

# CAL BELT TEST

This new UCMAP JUDO Syllabus is issued for immediate use by Candidates, Coaches and Assessors. Individual 'Grading Cards' will be available as separate documents.

Jumping of grades ("Double Testing") is only considered if the judoka has proven outstanding technical achievement and fulfillment of the syllabus requirements displayed and suitable justification is given.

**Permission to grade above 4th Kyu Green belt to 3rd Kyu Brown belt is only authorized by the main instructor. Special requirements also apply for those testing for 1st kyu Brown and above. For Black Belt 1st Dan syllabus please contact the Head Instructor.**

## BELT TESTING

Cal Judo recognizes Judo as a pure sport, and therefore it is important to note the following for the belt test:

You must:

- Wear a clean white judogi
- Keep nails clean and short
- Women may wear a white T-shirt under their jacket
- Long hair must be tied back with a hair tie that has no metal part to it

All candidates need to be current paid members of the U.C. Martial Arts program and have shown regular attendance throughout the semester to be able to test for any belt rank, attend regular practice and demonstrate good moral character and maturity.

More details will be provided to testers as the promotion date approaches.

## CAL JUDO POINT SYSTEM

The point system maintains the quality of UCMAP Judo and applies to all members testing for 4<sup>th</sup> kyu green belt or higher. The following points are given at all tournaments under the auspices of the United States Judo, Inc. (USA Judo), United States Judo Federation (USJF) or the United States Judo Association (USJA).

- 3 tournament points for every won match
- 1 tournament point for every draw or lost match

For all brown belts, no points are given for matches against 4th kyu or below. However, one extra point is given for every win in a black belt division

Between 1-3 Points can also be given for volunteering at local martial arts tournaments or training camps, demonstrating Judo teaching or participating in official Judo clinics. However to fulfill the point requirement, tournament experience is mandatory!

The following are the requirements set to promote for a new belt:

- The requirement for 4kyu green belt test are: 5 points
- The requirement for 3kyu brown belt test are: 10 points
- The requirement for 2kyu brown belt test are: 20 points
- The requirement for 1kyu brown belt test are: 50 points

The points have to be collected as a member in Cal Judo, less than two semester (previous + current) prior to belt test (Fall, Spring, Summer). However, the instructor can waive some of the point requirements if suitable reasons are given. You can check your Cal Judo tournament point record by asking the MSO.

# 6th KYU – WHITE TO YELLOW BELT

7

6

## TERMS AND DEFINITIONS

Count to 10 in Japanese, Judo, Judoka, Judogi, Dojo, Sensei, Dan, Kyu, Kiotsuke, Rei, Hajime, Mate

## UKEMI (FALLING SAFELY)

Ushiro Ukemi

Yoko Ukemi

Mae Ukemi

Zempo Kaiten Ukemi

Back breakfall

Side breakfalls

Front breakfall

Rolling breakfalls

## NAGE-WAZA (THROWING-TECHNIQUES)

O-soto-gari

Ippon-seoi-nage

O-goshi

Major outer reap

One arm shoulder throw

Big-hip

## KATAME-WAZA (GRAPPLING-TECHNIQUES)

Any turnover technique into a pin

Kesa-gatame

Yoko-shiho-gatame

Kata-gatame

Scarf hold

Side locking four corner hold

Shoulder hold

## SHOW AND TELL

Kumi-kata

Ayumi-ashi

Tsui-ashi

Za-rei

Ritzu-rei

Normal grip

Ordinary pattern of walking

Walking by bringing one foot up to the other

Kneeling bow

Standing bow

## ENDURANCE

Judo push-ups: 20

**All standing techniques are performed from best side without movement. The student should be able to demonstrate Kateme-waza without essential loss of control.**

# 5th KYU – YELLOW TO ORANGE BELT

6

5

## TERMS AND DEFINITIONS

Count in Japanese, Dojo, Tatami, Kiai, Tori, Obi, Eri, Sode, Uke, Ukemi, Randori, Uchikomi

## UKEMI (FALLING-SAFELY)

Ushiro Ukemi

Yoko Ukemi

Mae Ukemi

Zempo Kaiten Ukemi

Back breakfall

Side breakfalls

Front breakfall

Rolling breakfalls

## NAGE-WAZA (THROWING-TECHNIQUES)

Favorite Technique: 3x uchikomi and throw

Morote-seoi-nage

Ouchi-gari/gake

Kouchi-gari

Sasae-tsurikomi-ashi

Two handed shoulder throw

Major inner /hook

Minor inner reap

Propping drawing ankle

## KATAME-WAZA (GRAPPLING-TECHNIQUES)

Favorite grappling-technique

2x turnover techniques into any pins

5x pinning techniques

## SHOW AND TELL

Shizen-hontai

Jigo-hontai

Kuzushi

Tsukuri

Kake

Shintai

Natural posture

Defensive Posture

Initial Balance break

Fit into the throw

Execution and completion of the throw

Use feet in movement (Moving forwards, sideways & backwards)

## ENDURANCE

Judo push-ups 30

**The student should be able to demonstrate solo randori.**

**All standing techniques are performed from best side with movement.**

**The student should be able to demonstrate Kateme-waza without essential loss of control.**

# 4th KYU – ORANGE TO GREEN BELT

5

4

## DEFINE

Yuko, Waza-ari, Ippon, Shido, Hansoku make, Waza-ari awasete ippon, Osaekomi, Toketa, Sonomama, Shinpan, Shiai

## UKEMI (FALLING SAFELY)

Ushiro Ukemi

Yoko Ukemi

Mae Ukemi

Zempo Kaiten Ukemi

Back breakfall

Side breakfalls

Front breakfall

Rolling breakfalls (over 2 people)

## NAGE-WAZA (THROWING-TECHNIQUES)

Favorite Technique: 3x uchikomi and throw

Seoi-otoshi

Harai-goshi

Kouchi-gari/gake

De-ashi-barai

Shoulder-drop

Sweeping-Hip

Minor inner-reap/hook

Forward-foot-sweep

## KATAME-WAZA (GRAPPLING-TECHNIQUES)

Favorite grappling-technique

3x turnover to any pin

1x turnover to arm bar

1x turnover to choke

## COMBINATION

Favorite combination technique

O-uchi-gari → any technique

De-ashi-barai → any technique

Any other combination technique

## ENDURANCE

Judo push-ups: 40

**The student should be able to apply techniques in randori.**

**Demonstrate knowledge (show and tell) of Shiai-rules as competitor (see pg 9).**

**All standing techniques are performed from best side with movement.**

**The student should be able to demonstrate Katame-waza without essential loss of control.**

# 3rd KYU – GREEN TO BROWN BELT

4

3

## PREREQUISITE

Permission to test must be given by Head Instructor.

## DEFINE

Hidari, Migi, Yoko, Judogi, Eri, Obi, Sode, Zubon, Uwagi, Te, Ude, Goshi/Koshi, Hiza, Hiji, Hara, Seoi, Kata, Ashi

## UKEMI (FALLING SAFELY)

Ushiro Ukemi	Back breakfall
Yoko Ukemi	Side breakfalls
Mae Ukemi	Front breakfall
Zempo Kaiten Ukemi	Rolling breakfalls (over 3 people)

## NAGE-WAZA (THROWING-TECHNIQUES)

Favorite Technique: 3x uchikomi and throw

Tai-otoshi	Body-drop
Uchi-mata	Inner-thigh
Tomoe-nage	Circle-throw
Yoko-tomoe-nage	Side-circle-throw
Ko-soto-gari/gake	Minor-outa-reap/hook
Tani-otoshi	Valley-drop

## KATAME-WAZA (GRAPPLING-TECHNIQUES)

Favorite grappling-technique

3x turnover to pin

2x turnover to choke

1x turnover to arm bar

## RENRAKU-WAZA (COMBINATION-TECHNIQUES)

Favorite combination technique

Ko-uchi-gari → forward throw

O-uchi-gari → forward throw

O-uchi-gari → backwards throw

De-ashi-barai → Ant throw

Any other combination technique

## ENDURANCE

Judo push-ups 50

**The student should be able to apply techniques in randori**

**Demonstrate knowledge (show and tell) of Shiai-rules as competitor (see pg 9).**

**All standing techniques are performed from best side with movement.**

**The student should be able to demonstrate Kateme-waza without essential loss of control.**

# 2rd KYU – BROWN TO BROWN BELT

3

2

## PREREQUISITE

Permission to test must be given by Head Instructor.

## DEFINE

Nage-waza, Tachi-waza, Sutemi-waza, Katame-waza, Osaekomi-waza, Shime-waza, Kansetsu-waza, Tsukuri, Kuzushi, Kake

## UKEMI (FALLING SAFELY)

Ushiro Ukemi	Back breakfall
Yoko Ukemi	Side breakfalls
Mae Ukemi	Front breakfall
Zempo Kaiten Ukemi	Rolling breakfalls (over 4 people)

## NAGE-WAZA (THROWING-TECHNIQUES)

Favorite Technique: 3x uchikomi and throw

White through Green

Sode-tsurukomi-goshi

Hane Goshi

Yoko-Tomoe-nage

Sumi-gaeshi

Yoko-guruma

Sleeve-lifting pulling-hip

Spring-Hip

Side-Circle-throw

Corner-reversal

Side-wheel

## KATAME-WAZA (GRAPPLING-TECHNIQUES)

Favorite grappling-technique

4x turnover to pin

2x turnover to arm bar

2x turnover to choke

2x technique from bottom in guard

## RENRAKU-WAZA (COMBINATION-TECHNIQUES)

Favorite combination technique

Ko-uchi-gari → forward

O-uchi-gari → forward throw

O-uchi-gari → backwards throw

Seoi-nage → any throw

## ENDURANCE

Judo push-ups 70

**The student should be able to apply techniques in randori**

**All standing techniques are performed from both sides with movement.**

**The student should be able to follow up from Nage-waza to Katame-waza and be able to demonstrate Katame-waza without essential loss of control.**

# 1st KYU – BROWN TO BROWN BELT

2

1

## PREREQUISITE

Make early belt test announcement to instructor (beginning of semester)  
Permission to test must be given by Head Instructor.

## SUBMIT

Student who are considering promoting to 1st kyu must complete the following requirements approximately 2 weeks before testing:

1. Prepare one typewritten martial arts related book or periodical report, 5 pages or more. Possible topics are: philosophy, teaching, curriculum, scientific research, or biographies. The topic of the report must be preapproved before started
2. Submit a professional resume and include future career plans in triplicate.
3. Submit a martial arts resume dealing with all past and present martial arts involvement.
4. Submit a completed Promotional Exam Record (Testing application)
5. Training calendar
6. Submit a computer CD or memory stick containing all items 1-5

## DEFINE

Nage-waza, Tachi-waza, Te-waza, koshi-waza, ashi-waza, Sutemi-waza, Ma-sutemi-waza, yoko-sutemi-waza, Katame-waza, Osaekomi-waza, Shime-waza, Kansetsu-waza, Atemi-waza, Tokui-waza

## UKEMI (FALLING SAFELY)

Ushiro Ukemi	Back breakfall
Yoko Ukemi	Side breakfalls
Mae Ukemi	Front breakfall
Zempo Kaiten Ukemi	Rolling breakfalls (over 5 people + air fall)

## NAGE-WAZA (THROWING-TECHNIQUES)

Favorite Technique: 3x uchikomi and throw  
White through Brown

Ura-nage	Rear-throw
Sukui-nage	Scoop-throw
Sumi-otoshi	Corner-Drop
Yoko-gake	Side-hook

## KATAME-WAZA (GRAPPLING-TECHNIQUES)

Favorite grappling-technique	Pinning-techniques
5x turnover to osaekomi-waza	Choking-techniques
3x turnover to shime-waza	Joint lock techniques
3x turnover to kansetsu-waza	
3x technique from bottom in guard	

# 1st KYU – BROWN TO BROWN BELT, cont.

2

1

## RENRAKU-WAZA (COMBINATION-TECHNIQUES)

Favorite Combination-technique

Ko-uchi-gari → forward throw

Ouchi-gari → forward throw

Ouchi-gari → backwards throw

Seoi-nage → any throw

## KAESHI-WAZA (COUNTER-TECHNIQUES)

Ushiro-goshi

Te-guruma

Sukui-nage

Ouchi-gaeshi

Rear-hip throw

Hand-wheel

Scoop-throw

Large Inner Reversal

## ENDURANCE

Judo push-ups 100

**The student should be able to apply techniques in randori**

**The student should be able to follow up from Nage-waza to Kateme-waza**

**The student should be able to demonstrate Kateme-waza without essential loss of control.**

**All standing techniques are performed from both sides with movement.**



# SHIAI (CONTEST)

Student should be able to demonstrate using the referee hand signals as seen in real shiai.

## MATCH EXPRESSIONS

Hajime	Begin
Matte	Stop
Osaekomi	Pin, referee call to begin timing
Toketa	Escape, stop timing of hold
Sono-mama	Stop action; command to freeze
Yoshi	Resume action, continue
Sore-made	Finished, time is up (no ippon)

## SCORINGS

Hiki-wake	Draw
Yuko	+5 point
Waza-ari	+7 point
Waza-ari awa-zete ippon	7+7 point = 10 points / Won match
Ippon	Full point = 10 point / Won match

## PUNISHMENTS

1st shido	warning
2nd shido	-5 point
3rd shido	-7 point
Han-soku-make	-10 points = lost match

## OSAEKOMI SCORE TIMES

0 – 14 sec	no points
15 – 19 sec	Yuko = 5 point
20 – 24 sec	Waza-ari = 7 point
25 sec	Ippon = 10 points / Won match