

NIKYU JUDO RANK REQUIREMENTS (Juniors 13 & under)

- Minimum time in Judo four (4) years
- Good moral character and maturity.
- Good attendance record.
- At least a "C" average, if still in school.
- Minimum 1 year Sankyu

Three (3) Combination Techniques

Three (3) Counter Techniques

Three (3) Left-handed Throwing Techniques

Go Kyo No Waza

Nage No Kata

Pins

- | | |
|-----------------------------|-------------------------------------|
| 1. Kesa Gatame | Scarf Lock |
| 2. Kata Gatame | Shoulder Lock |
| 3. Tate Shiho Gatame | Vertical Quarter Lock |
| 4. Yoko Shiho Gatame | Side Quarter Lock |
| 5. Kami Shiho Gatame | Upper Quarter Lock |
| 6. Kuzure Kami Shiho Gatame | Broken Upper Four Quarter Hold Down |

Chokes

- | | |
|--------------------|------------------------|
| 1. Nami Juji Jime | Normal Cross Wringing |
| 2. Kata Juji Jime | Half Cross Wringing |
| 3. Gyaku Juji Jime | Reverse Cross Wringing |
| 4. Hadaka Jime | Naked Strangle |
| 5. Okuri Eri Jime | Sliding Lape Wringing |
| 6. Kata Ha Jime | Single Wing Wringing |

Locks

- | | |
|----------------|--------------------|
| 1. Ude Garami | Bent Arm Lock |
| 2. Juji Gatame | Step Over Arm Lock |
| 3. Ude Gatame | Straight Arm Lock |
| 4. Hiza Gatame | Knee Arm Lock |

General Knowledge

Posture
Sitting
Walking
Turning

Falling
Gripping
Grip Breaking
Mat Entries / Escapes