



PROCEDURES AND REQUIREMENTS FOR DAN RANK PROMOTIONS

(Revised July 2026)

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Introduction

This document was written to describe the promotion procedures and to prepare you for your Dan test. If you have any questions feel free to ask any member of Indiana Judo, Inc. Promotion Board for assistance. We will make every effort to administer promotion examinations twice a year, once in summer and once in winter. After the Promotion Committee tests/reviews an applicant, and the applicant passes, we will send the Promotion Package to the USA Judo Promotion Committee. The USA Judo Promotion Board makes the final promotional decisions for the ranks of Yodan and above.

Test Requirements:

Indiana Judo, Inc. Dan rank promotional tests are given in three segments:

- 1) Demonstration of Techniques (p. 3-5)
- 2) Kata Demonstration (p. 6)
- 3) Written Examination (p. 10-11)

Demonstration of Techniques

The Gokyo no Waza as the standard syllabus of Judo throws originated in 1895. From 1920 to 1982 the Kodokan Gokyo no Waza was made up of 40 throws in 5 groups (Shodan requirement). Around the 100th anniversary of the Kodokan (1982) a group of 8 traditional Judo throws (Nidan requirement) were recognized that had been taken out in 1920, and 17 newer techniques (Sandan Requirement) were recognized as official Kodokan Judo throws (called the Shinmeisho no Waza). In 1997 and 2017, the Kodokan added additional Judo throws to the Shinmeisho no Waza but removed Daki Age. The following are the only throwing techniques (*nage waza*) currently recognized by the Kodokan.

Shodan Requirement

Gokyo no Waza:

Dai Ikkyo (1st group)

- | | |
|----------------------------|--|
| 1. Deashi Harai (or barai) | <i>Advancing Foot Sweep</i> |
| 2. Hiza Guruma | <i>Knee Wheel</i> |
| 3. Sasae Tsurikomi Ashi | <i>Supporting Foot Lift-Pull Throw</i> |
| 4. Uki Goshi | <i>Floating Hip</i> |
| 5. Osoto Gari | <i>Major Outer Reap</i> |
| 6. O Goshi | <i>Major Hip</i> |
| 7. Uchi Gari | <i>Major Inner Reap</i> |
| 8. Seoi Nage | <i>Shoulder Throw</i> |

Dai Nikyo (2nd group)

- | | |
|---------------------|---------------------------|
| 1. Kosoto Gari | <i>Minor Outer Reap</i> |
| 2. Kouchi Gari | <i>Minor Inner Reap</i> |
| 3. Koshi Guruma | <i>Hip Wheel</i> |
| 4. Tsurikomi Goshi | <i>Lift-Pull Hip</i> |
| 5. Okuri Ashi Harai | <i>Sliding Foot Sweep</i> |
| 6. Tai Otoshi | <i>Body Drop</i> |
| 7. Harai Goshi | <i>Sweeping Hip</i> |
| 8. Uchi Mata | <i>Inner Thigh</i> |

Dai Sankyo (3rd group)

1. Kosoto Gake
2. Tsuru Goshi
3. Yoko Otoshi
4. Ashi Guruma
5. Hane Goshi
6. Harai Tsurikomi Ashi
7. Tomoe Nage
8. Kata Guruma

Minor Outer Hook
Lifting Hip
Side Drop
Foot Wheel
Springing Hip
Sweeping Lift-Pull Foot
Circle Throw
Shoulder Wheel

Dai Yonkyo (4th group)

1. Sumi Gaeshi
2. Tani Otoshi
3. Hane Makikomi
4. Sukui Nage
5. Utsuri Goshi
6. O Guruma
7. Soto Makikomi
8. Uki Otoshi

Corner Reversal
Valley Drop
Springing Wraparound
Scooping Throw
Transfer/Shifting Hip
Major Wheel
Outer Wraparound
Floating Drop

Dai Gokyo (5th group)

1. Osoto Guruma
2. Uki Waza
3. Yoko Wakare
4. Yoko Guruma
5. Ushiro Goshi
6. Ura Nage
7. Sumi Otoshi
8. Yoko Gake

Major Outer Wheel
Floating Technique
Side Separation
Side Wheel
Rear Hip
Back Throw
Corner Drop
Side Hook

Nidan Requirement***All Gokyo no Waza (above)******Habukareta Waza (preserved techniques from 1895 Gokyo):***

1. Obi Otoshi
2. Seoi Otoshi
3. Yama Arashi
4. Osoto Otoshi
5. Daki Wakare
6. Hikikomi Gaeshi
7. Tawara Gaeshi
8. Uchi Makikomi

Belt Drop
Shoulder Drop
Mountain Storm
Major Outer Drop
High Separation
Pulling-in Reversal
Rice Bale Reversal
Inner Wraparound

Sandan and Above Requirement

All Gokyo no Waza (Above)

Habukareta Waza (preserved techniques from 1895 Gokyo) (Above)

Shinmeisho no Waza (newly accepted techniques):

1. Morote Gari	<i>Two-hand Reap</i>
2. Kuchiki Taoshi	<i>Single Leg Takedown</i>
3. Kibisu Gaeshi	<i>Heel Trip Reversal</i>
4. Uchi Mata Sukashi	<i>Inner Thigh Avoidance</i>
5. Tsubame Gaeshi	<i>Swallow Counter</i>
6. Kouchi Gaeshi	<i>Minor Inner Reap Counter</i>
7. Ouchi Gaeshi	<i>Major Inner Counter</i>
8. Osoto Gaeshi	<i>Major Outer Counter</i>
9. Harai Goshi Gaeshi	<i>Sweeping Hip Counter</i>
10. Uchi Mata Gaeshi	<i>Inner Thigh Counter</i>
11. Hane Goshi Gaeshi	<i>Springing Hip Counter</i>
12. Kani Basami*	<i>Flying Scissors/Crab Throw</i>
13. Osoto Makikomi	<i>Major Outer Wraparound</i>
14. Kawazu Gake*	<i>One-leg entanglement</i>
15. Harai Makikomi	<i>Sweeping Wraparound</i>
16. Uchi Mata Makikomi	<i>Inner Thigh Wraparound</i>
17. Sode Tsurikomi Goshi	<i>Sleeve Lifting-Pulling Hip</i>
18. Ippon Seoinage	<i>One Arm Shoulder Throw</i>
19. Obi Tori Gaeshi	<i>Belt Grab Reversal</i>
20. Kouchi makikomi	<i>Minor inner wraparound</i>

Pins (Osae-waza)	Chokes (Shime-waza)	Locks (Kansetsu-waza)
1. Kesa Gatame <i>Scarf Hold</i>	1. Nami Juji Jime <i>Normal</i>	1. Ude Garami <i>Bent Arm</i>
2. Kata Gatame <i>Shoulder Hold</i>	<i>Cross Choke</i>	<i>Lock</i>
3. Tate Shiho Gatame	2. Kata Juji Jime <i>Half Cross</i>	2. Juji Gatame <i>Cross Arm</i>
<i>Horizontal Four Quarter Hold</i>	<i>Choke</i>	<i>Lock</i>
4. Yoko Shiho Gatame <i>Side Hold</i>	3. Gyaku Juji Jime <i>Reverse</i>	3. Ude Gatame <i>Normal Arm</i>
5. Kami Shiho Gatame	<i>Cross Choke</i>	<i>Lock</i>
<i>Upper Four Corner Hold</i>	4. Hadaka Jime <i>Naked</i>	4. Hiza Gatame <i>Knee Arm</i>
6. Kuzure Kami Shiho Gatame <i>Broken Upper Four Corner Hold</i>	<i>Choke</i>	<i>Lock</i>
	5. Okuri Eri Jime <i>Sliding</i>	
	<i>Lapel Choke</i>	
	6. Kata Ha Jime <i>Single</i>	
	<i>Wing Choke</i>	
Combinations (Renraku-waza)	Counters (Kaeshi-waza)	
Demonstrate three (3) Combinations	Demonstrate three (3) Counters	

* Due to the danger of these techniques, candidates will be asked to describe and fit in, but not execute (kake)

Kata Demonstration:

The following table describes the Kata demonstration requirements for the Dan ranks:

Shodan	Nage-no-Kata
Nidan	Nage-no-Kata, Katame-no-Kata
Sandan	Nage-no-Kata, Katame-no-Kata, plus <i>either</i> Kodokan Goshin-jitsu <i>OR</i> Kime-no-Kata
Yodan	Nage-no-Kata, Katame-no-Kata, plus <i>either</i> Kodokan Goshin-jitsu <i>OR</i> Kime-no-Kata
Godan	Nage-no-Kata, Katame-no-Kata, Ju-no-Kata, plus <i>either</i> Kodokan Goshin-jitsu <i>OR</i> Kime-no-Kata
Rokudan	Nage-no-Kata, Katame-no-Kata, Ju-no-Kata, Kodokan Goshin-jitsu, Kime-no-Kata
Shichidan	Nage-no-Kata, Katame-no-Kata, Ju-no-Kata, Kodokan Goshin-jitsu, Kime-no-Kata, plus <i>either</i> Itsutsu-no-Kata <i>OR</i> Koshiki-no-Kata
Hachidan	Nage-no-Kata, Katame-no-Kata, Ju-no-Kata, Kodokan Goshin-jitsu, Kime-no-Kata, Itsutsu-no-Kata, Koshiki-no-Kata

Note: Alternate Katas can be considered at the request of the candidate pending approval of the Board of Examiners (e.g., Ju-no-Kata vs. Nage-no-Kata). Indiana Judo may accept a valid Kata certification from any national judo organization as an alternative to performing the kata at the time of examination.

Promotion Requirements for Nidan and above must demonstrate both Uke and Tori.

Referee Certification:

All applicants will take the IJI Regional Referee Certification open book written test and will attain a passing score of 75% or better. A current Regional Referee Certification approved by Indiana Judo Inc is also accepted.

Written examination Instructions:

To demonstrate general Judo knowledge and vocabulary, each applicant is required to take a written test. An example of the test is given at the end of this document. Applicants must achieve a minimum score of 75% on the written test to pass.

Requirements for Points, Time in Grade, and Age:

- Competitors**, defined as judoka who compete in any recognized judo tournament as a regular contestant, a kata contestant, or a masters division contestant.
- Non-Competitor**. Time in Grade (TIG) and Reduction Categories (A through D) are on page 8 and the USA Judo Website.

Minimum Time in Grade, Points, and Age Requirements

Rank	Min. Age	Non-competitor	Competitor 5 pts	Competitor 10 Pts	Competitor 15 Pts	Competitor 20 pts
Shodan	15 yrs	3 yrs	2 yrs	1 yr	9 mo	6 mo
Nidan	16 yrs	4 yrs	3 yrs	2yrs	1 yr	6 mo
Sandan	18 yrs	6 yrs	4 yrs	3 yrs	1.5 yrs	1 yr
Yodan	21 yrs	8 yrs	5yrs	3 yrs	2 yrs	1 yr
Godan	26 yrs	10 yrs	6 yrs	4 yrs	2 yrs	1.5 yrs
Rokudan	32 yrs	12 yrs	12 yrs	9 yrs	8 yrs	7 yrs
Shichidan	42 yrs	15 yrs				
Hachidan	55 yrs	18 yrs				

How competitors earn points

Randori-Contest:

Points	Win type
2.0	Winning against an opponent more than two ranks higher
1.5	Winning against an opponent one rank higher
1.0	Winning against an opponent of the same rank
0.5	Winning against an opponent one rank lower
0.1	Winning against an opponent two ranks lower
0.0	Winning against an opponent three or more ranks lower

Kata-Contest:

First Place	2.0 points National	1.0 Regional / Local
Second Place	1.5 points National	0.75 Regional / Local
Third Place	1.0 points National	0.5 Regional / Local

Entering a Tournament; No wins:

Competitors who enter a tournament, have at least one match, but do not win any match(s), may claim 0.33 point. IJI believes these people demonstrate true Judo “spirit”. The Promotion Board can additionally accept recommendations from a club’s Head Sensei for promotional consideration.

Application Forms Needed

The Indiana Judo, Inc. Promotion Board will notify all Indiana Judo Clubs at least 30 days before a testing date. **All applications MUST be completed and sent into the Promotion Chairperson 21 days prior to the day of the examination. If your paperwork is not completed and received 21 days prior to the day of the examination your application will not be accepted for testing on this testing date. *There will be NO exceptions!***

In the instance of a coach submitting documentation on behalf of the promotion candidate, the promotion candidate’s email must be CC’d in all communication.

The application form(s) provided by USA Judo must be completed by the applicant and sponsored by a USA Judo Certified Coach. **The USA Judo Promotion Application form and applicable fees can be found on the USA Judo Website by clicking on the following link:**
[USA Judo Recommendation for Promotion](#)

A complete application contains:

1. Recommendation for USA Judo Dan Promotion form with appropriate signatures
2. Evidence of Kata and technical demonstrations (documentation may include live demonstration during promotional exam, recently filmed demonstration [with promotion board permission], kata and/or Gokyo-no-Waza certification, and/or appropriate clinic/course certificates)
3. Copies of previous rank certificates from USA Judo, USJA, USJF, or ATJA
4. Copies of special awards, recognition, etc.

5. Current USA Judo membership (**note:** for Rokudan and above, applicant must have consistent membership for at least the previous four (4) years)
6. Current SafeSport certification, clean background screen, and concussion certification
7. Passport-size photo with name on back (Yodan and above)
8. Complete history/judo resume OR full competition record (with opponent ranks) if applying as an active athlete “on points”
 - **Competitor:** A complete copy of your competition record. This must include name of event, date and location, name of opponent (if you include a competition record) and win/loss of each match as of the Ikkyu to Shodan example below:

Event	Date	Location	Opponent/Rank	Win/Loss	Points
Ind State	4-27-23	Portland, IN	John Doe /Shodan	Win	1.5
Ind State	4-27-23	Portland, IN	David Friend/Sandan	Loss	0
RWB	11-19-23	Marion, IN	Clark Kent/Yodan	Win	2
RWB	11-19-23	Marion, IN	Henry Higgins/Ikkyu	Win	1
America Cup	10-15-23	Muncie, IN	Bill Doe/Nikyu	Win	0.5
America Cup	10-15-23	Muncie, IN	David Kent/Shodan	Win	1.5

- **Non-competitor:** Your record of coaching (you must be certified to get credit), Refereeing (any level) must be included with your Application for Promotion to get credit for Categories A through D as listed below.

DEFINITIONS: The following exceptions to baseline time-in-grade requirements for promotion will be made for certain candidates based upon their accomplishments in judo:

CATEGORY A+: An approximate reduction of 50% of the time-in-grade requirement is authorized for the following individuals:

- Competitors who placed in the top three in the Olympic Games or Senior World Championship
- Appointed Head Coach of an Olympic Games or Senior World Team which produced an Olympic or Senior World Championships medalist.
- IJF-A Referees who worked the Olympic Games or the Final Block of the Senior World Championships

CATEGORY A: An approximate reduction of 40% of the time-in-grade requirement is authorized for the following Individuals:

- Competitors who were members of an Olympic or Senior World Team, or who placed in the top three of the Paralympic Games or Disabled Sports World Championships
- Referees who achieved IJF-A status and worked extensively in international competition (outside the USA)
- Appointed Head Coach of the Olympic Games or Senior World Championships Team
- Officials who served on the board or working committee of the IJF or PJC

CATEGORY B: An approximate reduction of 30% of the time-in-grade requirement is authorized for the following Individuals:

- Competitors who represented their country as members of the Paralympic Games or Disabled Sports World Championships Team
- Referees who achieved IJF-B status and worked internationally with that license level
- Competitors who placed in the top three of the Kata World Championships • Competitors who placed in the top three of the Veterans World Championships
- Appointed national coaches who oversaw a competitor who placed in the top three of the Paralympic Games or Disabled Sports World Championship • Club coaches who produced competitors who were members of a selected USA National Team
- Officials who served on the board of directors, or chaired a committee, of USA Judo

CATEGORY C: An approximate reduction of 15% of the time-in-grade requirement is authorized for the following Individuals:

- Competitors who placed in the top three of the U.S. Senior National Championship
- Kata competitors who placed in the top three of the Pan American Championships
- Referees and Kata Judges who achieved national level status and worked nationally at that license level
- Appointed national coaches who oversaw competitors who placed in the top three of the Kata World Championships
- Appointed national coaches, and managers, of US National Teams
- Coaches who produced a competitor who placed in the top three of the U.S. Senior National Championship
- Officials who were officers of their USA Judo State Organization
- Officials who served actively and consistently as appointed members of USA Judo Committees (generally for a minimum of 2 years)

CATEGORY D: All other candidates will be considered upon review of their individual judo accomplishments, service, and merits.

Appropriate rank fee must be remitted payable to USA Judo. Additionally, there is a separate \$10.00 Administrative Fee payable to Indiana Judo, Inc. at the time of your application.

Email your entire application, bio, and your activities for Promotion to the [Promotion Chairperson](#) *at least 21 days before the promotion date.*

Written Test – General knowledge and Judo Vocabulary

Name:	Date:
Questions	Your Answers
1. Name the founder of Judo:	
2. Name the school that he founded:	
3. In what year was it founded:	
4. Name the National Governing Body of Judo in the United States:	
5. Name the world Governing Body for Judo:	
6. Practice Hall for Judo	
7. When did Judo become an Olympic Sport:	
8. Name the three parts of a Judo throw in English and Japanese	
English:	Japanese:
A:	A:
B:	B:
C:	C:
9. Name the two divisions of Nage-waza in English and Japanese:	
English:	Japanese:
A:	A:
B:	B:
10. Name the three divisions of Tachi-waza in English and Japanese:	
English:	Japanese:
A:	A:
B:	B:
C:	C:
11. Name the three divisions of Katame-waza in English and Japanese:	
English:	Japanese:
A:	A:
B:	B:
C:	C:
12. What are the two main principles of Judo as defined by Dr. Kano:	
A.	
B.	
Write-in the Japanese words for the following:	
13. Begin (Referee's command):	
14. Bow:	
15. Stop (Referee's command):	
16. Free Practice:	
17. Attention:	
18. I Surrender:	
19. The Thrower:	
20. The Person Thrown:	

21. Technique:	
22. Mat Technique:	
23. Lock or Hold	
24. Throw:	
25. Reap:	
26. Teacher:	
27. Formal Sitting Position:	
28. Informal Sitting Position:	
29. Off-balancing:	
30. Foot Techniques:	
31. Hand Techniques:	
32. Waist or Hip Techniques:	
33. Walking by Sliding (1) Foot Behind the Other:	
34. Hold Down (Referee's Command):	
35. Broken Hold Down (Referee's Command):	
36. Time is Up (Referee's Command):	
37. A Shout or Show of Spirit:	
38. Tournament:	
39. Big or Major	
40. Little or Minor:	
41. Falling Methods or Ways:	
42. Judo Uniform:	
43. Judo Uniform Belt:	
44. Judo Uniform Sleeve:	
45. Judo Uniform Lapel:	
46. Left:	
47. Right:	
48. Class of Belt Ranks in Judo Below Dan Ranks:	
49. Step or Degree in the Black Belt Ranks:	
50. Fundamental Natural Posture:	
51. Fundamental Defensive Posture:	
52. Entry into a Throw	
53. Execution of a Throw:	