

STATE SENIOR PROMOTIONAL GUIDELINES
PENNSYLVANIA JUDO, INC.

GENERAL REQUIREMENTS

The following time-in-grade and point requirements are the minimum necessary to allow a Seinen (Senior) Judoka to be examined.

Meeting these basic requirements does not mean the candidate will be promoted.

MINIMUM TIME-IN-GRADE AND POINTS REQUIREMENTS

Senior Judoka - Male or Female					
	MINIMUM POINTS			MINIMUM TIME-IN-GRADE	
RANK	COMPETITOR	NON-COMPETITOR		COMPETITOR	NON-COMPETITOR
GOKYU	2	2		3 Months	6 Months
YONKU	3	3		6 Months	6 Months
SANKYU	5	5		6 Months	9 Months
NIKYU	7	9		6 Months	9 Months
IKKYU	12	15		6 Months	1 Year
SHODAN	20	25		6 Months	1.5 Years
NIDAN	28	33		2 Years	3.5 Years
SANDAN	36	41		3 Years	4.5 Years
YODAN	42	42		4 Years	6-9 Years
GODAN	48	48		5 Years	6-9 Years

Notes:

- A) These are minimum requirements
- B) Both minimum points and time-in-grade must be met before examination.
- C) Candidacy categories: Competitor (Shiai / Kata / Master / Technique)
Non-Competitor
- D) To be classified as a competitor, over ½ of his/her points must be competitive points
- E) Candidates must still pass the required examination - these are only minimum requirements of points and time-in-grade. Refer to the Examination Guidelines.

POINTS

Points may be earned at Local, State, Regional and National Invitational or Promotional tournaments.

Points can not be earned through inter or intra club tournaments.

- Local - Invitational (open to more than one state)
State - State Championships, Keystone Games, Pa. Regional Kata/Masters Shiai & Technique Tournament
Regional - Competitors from 3 or more states (Liberty Bell, Children's Hospital, Maryland Kata/Master Championships, etc.)
National - Senior Nationals, Junior Olympics, Am-Cans, Pan-Am, CNE, etc. (includes all international tournaments)

**** POINTS EARN FOR 1st, 2nd & 3rd PLACING ONLY IF THE COMPETITOR HAS 3 OR MORE MATCHES (KATA COMPETITION 3 OR MORE TEAMS) ****

Competitive points

- 0.5 - Competing in Local, State or Regional Tournaments
- Defeating competitor of lower rank
- For each team defeated (Kata or Technique only)
- 1.0 - Competing in National Tournaments
- Defeating competitor of equal rank
- Placing 1st at State Tournament
- Placing 2nd or 3rd at Regional Tournaments - Active member of a Regional or National Clinic; Local or State (only if PJI sponsored)
- PJI named Outstanding Competitor of the year
- 1.5 - Defeating competitor of higher rank
- Placing 1st at Regional Tournaments
- 2.0 - Placing 2nd or 3rd at National Tournaments
- Placing 4th (Kata only) at National Tournaments
- USJI named Outstanding Competitor
- 3.0 - Placing 1st at National Tournaments

Non competitive points

- 0.5
 - Scoring or time keeping at Local, State or Regional Tournaments
 - Judo articles written and published in PJI News or Judo Times
 - Attending Shiai, Kata, Teachers or Referee Clinics
 - Attending PJI meetings

- 1.0
 - Referee and/or Judge at Local, State, or Regional Tournaments
 - Scoring or time keeping at National Tournaments
 - Active participation at PJI meetings
 - Per year as a PJI or USJI committee member or delegate
 - Per year as an owner/instructor of a PJI Club (over 2 PJI members)
 - Tournament Director at a Local, State or Regional Tournament
 - PJI assigned Coach at a National event
 - Active participation in preparation of a National Event (weight-ins, registrations, etc.)
 - Recipient of Don Jones Memorial Award

- 1.5
 - Referee and/or Judge at a National Tournament
 - Per year as an owner/instructor of a PJI Club (over 24 PJI members)
 - Per year as a PJI or USJI committee Chairman or Officer

- 2.0
 - Tournament Director at a National Tournament
 - USJI assigned coach
 - Coach of a 1st place National competitor/team

EXAMINATION

Having achieved the required points and time in grade the candidate must also pass an oral, written and physical demonstration examination.

Generic examination sheets are attached for your use.

Non-competitors must score higher than average on the Oral, Demonstration and Written exams.

Competitors need only score average (except exams for ranks Shodan and above).

Written exams are attached for each rank tested up through Shodan.

Nidan and higher promotions use Shodan written exam.

**** ACTIVE PARTICIPATION AT PJI SPONSORED KATA CLINICS MAY WAIVE KATA ****
**** DEMONSTRATION PORTION OF EXAMINATION (EXAMINING BOARD DISCRETION) ****

General Promotional Guideline Requirements:

GOKYU

Basics:

- 1.Attendance
- 2.Judo Etiquette
- 3.Knowledge of Judo History -Jigoro Kano, Kodokan Judo, 1882, Tokyo, Japan
- 4.Demonstrate:
 - a. Postures - Shizen and Jigo Hontai (Migi & Hidari)
 - b. Bows - Ritsu Rei, Za Rei
 - c. Movements - Shintai (Ayumi & Tsugi Ashi), Tai Sabaki
 - d. Holding - 6 basic Kumi Kata
 - e. Off balancing - 8 basic Kuzushi
 - f. Breakfall -Ukemi

Technique:

- 1.Nage Waza - demonstrate 4 but must know 8 throws (Dai-Ikkyo)
- 2.Osaekomi Waza - demonstrate 2 holds (Kesa, Kami, Kata, Yoko & Kami Shiho)
- 3.Shime Waza -
 - a. demonstrate 1 cross (Juji Jime)
 - b. demonstrate 1 open (Jime)

Written Test: must score 70%

YONKYU

Basics:

1. Attendance
2. Judo Etiquette
3. Knowledge of Judo History - Jigoro Kano, Kodokan Judo, 1882, Tokyo, Japan
4. Demonstrate:
 - a. Postures - Shizen and Jigo Hontai (Migi & Haidari)
 - b. Bows - Ritsu Rei, Za Rei
 - c. Movements - Shintai (Ayumi & Tsugi Ashi), Tai Sabaki
 - d. Holding - 6 basic Kumi Kata
 - e. Off balancing - 8 basic Kuzushi
 - f. Breakfall - Ukemi

Technique:

1. Nage Waza - demonstrate 4 from each, but must know 16 throws (Dai-Ikkyo, Dai-Nikyo)
2. Osaekomi Waza - demonstrate 3 holds (Kesa, Kami, Kata, Yoko & Kami Shiho)
3. Shime Waza -
 - a. demonstrate 2 cross (Juji Jime)
 - b. demonstrate 2 open (Jime)
4. Kansetsu Waza - demonstrate 1 armlock
5. Renraku Waza - demonstrate 1 combination technique

Written Test: must score 70%

SANKYU

Basics:

1. Attendance
2. Judo Etiquette
3. Knowledge of Judo History -Jigoro Kano, Kodokan Judo, 1882, Tokyo, Japan
4. Demonstrate:
 - a. Postures -S hizen and Jigo Hontai (Migi & Haidari)
 - b. Bows - Ritsu Rei, Za Rei
 - c. Movements - Shintai (Ayumi & Tsugi Ashi), Tai Sabaki
 - d. Holding - 6 basic Kumi Kata
 - e. Off balancing - 8 basic Kuzushi
 - f. Breakfall - Ukemi

Technique:

1. Nage Waza - demonstrate 4 from each, but must know 24 throws (Dai-Ikkyo, Dai-Nikyo, Dai-Sankyo)
2. Osaekomi Waza -demonstrate 4 holds (Kesa, Makura Kesa, Kami, Kata, Yoko & Kami Shiho, Kuzure & Ushiro)
3. Shime Waza -
 - a. demonstrate 3 cross (Ju Ji Jime)
 - b. demonstrate 3 open (Jime)
4. Kansetsu Waza - demonstrate 2 armlock
5. Renraku Waza - demonstrate 2 combination technique
6. Kaeshi Waza - demonstrate 1 counter technique

Written Test: must score 70%

NIKYU

Basics:

1. Attendance
2. Judo Etiquette
3. Knowledge of Judo History - Jigoro Kano, Kodokan Judo, 1882, Tokyo, Japan
4. Demonstrate:
 - a. Postures - Shizen and Jigo Hontai (Migi & Haidari)
 - b. Bows - Ritsu Rei, Za Rei
 - c. Movements - Shintai (Ayumi & Tsugi Ashi), Tai Sabaki
 - d. Holding - 6 basic Kumi Kata
 - e. Off balancing - 8 basic Kuzushi
 - f. Breakfall - Ukemi

Technique:

1. Nage Waza - demonstrate 4 from each, but must know 32 throws (Dai-Ikkyo, Dai-Nikyo, Dai-Sankyo, Dai-Yonkyo)
2. Osaekomi Waza - demonstrate 5 holds (Kesa, Makura Kesa, Kami, Kata, Yoko & Kami Shiho, Kuzure & Ushiro)

NIKYU continued

3. Shime Waza -
 - a. demonstrate 3 cross (Juji Jime)
 - b. demonstrate 4 open (Jime)
4. Kansetsu Waza - demonstrate 3 armlock
5. Renraku Waza - demonstrate 3 combination technique

6. Kaeshi Waza - demonstrate 2 counter technique

Nage No Kata: Uki first 3 sets

Written Test: Must Score 70%

IKKYU

Basics:

1. Attendance
2. Judo Etiquette
3. Knowledge of Judo History -Jigoro Kano, Kodokan Judo, 1882, Tokyo, Japan
4. Demonstrate:
 - a. Postures - Shizen and Jigo Hontai (Migi & Hidari)
 - b. Bows - Ritsu Rei, Za Rei
 - c. Movements -Shintai (Ayumi & Tsugi Ashi), Tai Sabaki
 - d. Holding - 6 basic Kumi Kata
 - e. Off balancing - 8 basic Kuzushi
 - f. Breakfall - Ukemi

Technique:

1. Nage Waza - demonstrate 4 from each, but must know 40 throws (Dai-Ikkyo, Dai-Nikyo, Dai-Sankyo, Dai-Yonkyo, Dai-Gokyo)
2. Osaekomi Waza - demonstrate 6 holds (Kesa, Makura Kesa, Kami, Kata, Yoko & Kami Shiho, Kuzure & Ushiro)
3. Shime Waza -
 - a. demonstrate 3 cross (Ju Ji Jime)
 - b. demonstrate 5 open (Jime)
4. Kansetsu Waza - demonstrate 4 armlock
5. Renraku Waza - demonstrate 4 combination technique
6. Kaeshi Waza - demonstrate 3 counter technique

Nage No Kata: Uki and Tori first 3 sets

Written Test: Must score 70%

SHODAN

Basics: Same as Ikkyu but must score at least a 7 on each
Techniques: Same as Ikkyu but must score at least a 7 on each
Nage No Kata: Uki and Tori all 5 sets
Written Test: Must score 70%

NIDAN

Knowledge: Must know all the required Basics, Techniques and Nage No Kata of all previous ranks.
Instruct: Must be able to teach all the Basics, Techniques and Nage No Kata of previous ranks.
Referee/Judge: Must participate as a Referee/Judge at local tournaments.

SANDAN

Knowledge: Must know all the required Basics, Techniques and Nage No Kata of all previous ranks.
Instruct: Must be able to teach all the Basics, Techniques and Nage No Kata of previous ranks.
Referee: Must participate as a referee at local tournaments (certified E or D).
Katame No Kata: General knowledge and demonstration

Community Service: Active service in one or more of the following:

1. Head Instructor / Coach
2. Tournament Director
3. Club Owner / Representative
4. State or National board member
 - a. Officer
 - b. Delegate at Large
 - c. Athlete at Large
 - d. Committee member or Chairperson
 - e. Promotion board member or Chairperson

YODAN and above

Same qualifications as Sandan, however additional Community Service is expected.