



**Senior Nikyu
Study Guide**

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**Senior Nikyu
Brown Belt Second Class**

Study Guide

**UNITED STATES
JUDO FEDERATION**



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- _____
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USJF Judo

CAVEAT

This booklet is specifically intended for use as a study guide and aide to assist the student in preparing for promotions. It is expressly limited to this purpose only. Nothing contained herein should be construed by the user as constituting a rank standard for promotion different from the published USJF standard.

USJF students and others are encouraged to use this booklet as a study aid when preparing for promotion to the rank indicated on the cover. The USJF Board of Examiners believes that individuals choosing to use this study aid will benefit by increased knowledge of Kodokan Judo and in their preparation for promotion.

The official promotion procedures and senior rank standards used by the United States Judo Federation can be found online at http://www.usjf.com/public/rank_requirement.pdf. These rank standards are the definitive documents concerning criteria for rank and promotion procedures for the United States Judo Federation. For further information or clarification as to applicable minimum rank standards, please visit the website or check with your dojo sensei or yudanshakai board of examiner representative.

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Student Notes



Student Notes



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Introduction

General Information

Nikyu is the second rank in Kodokan Judo where the judoka wears a Brown Belt. When this rank is awarded, the judoka may add two black or white stripes to one end of his/her brown belt. This practice is not uncommon, but not required either. These stripes are called “mon”. While still considered a “Beginner”, the judoka should have improved basic skills and understanding of Kodokan Judo practice and techniques. At this rank, the general public and other judoka will consider the holder of the Nikyu rank to be proficient in judo and will expect him/her to be able to explain Kodokan Judo and to execute techniques with an increasing level of skill.



Since this is the second in the brown belt series in Kodokan Judo, it is important that the Instructor counsel the judoka as he/she continues to improve his/her skills. The judoka will be expected to be a leader in the class, and because of this he/she must maintain a demeanor that will instill respect and cause other beginners to imitate their practice techniques and dedication. Therefore, the judoka must practice with sincerity, dedication and regularity. In addition, other students will, with increasing frequency, expect the Nikyu judoka to be able to provide instruction. Sometimes this may exceed the capabilities of judoka at this stage of his/her training. It is important that they be instructed in humility, sincerity, and the ability to recognize the level of their own skills.

Student Notes

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Introduction

General Eligibility

To be considered eligible for promotion to the rank of Nikyu, the judoka must demonstrate the following:

- A. Be of good moral character, have a good attitude and outlook on life in general and Kodokan Judo in particular, and show a maturity that will ensure that the knowledge he/she has gained, and will continue to gain, will not be abused.
- B. Technical proficiency in the techniques taught for this rank and at all lower ranks.
- C. Adequate time in grade to both understand and be proficient in the techniques required at this rank.

Candidates for promotion must be currently registered with the United States Judo Federation. Required time in grade for any promotion will be measured by the number of full years (or months) registered with the USJF.

Promotion Tasks

Suggested Reading

The candidate for promotion to Nikyu should consult with the head instructor to determine appropriate reading material to guide his/her study in Kodokan Judo. It is suggested, but not required, that the student read at least two books of the instructor's choosing in addition to visiting several of the internet sites that contain in depth information on Kodokan Judo. The books and websites listed here are provided as an aid to the instructor and student in selecting appropriate material.

"Judo—History and Philosophy" by David Matsumoto, Ph.D.

"Judo Heart and Soul" by Hayward Nishioka

"Small Circle Jujitsu" by Wally Jay

Ability to Demonstrate

Ukemi-Waza	Date Completed
Ushiro-Ukemi	
Migi-Yoko Ukemi	
Hidari-Yoko-Ukemi	
Migi-Zenpo-Kaiten	
Hidari-Zenpo-Kaiten	
Mae-Ukemi	

Suggested Vocabulary

Suggested Vocabulary Words

English	Japanese	English	Japanese
Teacher	Sensei		
Belt	Obi	Black Belt Holder	Yudansha
Non Black Belt	Mudansha	Form Practice	Uchi-Komi
Breaking Balance	Kushushi	Fitting Bodies in preparation for throw	Kuzure
Execution of the throw	Kake	Major or Large	O
Outside	Soto	Inside	Uchi
Reaping	Gari	Hand	Te
Body	Tai	Standing Techniques	Tachi-Waza
Ground Techniques	Ne-Waza	Sweep	Harai
Minor or Small	Ko	Sacrifice	Sutemi
Circle	Tomoe	Throw	Nage

Suggested Vocabulary

Suggested Vocabulary Words

English	Japanese	English	Japanese
Black Belt Grade	Dan	Non-Black Belt Calss	Kyu
1st Degree Black Belt	Shodan	2nd Degree Black Belt	Nidan
3rd Degree Black Belt	Sandan	4th Degree Black Belt	Yodan
5th Degree Black Belt	Godan	6th Degree Black Belt	Rokudan
7th Degree Black Belt	Shichidan	8th Degree Black Belt	Hachidan
9th Degree Black Belt	Kudan	10th Degree Black Belt	Judan
6th Class Beginner	Rokukyu	5th Class Beginner	Gokyu
4th Class Beginner	Yonkyu	3rd Class Beginner	Sankyu
2nd Class Beginner	Nikyu	1st Class Beginner	Ikkyu
Informal Sitting	Anza	Formal Sitting	Seiza
Contest	Shiai	Minor Penality	Shido
Major Penality	Hansoke-Make	Free Practice	Randori
Pre-Arranged Form Practice	Kata	Judo Student	Judoka
Gentleness	Ju	Way	Do

Promotion Tasks

Ability to Demonstrate

Osaekomi-Waza	Date Completed
Kesa-Gatame	
Kata-Gatame	
Yoko-Shiho-Gatame	
Kami-Shiho-Gatame	
Tate-Shiho-Gatame	
Kuzure-Kami-Shiho-Gatame	



Promotion Tasks

Ability to Demonstrate

Shimi-Waza	Date Completed
Kata-Juji-Jime	
Okuri-Eri-Jime	
Name-Juji-Jime	
Gyaku-Juji-Jime	

Kansetsu-Waza	Date Completed
Ude-Hishigi-Grami	
Ude-Hishigi-Gatami	

Suggested Ne-Waza Attacks	Date Completed
Turtle turn over into triangle choke with optional transitions to an arm lock or pin	
Juji-Gatame from the guard	
Turn into Kesa-Gatame from guard	
Passing guard into Kata-Gatame choke	
Basic sweep from open guard into kesa-gatame	
Passing guard into Yoko-Shiho-Gatame	

Suggested Vocabulary

Suggested Vocabulary Words

English	Japanese	English	Japanese
One	Ichi	Start	Haijime
Two	Ni	Stop	Matte
Three	San	That is all	Sore-Maa-de
Four	See	Hold Still-Pause	Sona-Mama
Five	Go	Continue	Yoshi
Six	Roku	Hold Down	Osae-Komi
Seven	Sichi	Hold Broken	Toketa
Eight	Hachi	One Point	Ippon
Nine	Ku	Half Point	Wazari
Ten	Ju	Almost Wazari	Yuko
Belt	Obi	Almost Yuko	Koka
Uniform	Gi	Decision	Hantei
Jacket	Uwagi	Setting Bow	Za-Rei
Side	Yoko	Wheel	Guruma
Drop	Otoshi	Choke	Jime
Hold	Gatame	Technique	Waza
		Practice Hall	Dojo
Collar	Eri	Foot or leg	Ashi

Suggested Vocabulary

General Requirements

Kodokan Judo is an Olympic Sport and self defense system that originated in Japan. Therefore the techniques and class commands are properly known by their Japanese names. Learning the proper names for the techniques, the commands used in class and the way to address the instructors and visitors is a requirement of all USJF Judo students. This has the added benefit of allowing you to practice effectively anywhere in the world where Kodokan Judo is taught.



In addition, all commands at Kodokan Judo tournaments up to and including the Olympic Games are given in Japanese. Therefore, it is imperative that the student understand these terms to be competitive in tournament play.

Promotion Tasks

Ability to Demonstrate

Throwing Technique	Date Completed
De-Ashi-Barai	
Hiza-Guruma	
Uki-Goshi	
O-Soto-Gari	
O-Goshi	
O-Uchi-Gari	
Seoi-Nage	
Ko-Soto-Gari	
Ko-Uchi-Gari	
Tomoe-Nage	
Tsuri-Komi-Goshi	
Okuri-Ashi-Barai	
Tai-Otoshi	
Harai-Goshi	
Uchi-Mata	
Hane-Goshi	

