blue, to reach for the sky
--its limits are yours.
When Brown appears, like fertile soil,
you are almost settled.
Only Black, at the last, helps you peer
through the darkness,
to the everlasting light of Arts.

ZEN Judo Ranking

RANK COLOR BELT TIME-IN-GRADE

Mudansha

Novice White belt 2 to 3 months
Gokyu (5th Kyu) Yellow belt 4 to 5 months
Yonkyu (4th Kyu) Orange belt 5 to 6 months
Sankyu (3rd Kyu) Green belt 5 to 6 months
Nikkyu (2nd Kyu) Blue belt 6 to 8 months
Ikkyu (1st Kyu) Brown belt

Yudansha

Shodan (1st Dan) Black belt, 1 ring 6 months to 1 year
Nidan (2nd Dan) Black belt, 2 rings 1 to 2 years
Sandan (3rd Dan) Black belt, 3 rings 2 to 3 years
Yodan (4th Dan) Black belt, 4 rings 3 to 5 years
Godan (5th Dan) Black belt, 5 rings 4 to 7 years
Rokudan (6th Dan) Red and White belt 5 to 9 years
Shichidan (7th Dan) Red and White belt 6 to 12 years
Hachidan (8th Dan) Red and White belt 7 to 15 years
Kudan (9th Dan) Red belt 8 to 18 years
Judan (10th Dan) Red belt 10 to 21 years
YELLOW BELT
(GOKYU)

MONDO

History:
2. What is the name of his school? The Kodokan (school to learn the way).
3. What is the date of the founding of Judo? 1882.
4. What was unarmed combat called in Japan before Judo? Ju Jutsu.
5. Name three parts of a Judo throw: Off balance - Kuzushi; Entry - Tsukuri; Execution - Kake.
6. Name three parts of unarmed combat: Throwing - Nage Waza; Grappling - Katame Waza; Striking - Atemi Waza

Vocabulary:
1. Judo - the Gentle Path
2. Sensei - Teacher
3. Deshi - Student
4. Dojo - Practice hall, place of enlightenment
5. Tatami - mat
6. Shizen Hontai - Fundamental posture
7. Jigo Hontai - Defensive posture
8. Waza - Technique
9. Randori - Free practice
10. Sute Geiko - Alternate throwing
11. Ukemi - Breakfall
12. Mae - Forward
13. Korobi - Rolling
14. Ushiro - Back
15. Migi - Right
16. Hidari - Left
17. Yoko - Side
18. Kubi - Neck
19. Nage - Throw
20. Ashi - Foot
21. Gake - Block
22. Ko - Minor
23. Uchi - Inside
24. Maki Komi - Winding
25. Tai - Body
26. Otoshi - Drop
27. Kesa - Scarf
28. Gatame - Hold
29. Kuzure - Broken or modified
30. Renzoku - Combination
31. Kaeshi - Counter
32. Hajime - Begin
33. Matte - Stop
34. Kubi Nage - Neck throw
35. Ashi Gake - Foot block
36. Ko Uchi Maki Komi - Minor inner winding
37. Tai Otoshi - Body drop
38. Kesa Gatame - Scarf hold
39. Kuzure Kesa Gatame - Modified scarf hold
40. Gokyu - 5th Class

WAZA

UKEMIWAZA

KAESHIWAZA
A counter to each standing technique

TACHI WAZA
Kubi Nage, Ashi gake, Ko uchi maki komi, Tai otoshi

OSAEKOMIWAZA
Hon kesa gatame, Kuzure kesa gatame

RENZOKUWAZA
Kubi nage/Tai otoshi or Ko uchi maki komi

RANDORI
Techniques, combinations, counters on the move

Ashi gake/Tai otoshi or Ko uchi maki komi
Ko uchi maki komi/Kubi nage or Ashi gake
Tai otoshi/Kubi nage or Ko uchi maki komi
History:
1. Name the two divisions of throwing techniques: Standing techniques - Tachi Waza; Sacrifice techniques - Sutemi Waza
2. Name the three divisions of standing techniques: Hand techniques - Te Waza; Hip techniques - Koshi Waza; Foot techniques - Ashi Waza
3. What are the two principles of Kodokan Judo as defined by Dr. Kano? Maximum efficiency and mutual benefit and welfare.
4. What is the ultimate goal of Judo as defined by Dr. Kano? The harmonious development and eventual perfection of human character.

Vocabulary:
1. Seiza - Sitting on the knees
2. Anza - Sitting cross-legged
3. Kata - Prearranged form
4. Seoi - Shoulder
5. Ryo - Both
6. Dori - Grasp or hold
7. Hiza - Knee
8. Guruma - Wheel
9. Uki - To float
10. Goshi - Hip
11. Obi - Belt
12. Eri - Lapel
13. O - Major
14. Soto - Outside
15. Te - Hand
16. Sasae - Lower prop
17. Makura - Pillow
18. Shiai - Contest
19. Judoka - Judo player
20. Judogi - uniform
21. Tori - attacker
22. Uke - defender
23. Uchikomi - Repetition practice
24. Kata Seoi - Ritual shoulder throw
25. Ryo Ashi Dori - Two hands ankle hold
26. Hiza Guruma - Knee wheel throw
27. Uki Goshi - Floating hip
28. Obi Goshi - Belt hip throw
29. Eri Nage - Lapel throw
30. O Soto Guruma - Major outside wheel throw
31. Te Hiza Sae - Hand to knee prop
32. Kata Gatame - Shoulder hold
33. Makura Kesa Gatame - Pillow scarf hold
34. Ma ai - Fighting distance (harmony of space)
35. Kio-tsuke - Attention
36. Taiso/Dosa--Exercises
37. Junbi Undo - Warm-ups
38. Shumatsu Undo - Cooling-off exercises
39. Ki - Inner energy
40. Yonkyu - 4th Class

WAZA

UKEMIWAZA & TACHIWAZA
Kubi nage, Ashi gake, Ko uchi maki komi, Tai otoshi, Kata seoi, Ryo ashi dori, Hiza guruma, Uki goshi, Obi goshi, Eri nage, O soto guruma, Te hiza sasae

RENZOKUWAZA
Combinations three to each standing technique

KAESHIWAZA
A counter one and two to each standing technique

OSAEKOMIWAZA
Hon kesa gatame, Kuzure kesa gatame, Kata gatame, Makura kesa gatame

NAGE-OSAEKOMIWAZA
Throws to groundholds for each standing technique

RANDORI & SHIAI (Light contest)
GREEN BELT
(SANKYU)

MONDO

History:
1. Who is the founder of Zen Judo? Shihan Dominick McCarthy.
2. When was Zen Judo founded? In 1974.
4. Name the three divisions of mat techniques: Holding - Osaekomi Waza; Choking - Shime Waza; Joint locks - Kansetsu Waza

Vocabulary:
1. Dozo - Please
2. Sasae - To prop
3. Tsuri - To lift
4. Komi - To pull
5. Mune - Chest
6. Han - Half
7. Sutemi - Sacrifice
8. Shime or Jime - Strangling
9. Kansetsu - Joint lock
10. Nami - Normal
11. Juji - Cross
12. Ude - Arm
13. Kata Nagae - Shoulder throw
14. Ashi Guruma - Foot (leg) wheel
15. Seoi Nagae - Shoulder throw
16. Sasae Tsuri Komi Ashi - Propping lifting foot block
17. O Guruma - Major wheel
18. Ko Soto Gake - Minor outside block
19. Ko Tsuri Goshi - Minor lifting hip throw
20. Koshi Guruma - Hip wheel
21. Ushiro Kesa Gatame - Rear scarf hold
22. Mune Gatame - Chest hold
23. Shime Waza - Strangling techniques
24. Kansetsu Waza - Joint lock techniques
25. Nami Juji Jime - Normal cross choke
26. Ude Garami - Arm lock
27. Jushin - Center of gravity
28. Shintai - Body movement
29. Tai Sabaki - Pivoting/turning body
30. Kumi Kata - Forms of gripping
31. Ayumi Ashi - Normal Walking
32. Tsugi Ashi - Judo Walking
33. Bogyo - Defense
34. Fusegi - Escape
35. Maitta! - I surrender
36. Tachirei/Ritsurei - Standing bow
37. Zarei - Kneeling bow
38. Joseki - Place of honor in dojo
39. Henke - Blending
40. Sankyu - 3rd Class

WAZA

UKEMIWAZA & TACHIWAZA
Kubi nage, Ashi gake, Ko uchi maki komi, Tai otoshi, Kata seoi, Ryo ashi dori, Hiza guruma, Uki goshi, Obigoshi, Eri nage, O soto guruma, Te hiza sasae, Kata nagae, Ashi guruma, (Morote) seoi nage, Sasae tsuri komi ashi, O guruma, Ko soto gake, Ko tsuri goshi, Koshi guruma

HAN SUTEMIWAZA
Kubi nage, Ashi gake, Taoi otoshi, Kata seoi

RENZOKUWAZA
Combinations three

KAESHIWAZA
A counter one, two, and two by two to each standing technique

OSAEKOMIWAZA
Hon kesa gatame, Kuzure kesa gatame, Kata gatame, Makura kesa gatame, Ushiro kesa gatame, Mune gatame

NAGE-OSAEKOMIWAZA
Throws to groundholds for each standing technique

SHIME WAZA
Nami juji jime

KANSETSU WAZA
Ude garami

RANDORI & SHIAI (Light contest)
History:
2. When was Zen Judo brought to America? In 1991.
3. Where is Zen Judo’s American headquarters? At the Wadokan Dojo.
5. Name two divisions of sacrifice techniques: Back falling sacrifice techniques - Ma Sutemi Waza; Side falling sacrifice techniques - Yoko Sutemi Waza
6. Describe the three stages of training in Martial Arts:
   Practice - training where will and conscious efforts are involved
   Performance - period of concentration without consciousness
   Perfection - period of true freedom, unlimited by form or technique

Vocabulary:
1. Shihan - Great master, Ryu founder
2. Bushido - The way of the warrior
3. Budo - The martial way
4. Hiki - To pull
5. Dori - To grasp
6. Harai - To Sweep
7. Wakare - To separate
8. Sumi - Corner
9. Shiho - Corner
10. Yoko Wakare - Side separation
11. Uki Waza - Floating technique
12. Sumi Gaeshi - Corner counter
13. Yoko Shiho Gatame - Side corner hold
14. Kuzure Yoko Shiho Gatame - Modified side corner hold
15. Gyaku Juji Jime - Reverse cross choke
16. Kata Juji Jime - Half cross choke
17. Juji Gatame - Cross arm lock
18. Ude Gatame - Normal arm lock
19. Gyaku - Reverse
20. O Soto Otoshi - Major outside drop
21. Tsuri Komi Goshi - Lift-pull hip throw
22. Sode Tsuri Komi Goshi - Sleeve lift-pull hip throw
23. Uchi Ashi Gake - Inside leg block
24. De Ashi Harai - Advanced foot sweep
25. Hiki Tai - Body (sleeve) pull
26. Uchi Ashi Sasae - Inside leg prop
27. Kata Ashi Dori-Hand (shoulder) grasp on
28. Happo No Kuzushi - Forms of off-balancing
29. Tokui - Favorite technique
30. Seiryoku Zenyo - Maximum efficiency
31. Jita Kyoei - Mutual benefit and welfare
32. Shin - Spirit or mind
33. Mushin - Mind without awareness, without self-consciousness
34. Zanshin - Watchful, alert mind
35. Zen - True, profound silence, the natural way to be
36. Nikyu - 2nd Class

WAZA

UKEMIWAZA & TACHIWAZA
Kubi nage, Ashi gake, Ko uchi maki komi, Tai otoshi, Kata seoi, Ryo ashi dori, Hiza guruma, Uki goshi, Obi goshi, Eri nage, O soto guruma, Te hiza sasae, Kata nage, Ashi guruma, (Morote) seoi nage, Sasae tsuri komi ashi, O guruma, Ko soto gake, Ko tsuri goshi, Koshi guruma, O soto otoshi, Tsuri komi goshi, Sode tsuri komi goshi, Uchi ashi gake, De ashi harai, Hiki tai, Uchi ashi sasae, Kata ashi dori

HAN SUTEMIWAZA
Kubi nage, Ashi gake, Taoi otoshi, Kata seoi, Uki goshi, Kata nage

SUTEMIWAZA
Yoko wakare, Uki waza, Sumi gaeshi

RENZOKUWAZA
Combinations four
KAESHIWAZA
A counter one, two, and two by two to each standing technique

KAESHI-SUTEKI
Sacrifice counters

OSAEKOMIWAZA
Hon kesa gatame, Kuzure kesa gatame, Kata gatame, Makura kesa gatame, Ushiro kesa gatame, Mune gatame, Yoko shiho gatame, Kuzure yoko shiho gatame

NAGE-OSAEKOMIWAZA
Throws to groundholds for each standing technique

SHIME WAZA
Nami juji jime, Gyaku juji jime, Kata juji jime

KANSETSU WAZA
Ude garami, Juji gatame, Ude gatame

RANDORI & SHIAI (Light contest)
History:
1. What was the name of the old (Ju-Jutsu) ranking in Japan? The Menkyo.
2. What replaced it? The Dan (Black belt) system.
3. How is the Dan system divided? Shodan - 1st degree, Nidan - 2nd degree, Sandan - 3rd degree, Yodan - 4th degree, Godan - 5th degree, Rokudan - 6th degree, Shichidan - 7th degree, Hachidan - 8th degree, Kudan - 9th degree, Judan - 10th degree.
4. Describe the seven principles of Bushido:
   Gi - right attitude, rectitude; Yu - bravery; Jin - universal love, compassion; Rei - courtesy; Makoto - utter sincerity, truthfulness; Melyo - honor and glory; Chugo - devotion, loyalty.

Vocabulary:
1. Mudansha - holder of color belt
2. Yudansha - holder of black belt
3. Hiji - Elbow
4. Hane - To spring or jump
5. Gari - To reap
6. Tomoe - Turning over
7. Tani - Valley
8. Tawara - To hurl over one's head
9. Kami - Upper corner
10. Okuri - To slide, to send forward
11. Waki - Armpit
12. Soto Gake - Outside block
13. Harai Tsuri Komi Ashi - Lift-pull foot sweep
14. O Soto Gari - Major outside reap
15. Sumi Otoshi - Corner drop
16. Hiji Otoshi - Elbow drop
17. Hane Goshi - Spring hip throw
18. Kata Guruma - Shoulder wheel
19. Tomoe Nage - Circular throw
20. Yoko Guruma - Side wheel
21. Tani Otoshi - Valley drop
22. Tawara Gaeshi - Rice bale counter
23. Kami Shiho Gatame - Upper corner hold
24. Kuzure Kami Shiho Gatame - Modified upper corner hold
25. Hadaka Jime - Naked hand choke
26. Okuri Eri Jime - Sliding lapel choke
27. Hiza Gatame - Knee lock
28. Waki Gatame - Armpit lock
29. Zazen - Meditation
30. Kokyu - Breath power, with Ki
31. Kokyu Ho - Breathing method
32. Kokyu Dosa - Breathing exercise
33. Fudo - Motionless, calm
34. Fudo Shin - A calm spirit
35. Bodai Shin - An enlightened spirit
36. Mushotoku - Desireless of profit (Right way to practice martial art)
37. Mizu-no-Kokoro - Mind like water, reflecting and in harmony with it
38. Tsuki-no-Kokoro - Mind like moon, global consciousness of one's surroundings
39. Junidan - Black belt, twelfth degree (rank held only by Dr. Kano)
40. Ikkyu - 1st Class

WAZA

UKEMIWAZA & TACHIWAZA
Kubi nage, Ashi gake, Ko uchi maki komi, Tai otoshi, Kata seoi, Ryo ashi dori, Hiza guruma, Uki goshi, Obi goshi, Eri nage, O soto guruma, Te hiza sasae, Kata nage, Ashi guruma, (Morote) seoi nage, Sasae tsuri komi ashi, O guruma, Ko soto gake, Ko tsuri goshi, Koshi guruma, O soto otoshi, Tsuri komi goshi, Sode tsuri komi goshi, Uchi ashi gake, De ashi harai, Hiki tai, Uchi ashi sasae, Kata ashi dori, Soto gake, Harai tsuri komi ashi, O soto gari, Sumi otoshi, Hiji otoshi, Hane goshi, Kata guruma
HAN SUTEMIWAZA
Kubi nage, Ashi gake, Taoi otoshi, Kata seoi, Uki goshi, Kata nage, (Morote) seoi nage, Hiki tai

SUTEMIWAZA
Yoko wakare, Uki waza, Sumi gaeshi, Tomoe nage, Yoko guruma, Tani otoshi, Tawara gaeshi

RENZOKUWAZA
Combinations four

RENZOKU-HAN SUTEMI
Half-sacrifice twos

RENZOKU-SUTEMI
Sacrifice twos

KAESHIWAZA
A counter one, two, and two by two to each standing technique

KAESHI-SUTEMI
Sacrifice counters

OSAEKOMIWAZA
Hon kesa gatame, Kuzure kesa gatame, Kata gatame, Makura kesa gatame, Ushiro kesa gatame, Mune gatame, Yoko shiho gatame, Kuzure yoko shiho gatame, Kami shiho gatame, Kuzure kami shiho gatame

NAGE-OSAEKOMIWAZA
Throws to groundholds for each standing technique

SHIME WAZA
Nami juji jime, Gyaku juji jime, Kata juji jime, Hadaka jime, Okuri eri jime

KANSETSU WAZA
Ude garami, Juji gtame, Ude gatame, Hiza gatame, Waki gatame

RANDORI & SHIAI (Light contest)
BLACK BELT
(SHODAN) *

MONDO

History:
1. What categories of expertise are found in the Dan system?
   “Trainee” or “Disciple” (Shodan to Sandan), “Expert” or “Teacher” (Yodan to Rokudan), “Master”
   (Shichidan to Hachidan), “Grand-master” (Kudan to Judan).
2. What is the proper way to address an instructor in each Dan category?
   “Trainee/Disciple” - Sensei; “Expert/Teacher” - Renshi/Shihan; “Master” - Kyoshi, “Grand-
   master” - Hanshi
3. What is Kata?
   A prearranged or ritual form of practice, where the emphasis is on perfection of technique and
   control of mind and body.
4. What is the Randori no Kata?
   The first set of Judo Kata, comprising Nage no Kata and Katame no Kata.

Vocabulary:
1. Mata - Thigh
2. De - Advance
3. Ura - Back or rear
4. Tate - Vertical or Straddling
5. Ha - Wing
6. Katate - One hand
7. Ryote - Two hands
8. Okuri Ashi Harai - Forward foot sweep
9. O Uchi Gari - Major inside reap
10. Uchi Mata - Inside thigh throw
11. Ko Soto Gari - Minor outside reap
12. Harai Goshi - Sweeping hip
13. Ko Uchi Gari - Minor inside reap
14. O Goshi - Major hip throw
15. Yoko Gake - Side block
16. Yoko Otoshi - Side drop
17. Ura Nage - Rear throw
18. Korobi Sutemi - Rolling sacrifice
19. Soto Maki Komi - Outside winding throw
20. Hane Maki Komi - Springing winding throw
21. Tate Shiho Gatame - Vertical corner hold
22. Kuzure Tate Shiho Gatame - Modified vertical corner hold
23. Kata Ha Jime - Single wing choke
24. Katate Jime - One hand choke
25. Ryote Jime - Two hand choke
26. Hara Gatame - Stomach armlock
27. Ashi Gatame - Leg armlock
28. I Shin Den Shin--From my soul to your soul
   (nonverbal communication)
29. Reiseishin - When your spirit is one with the
   spirit of the universe
30. Shodan - 1st Degree black belt

Obs.: Candidate should also have at least six months to a year experience as instructor.

WAZA

UKEMIWAZA & TACHIWAZA
Kubi nage, Ashi gake, Ko uchi maki komi, Tai
otoshi, Kata seoi, Ryo ashi dori, Hiza guruma, Uki
goshi, Obi goshi, Eri nage, O soto guruma, Te hiza
sasae, Kata nage, Ashi guruma, (Morote) seoi nage,
Sasae tsuri komi ashi, O guruma, Ko soto gake, Ko
tsuri goshi, Koshi guruma, O soto otoshi, Tsuri komi
goshi, Sode tsuri komi goshi, Uchi ashi gake, De
ashi harai, Hiki tai, Uchi ashi sasae, Kata ashi dori,
Soto gake, Harai tsuri komi ashi, O soto gari, Sumi
otoshi, Hiji otoshi, Hane goshi, Kata guruma, Okuri
ashi harai, O uchi gari, Uchi mata, Ko soto gari,
Harai goshi, Ko uchi gari, O goshi
HAN SUTEMIWAZA
Kubi nage, Ashi gake, Taoi otoshi, Kata seoi, Uki goshi, Kata nage, (Morote) seoi nage, Hiki tai, Obi goshi, Eri nage, Te hiza sasae, Ko tsuri goshi, Koshi guruma, Tsuri komi goshi

SUTEMIWAZA
Yoko wakare, Uki waza, Sumi gaeshi, Tomoe nage, Yoko guruma, Tani otoshi, Tawara gaeshi, Yoko gake, Yoko otoshi, Ura nage, Korobi sutemi, Soto maki komi, Hane maki komi

RENZOKUWAZA
Combinations five

RENZOKU-HAN SUTEMI
Half-sacrifice twos

RENZOKU-SUTEMI
Sacrifice threes

KAESHIWAZA
A counter one, two, and two by two to each standing technique

KAESHI-SUTEMI
Sacrifice counters

OSAEKOMIWAZA
Hon kesa gatame, Kuzure kesa gatame, Kata gatame, Makura kesa gatame, Ushiro kesa gatame, Mune gatame, Yoko shiho gatame, Kuzure yoko shiho gatame, Kami shiho gatame, Kuzure kami shiho gatame, Tate shiho gatame, Kuzure tate shiho gatame

NAGE-OSAEKOMIWAZA
Throws to groundholds for each standing technique

SHIME WAZA
Nama juji jime, Gyaku juji jime, Kata juji jime, Hadaka jime, Okuri eri jime, Kata ha jime, Katate jime, Ryote jime

KANSETSU WAZA
Ude garami, Juji gtame, Ude gatame, Hiza gatame, Waki gatame, Hara gatame, Ashi gatame

RANDORI & SHIAI (Light contest)
History:
1. What is the Kodokan Gokyo no Waza? It is the Nage Waza syllabus for the Kodokan.
2. When was the Gokyo no Waza created? In 1895.
3. When was the Gokyo no Waza completed? In 1920.

Vocabulary:
1. Sukui - To scoop
2. Utsuri - To shift
3. Tsukkomi - To thrust
4. Sankaku - Triangular
5. Sukui noage - Scooping throw
6. Utsuri Goshi - Shifting hip throw
7. Sode Guruma Jime - Sleeve wheel choke
8. Tsukkomi Jime - Thrusting choke
9. Sankaku Jime - Triangular choke
10. Te Gatame - Hand armlock
11. Sankaku Gatame - Triangular lock
12. Shikko - Samurai walk, knee walk
13. Shuchu Ryoku - Concentrating all your energy at one point in a given moment
14. Uchi Deshi - A direct disciple, a live-in disciple
15. Shuki - Conserving energy
16. Yoki - Cultivating energy
17. Bonno - Loss of concentration
18. Yomi - Ability to read opponent's state or condition (see Bonno)
19. Genshin - Ability to sense an intended attack
20. Go no Sen - Ability to seize your opponent's initiative and counter it immediately
21. Bushi no Nasake - The warrior's gentleness, when the strongest and bravest must also be in closest touch with feelings of compassion, gentleness, and justice
22. Haori - Large sleeve jacket with family or ryu crest, worn over Gi on special occasions
23. Kanshusai - Student chosen to take special Kodokan advanced courses (offered for the best, brightest)

* Obs.: Candidates should also have at least one year experience as assistant instructors or instructors.

WAZA

NAGE NO KATA

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<tr>
<th>TE</th>
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GOKYO NO WAZA

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History:
1. What is the Kodokan Shimmeisho no Waza?
   It is the additional set of Nage Waza techniques officially adopted by the Kodokan since the revision
   of the Gokyo no Waza.

Vocabulary:
1. Kuchiki - One hand
2. Taoshi - To drop
3. Kibisu - Heel
4. Sukashi - To slip
5. Tsubame - Swallow
6. Kawazu - One leg
7. Garami - Entanglement
8. Morote Gari - Two hand reap
9. Kuchiki Taoshi - One hand drop
10. Kibisu Gaeshi - Heel counter
11. Uchi Mata Sukashi - Inner thigh slip
12. Dakiage - High lift
13. Tsubame Gaeshi - Swallow counter
14. O Soto Gaeshi - Major outside counter
15. O Uchi Gaeshi - Major inside counter
16. Ko Uchi Gaeshi - Minor inside counter
17. Hane Goshi Gaeshi - Springing hip counter
18. Harai Goshi Gaeshi - Sweeping hip counter
19. Uchi Mata Gaeshi - Inner thigh counter
20. Kani Basami - Scissors throw
21. Kawazu Gake - One leg entangle
22. O Soto Maki Komi - Major outside winding
23. Uchi Mata Maki Komi - Inner thigh winding
24. Harai Maki Komi - Hip sweep winding
25. Ashi Garami - Entangled leglock
26. Ken no Sen - To take the initiative, launching an attack
27. Kurai - State of mind free of all pressure, enabling one to use attacker’s force against him/her

* Obs.: Candidates should have at least two years of experience as instructors.

WAZA

KATAME NO KATA

OSAEKOMI
Kuzure kesa gatame
Kata gatame
Kami shiho gatame
Yoko shiho gatame
Kuzure kami shiho gatame

SHIME
Kata juji jime
Hadaka jime
Okuri eri jime
Kata ha jime
Gyaku juji jime

KANSETSU
Ude garami
Juji gatame
Ude gatame
Hiza gatame
Ashi garami

SHIMMEISHO NO WAZA

TE
Morote gari
Kuchiki taoshi
Kibisu gaeshi
Uchi mata sukashi

KOSHI
Dakiage

ASHI
Tsubame gaeshi
O soto gaeshi
O uchi gaeshi
Ko uchi gaeshi
Hane goshi gaeshi
Harai goshi gaeshi
Uchi mata gaeshi

YOKO SUTEMI
Kani basami
Kawazu gake
O soto maki komi
Uchi mata maki komi
Harai maki komi
BLACK BELT
(YODAN) *

MONDO

History:
1. What is the Kime no Kata?
   It is a kata designed to teach the basics of attack and defense

Vocabulary:
1. Idori - Kneeling ritual techniques
2. Ryote Dori - Two hand grip
3. Tsukkake - Stomach punch
4. Suri Age - Forehead thrust
5. Yoko Uchi - Side blow
6. Ushiro Dori - Back hold
7. Tsukkomi - Dagger thrust to stomach
8. Kirikomi - Downward slash
9. Yoko Tsuki - Dagger thrust to side
10. Tachiai - Standing ritual techniques
11. Sode Tori - Sleeve grab
12. Tsukkake - Punch to face (standing technique)
13. Tsukiasiage - Uppercut
14. Keage - Groin kick
15. Nuki Kake - Sword unsheathing
16. Kirioroshi - Downward sword cut
17. Kyusho - Vital points
18. Makoto - Feeling of absolute sincerity and total frankness, requiring a pure mind, free from pressures of events
19. Mokuso - Healing posture assumed at the end of heavy training or contest (half-lotus or full lotus sitting position)
20. Okuden - Hidden teaching, secret teaching that a master would transmit to only a few chosen students

* Obs.: Candidates should also have at least three years of experience as instructors.

WAZA

KIME NO KATA

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<th>IDORI</th>
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Higher Dan promotions are issued by decision of the American Zen Judo Yudansha Council, based on the following criteria:

- candidate’s technical knowledge of Judo
- experience as a player
- teaching competence (in terms of quality of black belt students)
- service to the Zen Judo family