

Judo Link Club Rank Promotion Guide

2nd Kyu (class) - *Brown Belt Requirement*

Updated: March 2022

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



Seio-otoshi / Drop shoulder throw



Tsure-komi-goshi / Lifting hip throw



Harai-tsure-komi-ashi / Hip lifting ankle prop



O-soto-otoshi / Major outer drop



Tsubame-gaeshi / Swallow counter



O-soto-gaeshi / Major outer counter



Kuchiki-taoshi / Fallen tree or one-hand drop



Uchi-mata-sakashi / Inner thigh throw avoidance



Yoko-otoshi / Side drop



Yoko-wakare / Side separation



Harai-makikomi / Winding hip sweep



Ko-uchi-makikomi / Minor inner winding throw

Combinations:

Forward feint attack -> ko-soto-gake

O-soto-gari -> harai-makikomi

Ko-soto-gari -> Yoko-otoshi

Ippon seio-nage feint -> Yoko-otoshi

A backward ashi-waza -> seio-otoshi

Ippon seio-nage -> Ko-uchi-makikomi

Ground techniques / Ne-Waza:



Do-jime / Body scissors (forbidden technique to squeeze in randori or tournament)



Kuzure kesa-gatame / Scarf hold variation



Ashi-gatame / Leg-on-arm lock



Hiza-gatame / Knee-on-arm lock



Ryo-te-jime / Two-hand strangle



Ushiro kesa-gatame / backward scarf hold

Continuation from tachi-waza to ne-waza

Harai-makikomi -> Kuzure kesa-gatame

Harai-makikomi -> ude-gatame

Opponent attacks with morote-gari and fails -> frontal kata-gatame (arm triangle style) or omote hadaka-jime (frontal naked strangle)

Transition on the ground:

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

Grab uke's judo gi skirt on his lower from under across his belly, roll and turn

Leg lifting sitting entry to juji-gatame: Lift his arm with your opposite arm, facing your uke, sit back and lift him (flip over) with you leg for juji-gatame

Cross chest hand clasping roll into kata-gatame (Francesco Bruyere roll)

Forbidden Technique 3/4: Do-jime (body scissors / 胴絞)

From tate-shiho-gatame:

When uke rolls away from you when you attempt to do juji-gatame, follow to finish it with both face down.

Defense:

Defense against straight knee lock executed from the top

Defense against opponent who has biceps control with his feet or intertwine his legs around your arms

Defense again opponent who is on the bottom position uses outside leg hook

Bottom position:

Close distance:

Kata-gatame reversal

Medium distance:

Shin on belly reversal: One foot on uke's biceps, place your shin on his belly and control his leg closest to your head, as he passes reverse him.

Far distance:

Okano style Leg outside hook reversal by spreading uke's legs with your non-hooking leg

Trapped leg:

When you are trying to free you leg

Head control (wrap your arm around uke's neck and grab your own lapel):
raise your knee, then hips, then push his leg away with your free leg

When you are on the bottom

Leg trapping and lifting reversal using your leg

Leg pass:

Double under-hook hip switch pass

Leg drag pass