

# Judo Link Club Rank Promotion Guide

## *1<sup>st</sup> Dan (degree) - Black Belt Requirement*

Updated: May 2020

**Standing Techniques / Tachi-waza:** must perform uchi-komi and nage-komi



Sumi-otoshi / (Frontal) corner drop



Uki-otoshi / Floating (rear) drop



Ko-uchi-gaeshi / Small inner (sweep) counter



Ashi-guruma / Foot wheel throw



O-guruma / Major wheel



Harai-goshi-gaeshi / Hip sweep counter



Tawara gaeshi / Rice bale reversal





Uchi-mata-makikomi / Inner thigh winding throw



Uchi-makikomi / Inner winding throw (usually as a follow up to an over-rotated seio-nage)



Yoko-gake / Side hook

 <p>Hane-makikomi / Hip spring inner winding throw</p>	 <p>Daki-agi / High lift (slam) <b>*Forbidden in randori and competition</b></p>
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### Ground techniques / Ne-Waza:

 <p>Ura-gatame / Backward hold</p>	 <p>Sankaku-gatame / Triangle armlock</p>
 <p>Okuri-eri-jime / Sliding collar strangle variation from bottom</p>	 <p>Jigoku-jime / Hell strangle This is a variation of okuri-eri-jime</p>

### **Combinations:**

Seio-nage to kibisu-gaeshi

Seio-nage to morote-gari (complete rotation as a feint)

Uchi-mata to tai-otoshi

Ko-uchi-gari to tomoe-nage

O-uchi-gari to tomoe-nage

O-soto-gari to ko-soto-gari on the far leg

Belt-grab Hikikomi to:

1. Ko-uchi-gari
2. O-uchi-gari
3. Harai-goshi
4. O-soto-gari

Leg-grab Hikikomi Gaeshi to:

1. Ko-soto-gari
2. O-uchi-gari
3. Harai-goshi
4. Sukui-nage

### **Continuation from tachi-waza to ne-waza**

Over-arm grip putting your overreaching arm through his arm to create a standing ude-garami setup, continue with hikikomi-gaeshi, and finish with ude-garami without releasing your grips

Uke fails an attack, falls on his knees, you do forwarding rolling okuri-eri-jime

Failed tomoe-nage or yoko-tomoe-nage to juji-gatame

### **Transition on the ground:**

Turn-over: (when opponent is in the "turtle" position)

Arm scooping series: Grab the belt and feint turning uke toward his free arm, and if he resists toward his scooped arm, use the resistance and roll parallel to him and bring him around.

Rolling uke into ura-gatame over his head

Saso-jime (skirt strangle): Send your near side arm under uke's arm pit across his chest(facing the same direction as uke), send your judo gi skirt to that arm next to his neck, cut the slack and put your leg over his head for pressure as you sit back.

Facing uke, grab the side of his belt, hook your far side foot inside next to his leg, slide under opponent with your other leg, trap one arm with your body, lift under the other armpit and reverse using your feet to assist

Sankaku-jime from opponent's back

Forbidden Technique: Daki-agi (High lift slam)

From yoko-shiho-gatame:

When uke rolls away from you do okuri-eri-jime with the arm that is controlling his head.

Defense:

Defense against uke who has taken your arm on one side for ude-garami from sitting position

Defense against opponent who has one leg intertwined around your leg from the inside out from the bottom while you are standing

Bottom position:

*Close distance:*

Ashi sankaku gatame

Sitting up, double underhook with your feet behind uke's knees, fall back and lift him up. When he spreads his arms out to defend, take one arm and switch to hiza-gatame

*Medium distance:*

Okuri-eri-jime using leg assisting

Cross-grip okuri-eri-jime with the other hand reaching over uke's back and grabbing his belt

*Far distance:*

When uke is standing use sit-up leg hugging to 1: take down by tripping him backward or 2: kata-guruma or uki-waza

Trapped leg:

*When you are trying to free you leg*

Insert your arm under his far side arm and trap his wrist, use his judo gi lapel skirt or his belt to wrap around his wrist and hold it. Free your trapped leg.

*When you are on the bottom*

1. Raise his hips up, position yourself perpendicular, grab his belt from behind and pull him back
2. Grab his belt over uke's shoulder, hook his ankle with your inside foot, and prop on your outside foot (intertwine) and use that leg to flip him to the side.

Leg pass:

Sheen sliding pass with strong bow and arrow arm action

Double under-hook hip switch pass to sankaku-jime