

San Jose Buddhist Judo Club Shodan Requirements

07/25/2018

Goal/Purpose

- Communicate and have mutual understanding between potential Shodan candidates and their instructor of the minimum Club requirements well in advance of SBJC recommendation to the Yudanshakai for promotion
- Maintain the high level criterion for SBJC Shodan candidates
- Further develop Judoka into well rounded and model citizens
- Instill the sense of Club ownership and pride via involvement
- If there is no goal, then any result is acceptable

Who

- ▶ Intermediate – blue belts and higher
- ▶ Adults – brown belts and higher
 - Read and accept the Shodan agreement. Candidates under 18 years old will require parent/guardian acceptance.
 - Students at this level are presumed to be of good moral character and is chartering their course to the level of Shodan. This has been identified as the ‘critical level’ by the Club. Also, at this level, there is ample time to fulfill the Club requirements.

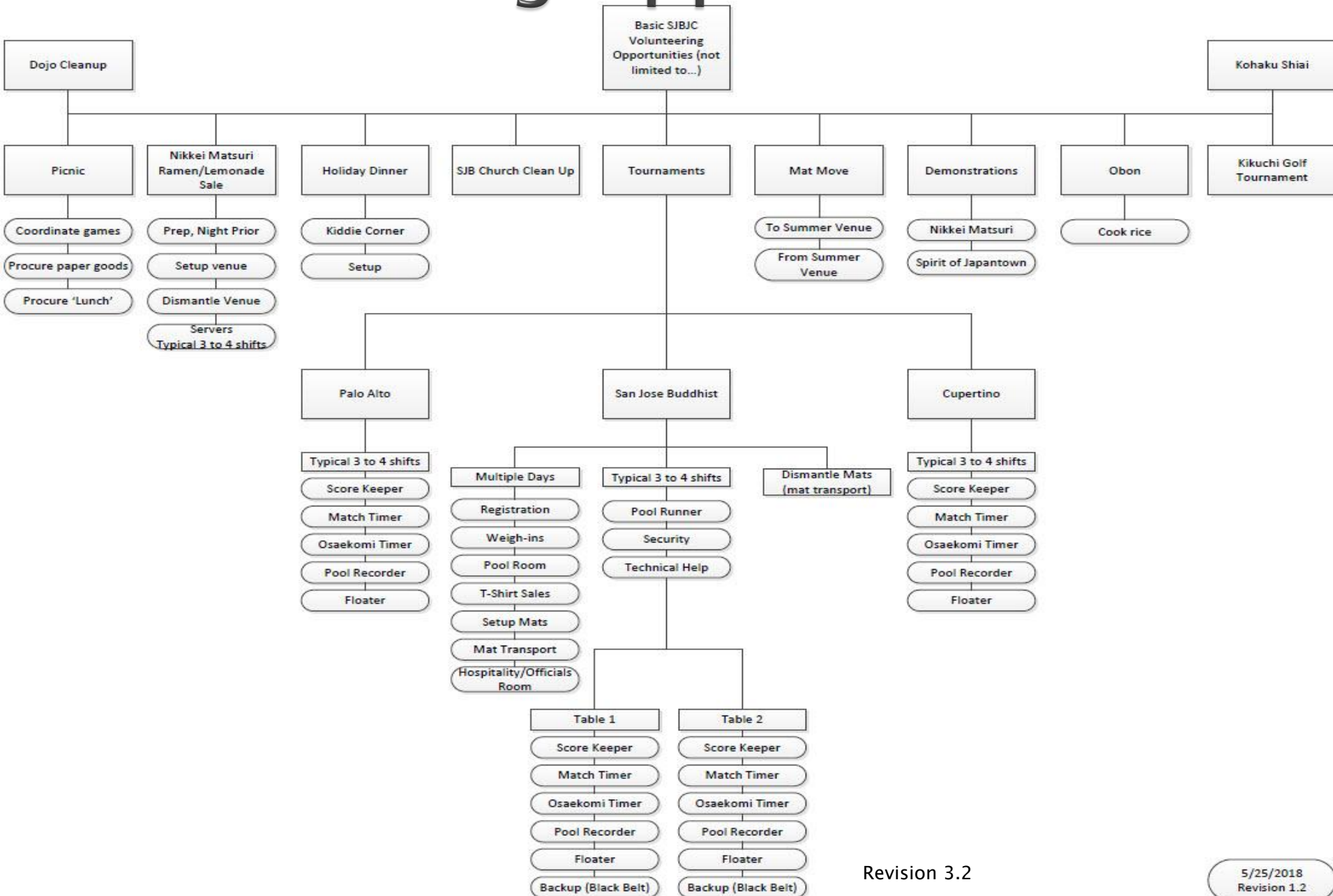
SBJC Shodan Requirements

- ▶ Student to keep track of their own progress via the “Judo Record Book”
- ▶ Shodan requirements published by Central Coast Yudanshakai (CENCO) and SBJC are provided per their current website literatures. Some requirement examples are:
 - Tournament records (competitor)
 - Kata
 - Good attitude and character
 - Age
 - Note: USJF Batsugun (“on the spot”) promotion is also an option for Shodan promotion. This is where in a local or higher level tournament, a Competitor with the rank of Ikkyu (1st degree brown belt), who wins three consecutive matches by Ippon against opponents also the rank of Ikkyu or higher, with two or three Board of Examiners from CENCO Yudanshakai to witness or validate the achievement, they may recommend a promotion of the student to Black Belt Shodan (1st degree) at that event. That competitor’s instructor would subject to approval based on other criteria such as good attitude and character, etc. at their club.
- ▶ Attendance > 70% of Club practices
 - It is understood that conflicts will occur, but if the level of Shodan is so desired, then the priority must be set as such (of course, other elements may supersede this criterion like tournament level and records)
- ▶ Attend minimum one (1) referee clinic
 - Local clinic opportunities include:
 - San Jose Buddhist tournament
 - City College of San Francisco (CCSF)
 - DeLeon
 - San Jose Buddhist in-house clinic
- ▶ Community hours
 - Minimum 30 hours
 - See chart on next page for some examples of volunteering opportunities

SBJC Shodan Requirements (Continued)

- ▶ Recommended to referee SBJC Kohaku Shiai (in-house “last person standing” tournament)
 - The goal for potential candidates is to hone and refine their referee skills at the Kohaku Shiai to eventually referee at local tournaments (at the discretion of their Sensei).
 - Senseis will provide immediate referee feedback at these tournaments to help the Judoka without the pressures of a local tournament
 - The candidate is encouraged to referee “mock” in-house tournaments to practice for the Kohaku Shiai
 - Kokaku Shiai occurs twice per year
 - Local tournament opportunities include, but are not limited to:
 - San Jose Buddhist Judo Club
 - Cupertino Judo Club
 - Palo Alto Judo Club
 - Santa Clara PAL Judo Club
 - City College of San Francisco (CCSF) (twice per year)
 - Capital Open (Sacramento Judo Club)
 - Bojuka Ryu
 - East Bay Judo Institute
 - DeLeon Judo Club
- ▶ Complete kata requirements per Central Coast Yudanshakai requirements
- ▶ Pass USJF background check:
 - <http://www.usjf.com/sites/usjf.pwcstores.com/files/imagelibrary/public/background.pdf>
- ▶ Complete SafeSport course:
 - <https://www.teamusa.org/usa-judo/safe-sport-program>
 - Access code: ABQD-NNGU-DAAK-PVY9
- ▶ Complete CDC concussion Heads Up course
 - <https://headsup.cdc.gov/>
- ▶ Complete the USJF “Form 20”
 - Form 20: <http://www.usjf.com/sites/usjf.pwcstores.com/files/imagelibrary/uploads/2013/02/Form20-PromotionFormFields120531.pdf>
 - Instructions: <https://cencjudo.files.wordpress.com/2016/10/form-20-instructions.pdf>

Volunteering Opportunities



Central Coast Yudanshakai Shodan Requirements

Central Coast Yudanshakai

Shodan (1st Degree Black Belt) Promotion Requirements

11/15/2014

Passing criteria:

1. Unquestioned moral character and maturity
2. Continued practice and interest
3. Increased proficiency in all lower rank requirements
4. Minimum age of 14 years
5. Time-in-grade as Ikkyu per USJF requirements
6. Kata demonstration or certificate:
 - a. Competitor - First 3 sets of Nage-No-Kata (Tori)
 - b. Non-competitor - First 3 sets of Nage-No-Kata (Tori)
7. Demonstrate the following with no more than 3 total errors for non-competitors or 5 total errors for competitors in the following:

Go-Kyo-No-Waza (5 Sets of Techniques)			
Must demonstrate adequate kuzushi (off balancing), tsukuri (entry), and kake (execution)			
Dai-Ikkyo (Group 1)	Dai-Nikyo (Group 2)	Dai-Sankyo (Group 3)	* Examiner to test all listed techniques and demonstration of 2 combinations utilizing the aforementioned techniques.
De Ashi Harai	Ko Soto Gari	Ko Soto Gake	
Hiza Guruma	Ko Uchi Gari	Tsuri Goshi	
Sasae Tsuri Komi Ashi	Koshi Guruma	Yoko Otoshi	
Uki Goshi	Tsuri Komi Goshi	Ashi Guruma	
O Soto Gari	Okuri Ashi Harai	Hane Goshi	
O Goshi	Tai Otoshi	Harai Tsuri Komi Ashi	
O UchiGari	Harai Goshi	Tomoe Nage	
Seoi Nage: Ippon/Morote	Uchimata	Kata Guruma	

Osae Waza	
Kesa Gatame	*Examiner to test minimum of 3 techniques and escapes for each
Kami Shiho Gatame	
Yoko Shiho Gatame	
Kuzure Kesa Gatame	
Kata Gatame	
Kuzure Kami Shiho Gatame	

Sankaku	
Application into Shime Waza	*Examiner to test for proficiency of each application
Application into Osae Waza	
Application into Kansetsu Waza	

Other	
Passing the guard (passing legs while opponent is on their back)	*Examiner to test for 2 techniques for each
Turnover techniques (opponent on elbows and knees/turtle position)	

Shime Waza	
Nami Juji Jime	*Examiner to test each technique and escape from 1 technique
Okuri Eri Jime	
Hadaka Jime	
Kataha Jime	
Kata Juji Jime	

Kansetsu Waza	
Ude Garami	*Examiner to test each technique
Ude Hishigi Juji Gatame	

San Jose Buddhist Judo Club Shodan Acknowledgement

Judoka Name: _____

Date: _____

1. Read and understand Central Coast Yudanshakai Shodan requirements, including the "Form 20"
2. Demonstrate positive character and be a role model
3. Maintain grades if in grades K-12
4. Track tournament records
5. Attend > 70% of Club practices
6. Attend minimum of one (1) referee clinic
7. Optional: Referee San Jose Buddhist Judo Club Kohaku Shiai
8. Volunteer a minimum of thirty (30) hours of San Jose Buddhist Judo Club community service
9. Track progress and accomplishments in the "Judo Record Book"

By signing below, I acknowledge that I have read and understand the items listed above.

Judoka:

Parent/Guardian (if Judoka is a minor):

Sensei:
