



**Shodan  
Study Guide**

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**Shodan  
Black Belt First Degree**

*Study Guide*

**UNITED STATES  
JUDO FEDERATION**



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**Task Book Assigned To:**

- \_\_\_\_\_
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- *Initiated By:* \_\_\_\_\_



# 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](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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## Student Notes

### Clinics, Classes, Special Training Activities Attended

Date	Location	Instructor/ Clinician	Hours on Mat/ Hours in Class

## Introduction

### General Eligibility

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

- Be of excellent moral character, have an exemplary 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.
- Be at least 14 years of age.
- Technical proficiency in the techniques taught for this rank and at all lower ranks.
- Adequate time in grade to both understand and be proficient in the techniques required at this rank.

Candidates for promotion must be currently registered and active 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. A background check will be required. The form can be obtained on the USJF web site.



## Student Notes

### Clinics, Classes, Special Training Activities Attended

Date	Location	Instructor/ Clinician	Hours on Mat/ Hours in Class

## Promotion Tasks

### Suggested Reading

The candidate for promotion to Shodan 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.

*"Book of Five Rings" Miyamoto Mushashi*

*"Martial Musings, A Portrayal of Martial Arts in the 20th Century" by Robert W. Smith*

*"Japan's Ultimate Martial Art, Jujitsu Before 1882" by Darrell Max Craig*

[www.judoinfo.com](http://www.judoinfo.com)

[www.judovision.org](http://www.judovision.org)

[www.usjf.com](http://www.usjf.com)

## Promotion Tasks

### Tokui-Waza

The Shodan candidate, with the assistance of the head instructor, should identify his/her tokui-waza (favorite technique). The tokui-waza should be selected based on the candidate's physical structure, dominate side and personal preferences.

As the candidate progresses in their knowledge of Kodokan Judo and their skill, the tokui-waza may change. However, identification soon after being promoted to Ikkyu should allow the candidate adequate time to refine the entry, exit and ne-waza techniques.



## Vocabulary

### Vocabulary Words

English	Japanese	English	Japanese
Teacher	Sensei	Master	Shihan
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		
Body	Tai	Hand	Te
Ground Techniques	Ne-Waza	Standing Techniques	Tachi-Waza
Minor or Small	Ko	Sweep	Harai
Circle	Tomoe	Throw	Nage
Backward	Ushiro	Corner	Sumi
Valley	Tani	Sacrifice	Sutemi



## Vocabulary

### 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 Penalty	Shido
Major Penalty	Hansoke-Make	Free Practice	Randori
Pre-Arranged Form Practice	Kata	Judo Student	Judoka
Gentleness	Ju	Way	Do

## Promotion Tasks

### Ability to Demonstrate

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

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
Hadaka-Jime	
Kata-Juji-Jime	
Okuri-Eri-Jime	
Name-Juji-Jime	
Kata-Ha-Jime	
Gyaku-Juji-Jime	

Kansetsu-Waza	Date Completed
Ude-Garami	
Ude-Hishigi-Juji-Gatame	
Ude-Hishigi-Ude-Gatami	
Ashi-Garami	
Ude-Hishiji-Hiza-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 Bro- ken	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	Settinhg Bow	Za-Rei
Side	Yoko	Wheel	Guruma
Drop	Otoshi	Choke	Jime
Hold	Gatame	Technique	Waza
Separation	Wakare	Practice Hall	Dojo
Collar	Eri	Foot or leg	Ashi

## Suggested Vocabulary

### General Requirements

Kodokan Judo is an Olympic Sport 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 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

### Suggested Ability to Demonstrate

Ne-Waza Attacks	Date Completed
Turtle attack using triangle choke, armlock and pin.	
Two Juji-Gatame attacks from the guard	
Passing guard into Kesa-Gatame	
Passing guard into Kata-Gatame-Jime	
Basic sweep from open guard into Kesa-Gatame	
Passing guard into Yoko-Shiho-Gatame	
Three turtle attacks	
Passing guard into Hadaka-Jime	



## Time In Grade

### Practice Time

Date	Club or Event	Time on Mat

## Promotion Tasks

### Ability to Demonstrate

Throwing Technique	Date Completed
Harai-Tsuri-Komi-Ashi	
Uki-Otoshi	
Uki-Waza	
Yoko-Guruma	
Koshi-Guruma	





### Time In Grade

**Practice Time**

Date	Club or Event	Time on Mat

### Promotion Tasks

**Suggested Ability to Demonstrate**

Combination Techniques	Date Completed
Tate-Shiho-Gatame to Kesa-Gatame	
Uchi-Mata to Kesa-Gatame	
Uchi-Mata to Yoko-Shiho-Gatame	
Seoi-Nage to Yoko-Shiho-Gatame	
Uchi-Mata to Ko-Uchi-Gari	
Uchi-Mata to O-Uchi-Gari	
O-Uchi-Gari to Uchi-Mata	
Tate-Shiho-Gatame to Yoko-Shiho-Gatame	
Tai-Otoshi to O-Uchi-Gari	
Uki-Goshi to Harai-Goshi	
Ko-Uchi-Gari to O-Uchi-Gari	







## Time In Grade

### Practice Time

Date	Club or Event	Time on Mat





### Time In Grade

#### Practice Time

Date	Club or Event	Time on Mat

### Promotion Tasks

#### Ability to Demonstrate

Techniques	Date Completed
Three techniques to left and right sides	
Three combination techniques	
Three counter techniques	





## Time In Grade

### Practice Time

Date	Club or Event	Time on Mat

## Competition



















