

## ROKYU JUDO RANK REQUIREMENTS

### One Yellow tip (Dojo Rank)

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|---------------------|-------------------------|
| 1. Ritsu Rei        | Standing Bow            |
| 2. Za Rei           | Kneeling Bow            |
| 3. Ukemi Waza       | Break Falling Technique |
| 4. Chugari          | Judo Tumbling           |
| 5. Shisen Tai       | Natural Posture         |
| 6. Jigo Tai         | Defensive Posture       |
| 7. Tai Sabaki       | Body Movement           |
| 8. Tsugi Ashi       | Foot Work               |
| 9. Kuzushi Waza     | Off Balancing Technique |
| 10. Ippon Seoi Naga | One Arm Shoulder Throw  |

### Two Yellow tip (Dojo Rank)

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|----------------|---------------------------|
| 1. O-Goshi     | Major Hip Throw           |
| 2. Tai Otoshi  | Body Drop Throw           |
| 3. O-uchi Gari | Major Inner Reaping Throw |
| 4. O-soto Gari | Major Outer Reaping Throw |
| 5. Kesa Gatame | Scarf Lock                |

### Yellow Belt (Dojo Rank)

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|----------------------|-----------------------|
| 1. Kata Gatame       | Shoulder Lock         |
| 2. Kami Shiho Gatame | Upper Quarter Lock    |
| 3. Yoko Shiho Gatame | Side Quarter Lock     |
| 4. Tate Shiho Gatame | Vertical Quarter Lock |
| 5. Tsuru Komi Jime   | Push-Pull Strangle    |