

Judo Link Club Rank Promotion Guide

1st Kyu (class) - *Brown Belt* Requirement

Updated: March 2022 Revision 3

Standing Techniques / Tachi-waza: must perform uchi-komi and nage-komi



Obi-otoshi / Belt drop



Yama-arashi / Mountain storm throw



Daki-wakare / Rear trunk turnover



O-soto-maki-komi / Large outside winding throw



Uchi-mata gaeshi / Inner thigh throw counter



O-uchi-gaeshi / Major inner reap throw counter



Obi-tori-gaeshi / Belt grabbing reversal
 (note: This was officially added to the Kodokan techniques in 2017. Not to be confused with hikikomi-gaeshi which is a sacrifice technique)



Kawazu-gake / One-leg entanglement hook and drop (**FORBIDDEN in randori and competition**)



Hane-goshi / Hip spring throw



O-soto-guruma / Major outer wheel

Ground techniques / Ne-Waza:



Ryote-jime / two-hand strangle variation



Kuzure kami-shiho-gatame / Reverse top four corner hold variation



Uki-gatame / Floating hold
Also note, not shown: Shin on belly version



Hiza-gatame / Knee-on-arm lock



Te-gatame / Hand-on-arm lock



Hara-gatame / Belly-on-arm lock

Forbidden Technique 4/4: Kawazu-gake (one-leg entanglement hook and rop / 河津掛)

Tachi-waza to Ne-waza transition:

Three variations of okuri-eri-jime finish against an uke who failed a throwing attempt and ended up in the turtle position

Cross lapel grip dragging uke down on his knees and finish with a frontal okuri-eri-jime

Transition on the ground:

Turn-over: (when opponent is in the "turtle" position)

Arm scooping series: Gripping the belt, try to turn your uke toward his free arm. He posts his leg or arm and resists strong, suddenly you slip under his body on the trapped side and use his resistance to turn him over into a pin.

Arm-prying series: Lift up his arm, place your leg over his head and reach across his lapel deeply with your free hand to do single hand strangle.

Parallel to perpendicular kata-gatame turn over: Near-side arm slide across uke's chest, forearm around his far side neck side and make an arm triangle with hand on the biceps of the free arm, spin under and rotate your body at a right angle to finish on top with kata-gatame.

Sankaku-jime turn-over from frontal position

Defense from uke on the bottom:

Defense against outside leg hook position when uke is on the bottom

Defense against uke with one or both legs entangled around your arms

Trapped leg:

When you are trying to free your leg

Arm control from the side: Trap his wrist or forearm with his own gi skirt and proceed to free your leg

When you are on the bottom

Swing your legs upward with his leg trapped to raise uke's hips, create space and grab around his leg closest to your head, either reverse uke forward or backward

Bottom position:

Close distance:

Frontal lapel grip into "kote-guruma-jime" (small hand wheel strangle)

Medium distance:

Arm entanglement with your foot or leg and reverse

Far distance:

Uke attempts to pass your legs from standing position: Kashiwazaki-style failed tomoe-nage reversal. Holding on sleeve, keep pushing his hip with your foot on the sleeve side, grab the other foot with your free hand and swing to cut his free foot closest to you.

Leg pass:

Front flip pass: Push uke's knees down and immediately do a front flip pass while still gripping the pants until you make transition into a position of control