

Alaska Judo Inc.

Senior Rank Guidelines

I. General Eligibility Requirements

1. To be eligible for consideration for promotion, each candidate must meet the following “General Eligibility” requirements:
 - A. Good moral character, attitude and maturity.
 - B. Competitive ability.
 - C. Technical proficiency.
 - D. Contributions to judo as a coach/instructor, tournament and program organizer / promoter, tournament official / other volunteer, representative / delegate, fund raiser, patron, and other similar contributions.
 - E. Time in grade.
 - F. Recommendation by candidates’ instructor or by the Alaska Judo Inc. Board of Examiners for judoka with no recognized head instructor.
2. Candidates for promotion must be currently registered with the AJI/USJI. Required time in grade for any promotion will be measured by the number of full years (or months) registered with the USJI and the AJI or other state governing body, plus other national registration as the Board of Examiners may from time to time unanimously agree is acceptable.
3. Candidates for promotion must be active judoka with regular participation in Alaska judo programs, or in judo programs as the Board of Examiners may from time to time unanimously agree is acceptable.

II. Technical ability, knowledge, and time in grade:

1. **Rokyu (white belt 1)**
 - A. General Eligibility Requirements:
 1. Must meet General Eligibility Requirements A and F.
 2. Must be accepted as a judo student by a club registered with the AJI/USJI.

2. Gokyu (white belt 2)

- A. General Eligibility Requirements A, E, and F.
- B. General Knowledge:
 - 1. Basic Judo etiquette.
 - 2. Basic Judo hygiene.
 - 3. Purpose of breakfalls (ukemi).
 - 4. Correct forms of sitting, standing, and kneeling.
 - 5. Basic fundamentals of:
 - a. Grasping (kumi kata)
 - b. Posture (shisei)
 - 1) natural posture (shizen hontai)
 - 2) defensive posture (jigo hontai)
 - 3) right defensive posture (migi jigotai)
 - 4) left defensive posture (hidari jigotai)
 - c. Throwing
 - 1) breaking balance (kuzushi)
 - 2) fitting into the throw (tsukuri)
 - 3) completion of the throw (kake)
 - 6. Basic history of Kodokan Judo.
 - 7. Appropriate vocabulary.
- C. Ability to demonstrate:
 - 1. Throwing techniques (Nage Waza):
 - a. Throws from the first set of the Go Kyo No Waza (the Dai Ikkyo):
 - 1) O Soto Gari – Major Outer Reap
 - 2) O Goshi – Major Hip Throw
 - 3) De Ashi Barai – Advanced Foot Sweep
 - 4) Hiza Guruma – Knee Wheel
 - 2. Holding techniques (Osae Komi Waza):
 - 1) Kesa Gatame – Scarf Hold
 - 2) Yoko Shiho Gatame – Side Four Corner Hold
- D. Competitive Ability:
 - 1. Limited contest experience. Familiarity with training exercises with emphasis on etiquette, rules and prohibited matters. No contest points required.
- E. Time in Grade:
 - 1. One month and 12 hours of practice.

3. **Yonkyu (green belt)**

- A. General Eligibility Requirements:
 - 1. Must meet General Eligibility Requirements A, B, C, E, and F.
 - 2. Regular practice and attendance.
- B. General Knowledge:
 - 1. Difference between Kodokan Judo and jujitsu.
 - 2. Knowledge of the fundamental principles of Kodokan Judo:
 - a. Maximum Efficiency with Minimum Effort
 - b. Mutual welfare and benefit
 - c. Perfection of the individual
 - 3. Basic history of Kodokan Judo.
 - 4. Appropriate vocabulary.
 - 5. Improved understanding and skills in Kumi Kata:
 - a. Establishing grips
 - b. Breaking grips
 - 6. Improved skills with all lower rank requirements.
- C. Ability to demonstrate:
 - 1. Throwing Techniques (Nage Waza):
 - a. Throws from the first set of the Go Kyo No Waza (the Dai Ikkyo):
 - 1) Sasae Tsuru Komi Ashi – Supporting Foot Lift-Pull Throw
 - 2) Uki Goshi – Floating Hip Throw
 - 3) O Uchi Gari – Major Inner Reap
 - 4) Seoi Nage – Shoulder Throw
 - 2. Holding Techniques (Osae Komi Waza):
 - 1) Kami Shiho Gatame – Upper Four Corner Hold
 - 2) Kata Gatame – Shoulder Hold
 - 3. Kata:
 - a. Nage No Kata:
 - 1) First Set as Tori:
 - i. Uki Otoshi
 - ii. Seoi Nage
 - iii. Kata Guruma
 - 4. All Techniques from Lower Grades.
- D. Competitive Ability:
 - 1. Continued contest experience with expanded interpretation of the sport phase. No contest wins required for promotion to this rank.
 - 2. Understanding of IJF Contest Rules for scoring procedures and calls.
- E. Time in Grade:
 - 1. Three months and 36 hours of practice since last promotion.

4. Sankyu (brown belt 1)

- A. General Eligibility Requirements:
 - 1. Must meet General Eligibility Requirements A, B, C, D, E, and F.
 - 2. Regular practice and attendance.
- B. General Knowledge:
 - 1. Names, colors and order of “Kyu” belt ranking system..
 - 2. Purpose and methods of “kata” and “randori”.
 - 3. Improved understanding of the history of Kodokan Judo.
 - 4. Appropriate vocabulary.
 - 5. Improved skills in Kumi Kata:
 - a. Opposing grips (Kenka Yotsu)
 - b. Same grips (Ai Yotsu)
 - c. Breaking grips
 - 6. Improved skills with all lower rank requirements.
- C. Assigned Reading:
 - 1. By-Laws of the Alaska Judo, Inc.
 - 2. One book on basic Judo as approved by the head instructor.
- D. Ability to demonstrate:
 - 1. Throwing Techniques (Nage Waza):
 - a. All throws from the Dai Nikyo:
 - 1) Ko Soto Gari – Minor Outer Reap
 - 2) Ko Uchi Gari – Minor Inner Reap
 - 3) Koshi Guruma – Hip Wheel
 - 4) Tsuru Komi Goshi – Lift-Pull Hip Throw
 - 5) Okuri Ashi Barai – Sliding Foot Sweep
 - 6) Tai Otoshi – Body Drop
 - 7) Harai Ogoshi – Sweeping Hip Throw
 - 8) Uchi Mata – Inner Thigh Reaping Throw
 - 2. Holding Techniques (Osae Komi Waza):
 - 1) Tate Shiho Gatame – Front Four Corner Hold
 - 2) Kuzuri Kami Shiho Gatame – Modified Upper Four Corner Hold
 - 3) Kuzuri Yoko Shiho Gatame – Modified Side Four Corner Hold
 - 3. Strangulation Techniques (Shime Waza):
 - 1) Hadaka Jime – Naked Strangle
 - 2) Kata Juji Jime – Half Cross Strangle
 - 3) Okuri Eri Jime – Sliding Collar Strangle
 - 4. Transition Techniques:
 - a. Throw to Hold:
 - 1) Seoi Nage to Kesa Gatame
 - 2) O Goshi to Yoko Shiho Gatame
 - 3) O Soto Gari to Kesa Gatame
 - b. Hold to Choke:
 - 1) Kata Gatame to Okuri Eri Jime
 - c. Your Throw to Your Throw (Combinations):
 - 1) Seoi Nage to O Soto Gari

- 2) Tai Otoshi to Uchi Mata
 - 3) Uchi Mata to Tai Otoshi
 - 4) O Uchi Gari to Ko Uchi Gari
 - d. Your Hold to Your Hold:
 - 1) Kesa Gatame to Kata Gatame
 - 2) Kata Gatame to Yoko Shiho Gatame
 - 3) Yoko Shiho Gatame to Kami Shiho Gatame
 - 4) Kami Shiho Gatame to Kesa Gatame
 - e. Opponents Throw to Your Throw:
 - 1) O Soto Gari to O Soto Gari
 - 2) Seoi Nage to O Soto Gari
 - f. Opponents Hold to Your Hold:
 - 1) Kesa Gatame to Kesa Gatame
 - 5. Kata:
 - a. Nage No Kata:
 - 1) Second Set of Nage No Kata as Tori:
 - i. Uki Goshi
 - ii. Harai Goshi
 - iii. Tsuru Komi Goshi
 - 6. All techniques and Kata from lower grades.
- E. Competitive Ability:
- 1. Continued contest ability with improving understanding of sport judo.
Enter and compete in one tournament.
 - 2. Understanding of IJF Contest Rules for penalties.
 - 3. Serve as judge for five matches in at least one tournament.
- F. Time in Grade as Yonkyu:
- 1. 9 months and 108 hours of practice.

5. Nikyu (brown belt 2)

- A. General Eligibility Requirements:
 - 1. Must meet General Eligibility Requirements A, B, C, D, E, and F.
 - 2. Regular practice and attendance.
- B. General Knowledge:
 - 1. Know the names and belt color for all the “dan” ranks in Kodokan Judo.
 - 2. Thorough understanding of the history of Kodokan Judo.
 - 3. Appropriate vocabulary.
 - 4. Kumi Kata:
 - a. Understanding of grips used for forward and rear throws.
 - b. Understanding of grips used for transition throws.
 - 5. Improved skills with all lower rank requirements.
- C. Assigned Reading:
 - 1. By-Laws of AJI Board of Examiners.
 - 2. Two books on Judo as approved by the head instructor.
- D. Ability to demonstrate:
 - 1. Throwing Techniques (Nage Waza):
 - a. All throws from the Dai Sankyo:
 - 1) Ko Soto Gake – Minor Outer Hook
 - 2) Tsuru Goshi – Lifting Hip Throw
 - 3) Yoko Otoshi – Side Drop
 - 4) Ashi Guruma – Leg Wheel
 - 5) Hane Goshi – Springing Hip Throw
 - 6) Harai Tsuru Komi Ashi – Lift-Pull Foot Sweep
 - 7) Tomoe Nage – Circular Throw
 - 8) Kata Guruma – Shoulder Wheel
 - 2. Holding Techniques (Osae Komi Waza):
 - 1) Kuzuri Kesa Gatame – Modified Scarf Hold
 - 2) Ushiro Kesa Gatame – Reverse Scarf Hold
 - 3) Kuzuri Tate Shiho Gatame – Modified Front Four Corner Hold
 - 3. Strangulation Techniques (Shime Waza):
 - 1) Nami Juji Jime – Normal Cross Strangle
 - 2) Kataha Jime – Single Wing Strangle
 - 3) Gyaku Juji Jime – Reverse Cross Strangle
 - 4. Joint Locking Techniques (Kansetsu Waza):
 - 1) Ude Garami – Entangled Arm Lock
 - 2) Ude Hishigi Juji Gatame – Cross Arm Lock
 - 3) Ude Hishigi Ude Gatame – Arm Armlock
 - 5. Transition Techniques:
 - a. Throw to Hold:
 - 1) Seoi Nage to Kata Gatame
 - 2) O Uchi Gari to Yoko Shiho Gatame
 - 3) Hane Goshi to Kesa Gatame
 - b. Hold to Choke:
 - 1) Yoko Shiho Gatame to a Juji Jime technique.
 - c. Your Throw to Your Throw (Combinations):

- 1) O Soto Gari to Tai Otoshi
 - 2) Ko Uchi Gari to Harai Goshi
 - 3) O Soto Gari to Harai Goshi
 - 4) O Uchi Gari to Harai Goshi
 - d. Your Hold to Your Hold:
 - 1) Yoko Shiho Gatame to Ushiro Kesa Gatame
 - 2) Tate Shiho Gatame to Kuzure Kesa Gatame
 - e. Opponents Throw to Your Throw:
 - 1) O Soto Gari to Harai Goshi
 - 2) Harai Goshi to Harai Goshi
 - f. Opponents Hold to Your Hold:
 - 1) Kami Shiho Gatame to Yoko Shiho Gatame
 6. Kata:
 - a. Nage No Kata:
 - 1) Third Set of Nage No Kata as Tori:
 - i. Sasae Tsuru Komi Ashi
 - ii. Uchi Mata
 - iii. Okuri Ashi Barai
 7. All techniques and Kata from lower grades.
- E. Competitive Ability:
1. Good understanding of sport judo.
 2. Understanding of competition bracketing and mat set up.
 3. Serve as judge for five matches in at least one tournament.
 4. Referee at least three matches in at least one tournament.
 5. Understanding of IJF Contest Rules for scoring procedures and calls.
- F. Time in Grade as Sankyu:
1. 1 year and 144 hours of practice.

6. Ikkyu (brown belt 3)

- A. General Eligibility Requirements:
 - 1. Must meet General Eligibility Requirements A, B, C, D, E, and F.
 - 2. Regular practice and attendance.
- B. General Knowledge:
 - 1. Know the names of the Kodokan Judo kata and be able to describe the types of techniques taught by each one.
 - 2. Thorough understanding of the history of Kodokan Judo and its relations to other modern martial arts including Shotokan Karate, Brazilian Jujitsu, and Korean Yudo.
 - 3. Appropriate vocabulary.
 - 4. Kumi Kata:
 - a. Thorough understanding of both offensive and defensive gripping techniques.
 - 5. Improved skills with all lower rank requirements.
- C. Assigned Reading:
 - 1. Three books on Judo, at least one of which must be book on Judo Kata, as approved by the head instructor.
- D. Ability to demonstrate:
 - 1. Throwing Techniques (Nage Waza):
 - a. All throws from the Dai Yonkyo:
 - 1) Sumi Gaeshi – Corner Counter
 - 2) Tani Otoshi – Valley Drop
 - 3) Hane Makikomi – Springing Wraparound Throw
 - 4) Sukui Nage – Scooping Throw
 - 5) Utsuri Goshi – Switching Hip Throw
 - 6) O Guruma – Major Wheel
 - 7) Soto Makikomi – Outer Wraparound Throw
 - 8) Uki Otoshi – Floating Drop
 - 2. Strangulation Techniques (Shime Waza):
 - 1) Sankaku Jime – Triangular Strangle
 - 2) Kata Te Jime – Single Hand Strangle
 - 3. Joint Locking Techniques (Kansetsu Waza):
 - 1) Ashi Garami – Entangled Leg Lock
 - 2) Ude Hishigi Hiza Gatame – Knee Arm Lock
 - 3) Ude Hishigi Hara Gatame – Stomach Arm Lock
 - 4. Transition Techniques:
 - a. Throw to Hold:
 - 1) Uchi Mata to Kesa Gatame
 - 2) Uchi Mata to Yoko Shiho Gatame
 - 3) Seoi Nage to Yoko Shiho Gatame
 - b. Hold to Choke:
 - 1) Ushiro Kesa Gatame to Okuri Eri Jime
 - c. Your Throw to Your Throw (Combinations):
 - 1) Uchi Mata to Ko Uchi Gari
 - 2) Uchi Mata to O Uchi Gari

- 3) Uchi Mata to Tani Otoshi
 - 4) O Uchi Gari to Uchi Mata
 - d. Your Hold to Your Hold:
 - 1) Ushiro Kesa Gatame to Tate Shiho Gatame
 - 2) Tate Shiho Gatame to Yoko Shiho Gatame
 - e. Opponents Throw to Your Throw:
 - 1) Uchi Mata to Tai Otoshi
 - 2) Uchi Mata to Uchi Mata
 - f. Opponents Hold to Your Hold:
 - 1) Tate Shiho Gatame to Kesa Gatame
 - 5. Kata:
 - a. Nage No Kata:
 - 1) Fourth Set of Nage No Kata as Tori:
 - i. Tomoe Nage
 - ii. Ura Nage
 - iii. Sumi Gaeshi
 - 6. All techniques and Kata from lower grades.
- E. Competitive Ability:
 - 1. Thorough understanding of sport judo.
 - 2. Understanding of IJF Contest Rules as modified by AJI.
 - 3. Serve as corner judge for ten matches in at least two tournaments.
 - 4. Referee at least six matches in at least two tournaments.
 - 5. Understanding of IJF Contest Rules for scoring procedures and calls.
- F. Time in Grade as Nikyu:
 - 1. 2 years and 288 hours of practice.

7. Shodan (Black Belt First Degree)

- A. General Eligibility Requirements:
 - 1. Must meet General Eligibility Requirements A, B, C, D, E, and F.
 - 2. Regular practice and attendance.
- B. General Knowledge:
 - 1. Know the three major groups of techniques in Kodokan Judo and be able to describe the types of techniques taught by each one.
 - 2. Red Cross First Aid Card.
 - 3. Red Cross CPR for Adults and Children.
 - 4. Appropriate vocabulary.
 - 5. Improved skills with all lower rank requirements.
- C. Assigned Reading:
 - 1. "Kodokan Judo" by Dr. Jigoro Kano
 - 2. "Formal Judo" by Donn Draeger
 - 3. One book approved by the head instructor or the Chairman of the Board of Examiners.
- D. Ability to demonstrate:
 - 1. Throwing Techniques (Nage Waza):
 - a. All throws from the Dai Gokyo:
 - 1) O Soto Guruma – Major Outside Wheel
 - 2) Uki Waza – Floating Technique
 - 3) Yoko Wakare – Side Parting (or Separation)
 - 4) Yoko Guruma – Side Wheel
 - 5) Ushiro Goshi – Rear Hip Throw
 - 6) Ura Nage – Back Throw
 - 7) Sumi Otoshi – Corner Drop
 - 8) Yoko Gake – Side Hook
 - 2. Strangulation Techniques (Shime Waza):
 - 1) Do Jime – Trunk Strangle (banned for competition)
 - 2) Sode Guruma Jime – Sleeve Wheel Strangle
 - 3. Joint Locking Techniques (Kansetsu Waza):
 - 1) Ude Hishigi Waki Gatame – Armpit Arm Lock
 - 2) Ude Hishigi Sankaku Gatame – Triangular Arm Lock
 - 4. Transition Techniques:
 - a. Throw to Hold:
 - 1) Favorite throw to favorite hold.
 - 2) Least used throw to least used hold.
 - 3) Favorite throw to least used hold.
 - 4) Favorite throw to joint lock.
 - b. Hold to Choke:
 - 1) Favorite hold to choking technique of your choice.
 - c. Your Throw to Your Throw (Combinations):
 - 1) Your favorite combinations using your strongest throws.
 - 2) Combinations using your weakest throws.
 - d. Your Hold to Your Hold:
 - 1) Demonstrate ne waza transition routine you have developed.

- e. Opponents Throw to Your Throw:
 - 1) Counter using your strongest throw.
 - 2) Counter using your weakest throw.
 - f. Opponents Hold to Your Hold:
 - 1) Demonstrate ne waza escaping routine you have developed to help teach escapes.
5. Kata:
- a. Nage No Kata:
 - 1) Fifth Set of Nage No Kata as Tori:
 - i. Yoko Gake
 - ii. Yoko Guruma
 - iii. Uki Waza
 - 6. All techniques and Kata from lower grades.
- E. Competitive Ability:
- 1. Thorough understanding of sport judo.
 - 2. Understanding of IJF Contest Rules as modified by AJI.
 - 3. Referee at least ten matches in at least five tournaments.
- F. Time in Grade as Ikkyu:
- 1. 3 years and 432 hours of practice.

8. Nidan (Black Belt Second Degree)

- A. General Eligibility Requirements:
 - 1. Must meet General Eligibility Requirements A, B, C, D, E, and F.
 - 2. Regular practice and attendance.
- B. General Knowledge:
 - 1. Class "E" Referee License.
 - 2. Current Red Cross First Aid and CPR cards.
 - 3. Appropriate vocabulary.
 - 4. Improved skills with all lower rank requirements.
- C. Assigned Reading:
 - 1. Four books approved by the head instructor or the Chairman of the Board of Examiners, however one book shall be related to physical education and one shall be related to counseling.
- D. Ability to demonstrate:
 - 1. Throwing Techniques (Nage Waza):
 - a. All throws from the Go Kyo No Waza.
 - b. Additional throws:
 - 1) Obi Otoshi – Belt Drop
 - 2) Seoi Otoshi – Shoulder Drop
 - 3) Yama Arashi – Mountain Storm
 - 4) O Soto Otoshi – Major Outer Drop
 - 5) Daki Wakare – Embrace Parting (or Separation)
 - 6) Hikikomi Gaeshi – Pull Down Reversal
 - 7) Tawara Gaeshi – Rice Bag Reversal
 - 8) Uchi (Mata) Makikomi – Inner Thigh Reaping Wraparound Throw
 - 2. Strangulation Techniques (Shime Waza):
 - 1) Ryo Te Jime – Two Hands Strangle
 - 2) Tsukkomi Jime – Thrust(ing) Strangle
 - 3. Joint Locking Techniques (Kansetsu Waza):
 - 1) Ude Hishigi Te Gatame – Hand Arm Lock
 - 2) Ude Hishigi Ashi Gatame – Leg Arm Lock
 - 4. Transition Techniques:
 - a. Throw to Hold:
 - 1) Transition that you teach.
 - b. Hold to Choke:
 - 1) Transition that you teach.
 - c. Your Throw to Your Throw (Combinations):
 - 1) Five of your favorite combinations using your favorite throw.
 - d. Your Hold to Your Hold:
 - 1) Demonstrate a ne waza routine used to teach smooth transitions between holds.
 - e. Opponents Throw to Your Throw:
 - 1) Five favorite counters to typical contest throws.
 - f. Opponents Hold to Your Hold:
 - 1) Demonstrate escaping routines for the most common

competition holds.

5. Kata:
 - a. Nage No Kata:
 - 1) Complete kata.
 - b. Katame No Kata:
 - 1) Complete kata.
 6. All techniques and Kata from lower grades.
- E. Competitive Ability:
1. Excellent understanding of sport judo.
 2. Thorough understanding of IJF Contest Rules as modified by AJI.
 3. Referee at least twenty matches in at least five tournaments, two of which must be in the Alaska State Judo Championships or a similar tournament approved by your head instructor or the Chairman of the Board of Examiners.
- F. Time in Grade as Shodan:
1. 4 years and 567 hours of practice.

9. Sandan (Black Belt Third Degree)

- A. General Eligibility Requirements:
 - 1. Must meet General Eligibility Requirements A, B, C, D, E, and F.
 - 2. Regular practice and attendance.
- B. General Knowledge:
 - 1. Class "D" Referee License.
 - 2. Current Red Cross First Aid and CPR cards.
 - 3. Appropriate vocabulary.
 - 4. Improved skills with all lower rank requirements.
- C. Assigned Reading:
 - 1. Five books approved by the head instructor or the Chairman of the Board of Examiners, however at least two books shall be related to coaching techniques.
- D. Ability to demonstrate:
 - 1. Throwing Techniques:
 - a. All throws from the lower ranks.
 - b. Additional throws:
 - 1) Morote Gari – Two Hand Reap
 - 2) Kibisu Gaeshi – Heel Trip Counter
 - 3) Daki Age – High Lift
 - 4) Ko Uchi Gaeshi – Minor Inner Reap Counter
 - 5) O Soto Gaeshi – Major Outer Reap Counter
 - 6) Uchi Mata Gaeshi – Inner Thigh Reaping Throw Counter
 - 7) Kani Basami – Scissors Throw (banned for competition)
 - 8) Kawazu Gake – One Leg Entanglement (banned for competition)
 - 9) Uchi Mata Makikomi – Inner Thigh Reaping Wraparound Throw
 - 10) Ippon Seoi Nage – One Arm Shoulder Throw
 - 11) Kuchiki Taoshi – One Hand Drop
 - 12) Uchi Mata Sukashi – Inner Thigh Reaping Throw Slip
 - 13) Tsubame Gaeshi – Swallow Counter
 - 14) O Uchi Gaeshi – Major Inner Reap Counter
 - 15) Harai Goshi Gaeshi – Sweeping Hip Counter
 - 16) Hane Goshi Gaeshi – Springing Hip Counter
 - 17) O Soto Makikomi – Major Outer Wraparound Throw
 - 18) Harai Makikomi – Sweeping Hip Wraparound Throw
 - 19) Sode Tsuru Komi Goshi – Sleeve Lift-Pull Hip Throw
 - 2. Transition Techniques:
 - a. Throw to Hold:
 - 1) Transitions that you teach.
 - 2) Transitions using the additional throws.
 - b. Hold to Choke:
 - 1) Transitions that you teach.
 - c. Your Throw to Your Throw (Combinations):
 - 1) Five of your favorite combinations using your favorite

- additional throw.
 - d. Your Hold to Your Hold:
 - 1) Demonstrate a Ne Waza routine used to teach smooth transitions between holds.
 - e. Opponents Throw to Your Throw:
 - 1) Five favorite counters to typical contest throws.
 - 2) Five counters using the additional throws.
 - f. Opponents Hold to Your Hold:
 - 1) Demonstrate escaping routines for the most common competition holds.
 - 3. Kata:
 - a. Nage No Kata:
 - 1) Complete kata.
 - b. Katame No Kata:
 - 1) Complete kata.
 - c. Kata of your choice, as approved by the head instructor or the Chairman of the Board of Examiners:
 - 1) Complete kata.
 - 4. All techniques and Kata from lower grades.
- E. Competitive Ability:
 - 1. Excellent understanding of sport judo.
 - 2. Excellent understanding of IJF Contest Rules as modified by AJI.
 - 3. Referee at least thirty matches in at least ten tournaments, four of which must be in the Alaska State Judo Championships or a similar tournament approved by your head instructor or the Chairman of the Board of Examiners.
- F. Time in Grade as Nidan:
 - 1. 6 years and 864 hours of practice.