PANAMERICAN JUDO CONFEDERATION

ANNEX II

RULES FOR THE AWARDING OF THE IJF OFFICIAL DAN GRADES 1ST TO 10TH DAN

Panamerican Dan Grade System

June 2026

INTERNATIONAL JUDO FEDERATION

APPENDIX 2

RULES FOR THE AWARDING OF IJF OFFICIAL JUDO DAN GRADES 1ST TO 10TH DAN

GRADE EXAMINATIONS

Original version in French
Version January 2026

TABLE OF CONTENT

Judo grade 3

1st Dan programme Sho-Dan 4

2nd Dan programme Ni-Dan 6

3rd Dan programme San-Dan 8

4th Dan programme Yon-Dan 10

5th Dan programme Go-Dan 12

6th Dan programme Roku-Dan 14

7th Dan programme Shichi-Dan 16

8th Dan programme Hachi-Dan 18

9th Dan programme Kyu-Dan 20

10th Dan programme Ju-Dan 22

Appendix « Kodokan Gokyo » 23

JUDO GRADE

JUDO GRADE

This document presents the programmes for 1st to 10th dan. This programme is for face-to-face examinations on the tatami. Video examinations (at the project stage) will be conducted by the IJF Academy on the basis of this programme.

The grade system is the basis of the judo education system.

Our discipline was created by Jigoro Kano as a system of physical, mental and social education through the practice of judo. Grades are used to measure the progress made by judoka. This progress is assessed primarily in the field of judo, but also in terms of the individual's personal orientation for the benefit of society.

The three components of the grade are:

- The "shin" (mind), which is evidenced by personal engagement with others and the judo that judoka produce, but also through their radiance and example.
- The "gi" (study, work), which is evaluated via technical knowledge.
- The "tai" (body) that one can manipulate in the assessment of the individual through sporting results, efficiency.

NOTE

1. The IJF is the only international reference for the award of judo grades (dan). The IJF member federations are the only national bodies recognised by the IJF for awarding the judo dan grades in their countries.

2. Video examinations may be organised in accordance with the attached programmes. Organisational details will be specified in a dedicated set of specifications.

1ST DAN PROGRAMME
SHO-DAN

DEFINITION
The 1st dan of the black belt represents entry into the family of experienced judoka.It guarantees knowledge of the technical base of judo and technical efficiency.
The 1st dan rewards supportive and respectful social behaviour.

OBJECTIVES
A judoka must be aware of the magnitude of knowledge still to be acquired, in particular regarding competition, which is a means of personal progress.
In addition to their own personal development, a sho-dan must begin to invest in the development of the judo community and the promotion of human values.

AGE AND DEADLINES FOR PASSING THE IJF GRADES

- Be at least 15 years old
- Have at least 1 year at brown belt, delivered by a club affiliated to an IJF member national federation.

1ST DAN EXAMINATION

PROGRAMME
1. The examination begins with a brief presentation by the candidate on their judo background.
2. Mondo test.
3. Kata test.
4. Technical test: 5 nage-waza and 5 ne-waza techniques chosen randomly, one of which must be in the specific programme for the grade of the examination. (Appendix “Kodokan Gokyo techniques”.) Candidates must have at least 15 minutes to prepare their presentation with their uke.
5. Exercices specified below.

MONDO TEST (HISTORY AND CULTURE) 1ST DAN
A 5-minute introduction can be presented to young judoka to stimulate reflection and discussion on judo history and human values.
Subject : “The origin of judo and judo as a form of education for the individual, above all”.

KATA 1ST DAN
Complete nage-no-kata complet (tori & uke).

TECHNICAL PROGRAMME: 1ST DAN

Technical objective: to know the 100 techniques of the Gokyo at 2nd dan level.
For the breakdown of techniques between the 1st and 2nd dan, please refer to the appendix "IJF colour belts programme".

Nage-waza technical test

Technical test: 5 randomly selected nage-waza, including one from the specific kyu programme and one from the examination grade programme.
The complete kyu programme and 1st dan programme are as follows:
Uchi-mata-sukashi, yama-arashi, uchi-mata-gaeshi, haraï-goshi-gaeshi, hane-goshi-gaeshi, haraï-tsurikomi-ashi, ko-soto-gake, o-soto-guruma, hikikomi-gaeshi, daki-wakare, yoko-otoshi, yoko-wakare.

Ne-waza technical test

Technical test: 5 ne-waza techniques chosen at random from the total programme for coloured belts and the following techniques: ryo-te-jime, tsuki-komi-jime.

JUDO EXERCICES: 1ST DAN

Kagari-gaeko, 2 min (randori with one attacking)
Uchi-komi, 1 min (repetition of a technique)
Static nage-komi right and left (10 throws right and 10 throws left)
Nage-komi while moving (15 throws right and 15 throws left).

2ND DAN PROGRAMME
NI-DAN

DEFINITION
The 2nd dan reinforces the sense of belonging to the judo family. It is the grade for working on understanding and personalising technical knowledge.
A 2nd dan must be an example, one of the leaders within the club.

OBJECTIVES
A judoka must become aware of the magnitude of the knowledge he/she still has to acquire, in particular regarding competition, which is a means of personal progress and not a sole goal; it is an exciting activity necessary for personal progression.
In addition to their personal progression, 2nd dan judoka must be committed to the development of the club as a whole and the transmission of judo, which is more than just a sport.
The 2nd dan allows the choice of commitment to become more defined in practice (technical, competition, manager, referee etc).

AGE AND DEADLINES FOR PASSING THE IJF GRADES

- Be at least 16 years old.
- Have at least 1 year at 1st dan, ratified by a national federation or the IJF.

2ND DAN EXAMINATION

PROGRAMME
1. The examination begins with a brief presentation by the candidate on their judo background.
2. Mondo test.
3. Kata test.
4. Technical test with 5 nage-waza and 5 ne-waza techniques chosen randomly, one of which must be in the specific programme for the grade of the examination. (Appendix “Kodokan Gokyo techniques”.) Candidates must have at least 15 minutes to prepare their presentation with their uke.
5. Exercises specified below.

MONDO TEST (HISTORY AND CULTURE) 2ND DAN
A 5-minute oral presentation that can be delivered to teachers or coaches to stimulate discussion and debate on judo discipline and education systems.
Subject : “Judo more than sport”.

KATA 2ND DAN
Complete katame-no-kata (tori & uke).
If this is the candidate’s first IJF grade (dan), he/she must also perform a series from nage-no-kata (in the programme for 1st dan) as tori, chosen randomly.

TECHNICAL PROGRAMME : 2ND DAN

Technical objective: to know the 100 techniques of the Gokyo at 2nd dan level.
For the breakdown of techniques between the 1st and 2nd dan, please refer to the appendix "Kodokan Gokyo Techniques".

Technical test: 5 nage-waza and 5 ne-waza techniques chosen randomly, one of which must be in the specific programme for the grade of the examination. Candidates must have at least 15 minutes to prepare their presentation with their uke (Appendix 'Kodokan Gokyo techniques.')

Technical nage-waza test

Technical test: 5 nage-waza techniques chosen randomly, including one from the specific programme for the level of examination.
Complete Gokyo programme including the following 9 techniques from the 2nd dan programme:
kibisu-gaeshi (1 direction), kushiki-taoshi (1 direction), morote-gari, obi-otoshi, obi-tori-gaeshi, sukui-nage (3 versions), tawara-gaeshi, kani-basami, kawazu-gake.

Technical ne-waza test

Technical test: 5 ne-waza techniques chosen at random, including one from the specific programme for the grade of the exam.
Complete Gokyo programme including the following 2 techniques from the 2nd dan programme:
do-jime, ashi-garami.

JUDO EXERCICES 2ND DAN

Kagari-gaeko with at least 10 techniques performed over 2 minutes (randori with only one judoka attacking).
Nage-komi on the move, right and left (two series of 10 techniques right and left).
Nage-komi on the move with at least 4 different techniques to the right and to the left (10 throws right and 10 throws left).

3RD DAN PROGRAMME
SAN-DAN

DEFINITION
A 3rd dan is an accomplished judoka in terms of practice, becoming a technical reference and an example to all. The 3rd dan is confirmation of a long-term commitment to promoting the ideals of judo.

OBJECTIVES
After committing to learning techniques and seeking efficiency, the 3rd dan must understand the principles of the fundamental techniques and transmit the outcome of their research and knowledge.
Preparation for the 6th dan performance begins.

AGE AND DEADLINES FOR PASSING THE IJF GRADES

- Be at least 19 years old.
- Have at least 2 years at 2nd dan, ratified by an IJF member national federation.

3RDDAN EXAMINATION

PROGRAMME
1. The examination begins with a brief presentation by the candidate on their judo background.
2. Mondo test.
3. Kata test.
4. Technical test: 5 nage-waza and 5 ne-waza techniques chosen randomly, one of which must be in the specific programme for the grade of the examination. Candidates must have at least 15 minutes to prepare their presentation with their uke.
5. Exercices specified below.

MONDO (HISTORY AND CULTURE) 3RD DAN
A 5-minute oral presentation that can be delivered to teachers or coaches to stimulate discussion and debate on educational values and personal development for practitioners.
Subject : "To each their own judo, judo is a personal expression".

KATA 3RD DAN
Compete kime-no-kata (tori & uke).

If this is the candidate's first IJF grade (dan), he/she must also perform a series from katame-no-kata (in the programme for 2nd dan) as tori, chosen randomly.

TECHNIQUE : 3RD DAN

Techchique: to know the 100 techniques of the Gokyo.
(Appendix "Kodokan Gokyo Techniques".)

Technical test: 5 nage-waza and 5 ne-waza techniques chosen randomly, one of which must be in the specific programme of the Gokyo (candidates must have at least 15 minutes to prepare their presentation with their uke.

Technical nage-waza test
Technical test: 5 nage-waza chosen randomly.
Complete Gokyo programme.

Technical ne-waza test
Technical test: 5 ne-waza techniques chosen randomly.
Complete Gokyo programme.

JUDO EXERCICES 3RD DAN
Ne-waza randori, 2 min
Tachi-waza randori, 2 min
Nage-komi tachi-waza to ne-waza sequence of at least 5 different techniques. 10 sequences in total.

4TH DAN PROGRAMME
YON-DAN

DEFINITION
The 4th dan is a high-level grade awarded to people with significant experience in judo, whether specialised (competition, refereeing, kata, teaching, coaching, etc.) or multi-skilled. Holders of the 4th dan must have a wide influence beyond the club.
These persons are committed to developing judo and promoting it as a means of education.

OBJECTIVES
To be at the service of judo as a whole and to continue personal development regarding knowledge of judo in all its forms.
Preparation for the 6th dan examination.

AGE AND DEADLINES FOR PASSING THE IJF GRADES

- Be at least 22 years old.
- Have at least 3 years at 3rd dan ratified by an IJF member national federation.

4TH DAN EXAMINATION

PROGRAMME
1. The examination begins with a brief presentation by the candidate on their judo background.
2. Mondo test.
3. Kata test.
4. Technical test with 5 nage-waza and 5 ne-waza techniques chosen randomly, one of which must be in the specific programme for the grade of the examination (Appendix “Kodokan Gokyo Techniques”.)
5. Exercices specified below.

MONDO TEST (HISTORY AND CULTURE) 4TH DAN
A 10-minute oral presentation that can be delivered to teachers or coaches to stimulate discussion and debate on judo and its culture.
Subject : “Optimal use of energy”.

KATA 4TH DAN
Kodokan-goshin-jitsu 5 séries (tori & uke).

If this is the candidate’s first IJF grade (dan), he/she must also perform a series from kime-no-kata (in the programme for 3nd dan), as tori.

TECHNICAL TESTS 4TH DAN

Technical objective: to know all the techniques of the Gokyo while moving and know how to teach them, adapted to different levels, ages and styles of activity.

Nage-waza

Demonstration of a technique from each of the following groups: ashi-waza, koshi-waza, te-waza, sutemi-waza or makikomi. These techniques will be performed while moving and will be completed by a demonstration of pedagogical exercises used to teach them.

Ne-waza

Technical test: demonstration of one technique from each of the following groups: osae-komi-waza, kansetsu-waza, shime-waza. These techniques will be performed while moving and will be completed by a demonstration of pedagogical exercises used to teach them.
Refer to appendix “Kodokan Gokyo techniques” (one technique of the candidate’s choice).

JUDO EXERCICES 4TH DAN

Ne-waza randori 2 min.
Tachi-waza randori 2 min.
Nage-komi: tachi-waza to ne-waza sequence of at least 5 different techniques. 10 sequences in total.

5TH DAN PROGRAMME
GO-DAN

DEFINITION

This is the last grade before the 6th and 7th dan high grades. This grade is a significant achievement and a goal for all judoka.

The 5th dan is a technical reference. The holder of this grade has proven efficiency in their practical ability and has appropriated the judo educational values, retransmitting them due to their influence with judoka and outside the dojo in social situations.

OBJECTIVES

To put oneself at the service of judo as a whole and to continue one's personal development in their knowledge of judo and to work towards becoming an expert by passing the 6th dan examination.

AGE AND DEADLINES FOR PASSING THE IJF GRADES

- Be at least 24 years old.
- Have at least 4 years at 4th dan ratified by an IJF member national federation.

5TH DAN EXAMINATION

PROGRAMME

1. The examination begins with a brief presentation by the candidate on their judo background.
2. Mondo test.
3. Kata test.
4. Technical test: 5 nage-waza techniques and 5 ne-waza techniques chosen randomly, one of which must be in the specific programme for the examination grade. (Appendix "Kodokan Gokyo techniques".)
5. Exercices specified below.

MONDO (HISTORY AND CULTURE) 5TH DAN

A 10-minute introduction can be presented to teachers or coaches to stimulate discussion and debate.

Subject : "The values of the grade "Shin-Gi-Tai"".

KATA 5TH DAN

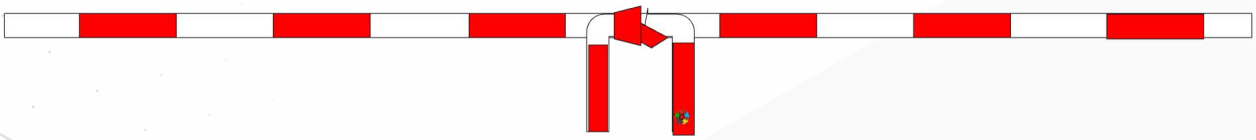
Complete juno-kata complet (tori & uke).

If this is the candidate's first IJF grade (dan), he/she must also perform a series from Kodokan Goshin Jutsu (4th dan programme), as tori.

TECHNIQUES 5TH DAN
(Technical objective: personal expression in several techniques, chosen by the candidate).

Nage-waza technical test
Demonstration of 2 techniques chosen by the candidate. Candidates must demonstrate their ability to use sequences, counter grips and the principle of the optimal use of energy. Duration: 10 minutes

Ne-waza technical test
Demonstration of 2 techniques chosen by the candidate. Candidates must demonstrate their technical ability in combinations, defence, counter-attacks and the principle of the optimal use of energy. Duration: 10 minutes.



6TH DAN PROGRAMME
ROKU-DAN
« HIGH GRADE »

DEFINITION
The 6th dan, together with the 7th dan, is in the "high grade" category and is represented by the opportunity to wear the prestigious white and red belt (with a traditional white judogi only). This belt may not be worn in competition.
White and red belt holders are considered "experts".
White and red belt holders have no specific, additional rights, only a duty to others and to judo.

OBJECTIVES
The high grades are the guardians of the values of judo, which they must promote.
They are at the service of judo and must continue to work for themselves to progress and thus improve judo as a whole.

AGE AND DEADLINES FOR PASSING THE IJF GRADES 6TH DAN					
	Competitor	**Referee**	**Elected official or committee member**	**National Coach**	**Club teacher**
A	Top 3 of the Olympic Games (OG) or senior world championships (WCS)	IJF	IJF Continental	Athletes of "A" category OG/WCS level	
B	Top 3 of the Paralympic Games Top 3 of the kata or Para/adaptive world championships Member of a senior national team	Continental	National	Athletes of "B" category	Senior international competitors
C	Top 3 in the veteran world championships Top 3 in the senior national championships	National	Regional	Athletes of "C" category	Senior national competitors
D	Other	Other	Other	Other	Other

AGE AND DEADLINES: 6TH DAN

Age: 50 years old and time since 5th dan: 12 years for candidates without bonus.

	Categories	Minimum age	Time since last validation	55 years	60 years	65 years	70 years	75 years and older
6th Dan	A	30 years	4 years	5	4	4	4	4
	B	35 years	8 years	7	7	6	6	6
	C	40 years	10 years	9	9	8	7	7
	D	50 years	12 years & 25 years of 1st Dan	11	10	9	8	7

PROGRAMME

1. The examination begins with a brief presentation by the candidate on their judo background.
2. Mondo test.
3. Kata test.
4. Technical test: 5 nage-waza and 5 ne-waza techniques chosen randomly, one of which must be in the specific programme for the examination grade. (Appendix "Kodokan Gokyo techniques").

CONTRIBUTION :

Mondo (History and culture) 6th dan

A 10-minute introduction that can be presented to teachers, coaches, media, decision-makers and the public to promote judo, stimulate discussion and encourage debate.

Subject : "Judo in a civil society".

KATA 6TH DAN

Complete koshiki-no-kata (tori).

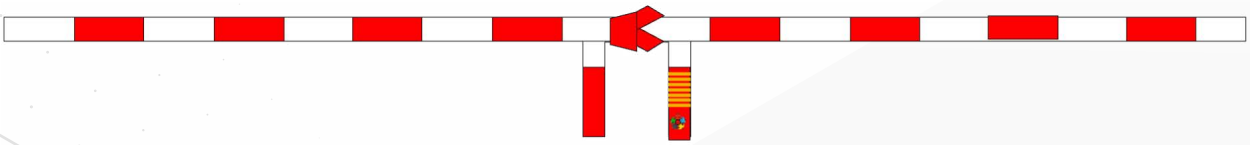
Candidates applying for the first IJF judo grade (dan) must also perform a series from ju-no-kata as tori (5th dan programme).

TECHNIQUE 6TH DAN

Technical objective : free physical presentation on the tatami.

Presentation of a performance of personal research on a particular subject (kumi-kata, standing-to-ground sequence, search for ippon, etc).

The performance will last 20 minutes.



7TH DAN PROGRAMME
SHICHI-DAN
« HIGH GRADE »

DEFINITION

7th dan judoka are "experts". In addition to their technical knowledge, 7th dan judoka help to achieve the ultimate goal of judo, as defined by Jigoro Kano, "…to contribute to the improvement of society through the education of individuals."

OBJECTIVES

Candidates for 7th dan must present, in view of the experience they have acquired, a "contribution" which the IJF and its member federations may use within the framework of its activities or its education system.
The high grades are the guardians of the values of judo, which they must promote.
They are at the service of judo and must continue to work for themselves to progress so that they can pass on their knowledge and thus improve judo as a whole.

AGE AND DEADLINES FOR PASSING THE IJF GRADES: 7TH DAN					
	Competitor	**Referee**	**Elected official or committee member**	**National Coach**	**Club teacher**
A	Top 3 of the Olympic Games (OG) or senior world championships (WCS)	IJF	IJF Continental	Athletes of "A" category OG/WCS level	X
B	Top 3 of the Paralympic Games Top 3 of the kata or Para/adaptive world championships Member of a senior national team	Continental	National	Athletes of "B" category	Senior international competitors
C	Top 3 in the veteran world championships Top 3 in the senior national championships	National	Regional	Athletes of "C" category	Senior national competitors
D	Other	Other	Other	Other	Other

CONTINENTAL UNION LEVEL : 7TH DAN

	Categories	Minimum age	Time since last validation	60 years	65 years	70 years	75 years and older
7th Dan	A	38 years	8 years	6	5	5	5
	B	45 years	10 years	8	7	6	6
	C	50 years	10 years & 25 years of 1st dan	9	8	7	7
	D	62 years	12 years & 30 years of 1st dan	11	10	9	8

PROGRAMME

1. The examination begins with a brief presentation by the candidates on their judo background
2. Personal contribution
3. Kata test.

PERSONAL CONTRIBUTION 7TH DAN

This contribution must be the result of personal research about judo and its physical and philosophical principles.

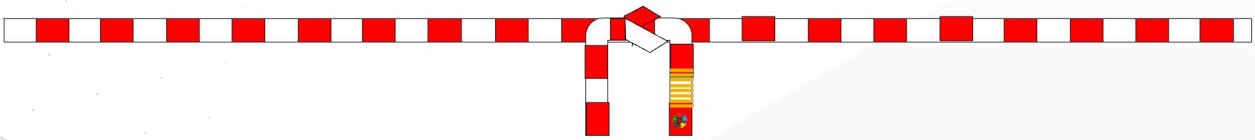
The presentation of this contribution will be either in the form of a video lasting approximately 20 minutes or a written presentation of at least 10 A4 pages, excluding illustrations.

KATA 7TH DAN

Complete itsutsu-no-kata (tori)

Candidates applying for their first IJF grade (dan) must also perform a randomly chosen series from koshiki-no-kata (6th dan programme) as tori.

The performance must be filmed without cuts for each of the kata if the performance is in video form and not in person.



8TH DAN PROGRAMME
HACHI-DAN
« SUPERIOR HIGH GRADE »
CONTINENTAL LEVEL

8TJ DAN CRITERIA
8th dan grade can only be awarded to those who: • have never stopped judo activity, have devoted themselves to judo without interruption whether in the field of competition, teaching, training, coaching, refereeing or administration. • have actively practised judo. • have an exemplary character, recognised for their charisma, radiance, ethics. • have had an exceptional career. • have been promoted gradually from 1st to 7th dan. • have had competitive results at least at national level. • are recommended by a national federation, a continental union or by high-ranking personalities from the judo world.

8TH DAN EXAMINATION

PROGRAMME
The 8th dan examination : the candidate will have to justify their expertise in their field during their career, if the previous grade is not an IJF grade.
1. The examination begins with a personal presentation of the candidate's background and knowledge of judo.
2. Presentation of mondo contribution.

THE EXAMINATION WILL ONLY BE IN VIDEO FORM OR IN PERSON WITH WRITTEN SUPPORT.
Two high grades of at least IJF 7th dan must attest that the candidate's performance is personal and of high quality.

CATEGORIES : 8TH DAN

	Competitor	Referee	Elected official or committee member	National Coach	Club teacher
A	Top 3 of the Olympic Games (OG) or senior world championships (WCS)	IJF	IJF Continental	Athletes of "A" category OG/WCS level	X
B	Top 3 of the Paralympic Games Top 3 of the kata or Para/adaptive world championships Member of a senior national team	Continental	National	Athletes of "B" category	Senior international competitors
C	Other	Other	Other	Other	Other

IJF LEVEL : 8TH DAN

	Categories	Minimum age	Time since last validation	60 years	65 years	70 years	75 years and olders
8th Dan	**A**	50 years	10 years	8	7	6	5
	B	60 years	15 years	13	11	9	7

Holders of the grade of 8th dan are "superior high grade" experts.
Through their extensive knowledge of judo, both technical and philosophical, as well as their social values, they are reference points and defenders of the principles of judo.

OBJECTIVES

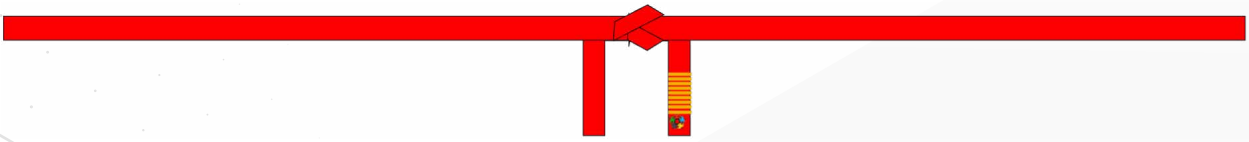
Candidates for 8th dan must submit a contribution (see below). The candidate will authorise the IJF to use it as part of its activities or education system.
Conscious of the importance of the transmission of knowledge, an 8th dan will put his/her energy into the transmission of the principles of judo built by Jigoro Kano and which make it more than a sport but a means of education at the service of society.

CONTRIBUTION

Mondo (History and culture) 8th Dan

The contribution must be the result of personal research about judo and its physical and philosophical principles. It will begin with a presentation of the candidate's judo career.

The video document must last approximately 30 minutes or a written presentation of at least 30 A4 pages, excluding illustrations.
The presentation will be made in one of the official languages of the IJF or its continental unions.



9TH DAN PROGRAMME
KYU-DAN
« SUPERIOR HIGH GRADE »
INTERNATIONAL LEVEL

DEFINITION
A 9th dan is a "superior high grade" expert who must have a continental and international influence.
They are a reference of wisdom above conflict.
They are accomplished judoka.

OBJECTIVES
Candidates for 9th dan should present free, undefined, artistic, philosophical, moral or social work. The candidate will authorise the IJF to use it as part of its activities or education system.
Conscious of the importance of the transmission of knowledge, a 9th dan will put his/her energy into the transmission of the principles of judo built by Jigoro Kano and which make it more than a sport but a means of education at the service of society.

9TH DAN CRITERIA

9th dan grade can only be awarded to those who:

- have never stopped judo activity, have devoted themselves to judo without interruption whether in the field of competition, teaching, training, coaching, refereeing or administration.
- have actively practised judo.
- have an exemplary character, recognised for their charisma, radiance, ethics.
- have had an exceptional career.
- have been promoted gradually from 1st to 8th dan.
- have had competitive results at least at national level.
- are recommended by a national federation, a continental union or by high grade personalities from the judo world.

CATEGORIES FOR BONUS ALLOCATION : 9TH DAN

	Competitor	Referee	Elected official or committee member	National Coach	Club teacher
A	Exceptional	Exceptional	Exceptional	Exceptional	Exceptional

PROGRAMME 9TH DAN

A 9th dan examination does not require the physical demonstration of techniques but the candidate is required to demonstrate his or her expertise in their field.

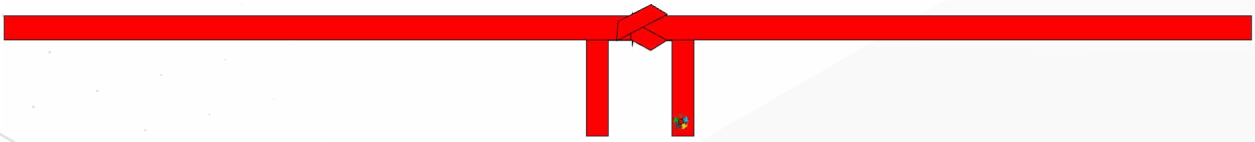
1. The performance begins with a personal presentation of the candidate's background and knowledge of judo. If 8th dan was the candidate's first IJF dan, the candidate must give information on his or her promotion to 8th dan.
2. Presentation of mondo contribution.

The examination will only be in video form or in person with written support.
Two high grades of at least IJF 8th dan must attest that the candidate's performance is personal and of high quality.

The presentation will be made in one of the official languages of the IJF or its continental unions.

MONDO (HISTORY AND CULTURE)

The contribution or work must be the fruit of a lifetime of experience in judo and its physical, moral, social and philosophical principles.



10TH DAN PROGRAMME
JU-DAN
« SUPREME GRADE »

10TH DAN RECOGNITION
REGISTRATION CONDITIONS: Only institutions (IJF member federations, continental unions and members of the IJF Executive Committee) may propose a candidate for the award of the supreme grade. The indicative deadlines of 70 years minimum age and 10 years deadline is adaptable to the personalities and particular cases that are these supreme grades.

10th Dan – Decision of the IJF Executive Committee

This exceptional grade, not governed by the regulations, is awarded only to exemplary people who have had international influence in the world of judo and beyond.

It can only be awarded to those who:

- have never stopped judo activity, have devoted themselves to judo without interruption whether in the field of competition, teaching, training, coaching, refereeing or administration.
- have actively practised judo.
- have an exemplary personality, recognised for their charisma, radiance, ethics.
- have had an exceptional career.
- have been promoted gradually from 1st to 9th dan, without being awarded several dan grades at the same time.
- have had competitive results at least at national level.
- have devoted themselves to the cause of judo without interruption.
- are of A category, except for special cases.

APPENDIX
KODOKAN GOKYO

	TE-WAZA (16 techniques)	NIV
1	Tai-Otoshi	5 Kyu
2	Ippon-Seoi-Nage	4 Kyu
3	Seoi-Nage (Morote)	4 Kyu
4	Sumi-Otoshi	3 Kyu
5	Uki-Otoshi (1 direction)	3 Kyu
6	Kata-Guruma	3 Kyu
7	Ko-Uchi-Gaeshi (2 versions)	2 Kyu
8	Seoi-Otoshi	2 Kyu
9	Uchi-Mata-Sukashi	1 Dan
10	Yama-Arashi (1 direction)	1 Dan
11	Kibisu-Gaeshi (1 direction)	2 Dan
12	Kuchiki-Taoshi (1 direction)	2 Dan
13	Morote-Gari	2 Dan
14	Obi-Otoshi	2 Dan
15	Obi-Tori-Gaeshi	2 Dan
16	Sukui-Nage (3 versions)	2 Dan

	ASHI-WAZA (21 techniques)	NIV
17	Hiza-Guruma	5 Kyu
18	Ko-Uchi-Gari	5 Kyu
19	O-Soto-Otoshi	5 Kyu
20	O-Uchi-Gari	5 Kyu
21	De-Ashi-Harai	4 Kyu
22	Ko-Soto-Gake	4 Kyu
23	Ko-Soto-Gari	4 Kyu
24	Okuri-Ashi-Harai	4 Kyu
25	O-Soto-Gari	4 Kyu
26	Ashi-Guruma	3 Kyu
27	O-Guruma	3 Kyu
28	Sasae-Tsuri-Komi-Ashi	3 Kyu
29	Uchi-Mata	3 Kyu
30	O-Soto-Gaeshi (2 versions)	2 Kyu
31	O-Uchi-Gaeshi	2 Kyu
32	Tsubame-Gaeshi	2 Kyu
33	Uchi-Mata-Gaeshi	1 Dan
34	Hane-Goshi-Gaeshi	1 Dan
35	Harai-Goshi-Gaeshi	1 Dan
36	Harai-Tsuri-Komi-Ashi	1 Dan
37	O-Soto-Guruma	1 Dan

	KOSHI-WAZA (10 techniques)	NIV
38	Uki-Goshi	5 Kyu
39	Koshi-Guruma	4 Kyu
40	O-Goshi	4 Kyu
41	Harai-Goshi	3 Kyu
42	Hane-Goshi	3 Kyu
43	Sode-Tsuri-Komi-Goshi	2 Kyu
44	Tsuri-Komi-Goshi	2 Kyu
45	Ushiro-Goshi	2 Kyu
46	Utsuri-Goshi	2 Kyu
47	Tsuri-Goshi	2 Kyu

	MA-SUTEMI-WAZA (5 techniques)	NIV
48	Tomoe-Nage	2 Kyu
49	Sumi-Gaeshi	2 Kyu
50	Ura-Nage	1 Kyu
51	Hikikomi-Gaeshi	1 Dan
52	Tawara-Gaeshi	2 Dan

	YOKO-SUTEMI-WAZA (16 techniques)	NIV
53	Hane-Makikomi	1 Kyu
54	Harai-Makikomi (2 versions)	1 Kyu
55	Ko-Uchi-Makikomi	1 Kyu
56	O-Soto-Makikomi	1 Kyu
57	Soto-Makikomi	1 Kyu
58	Tani-Otoshi (2 versions)	1 Kyu
59	Uchi-Makikomi	1 Kyu
60	Uchi-Mata-Makikomi	1 Kyu
61	Uki-Waza	1 Kyu
62	Yoko-Gake (1 direction)	1 Kyu
63	Yoko-Guruma	1 Kyu
64	Daki-Wakare	1 Dan
65	Yoko-Otoshi	1 Dan
66	Yoko-Wakare	1 Dan
67	Kani-Basami	2 Dan
68	Kawazu-Gake	2 Dan

	OSAEKOMI-WAZA (10 techniques)	NIV
69	Kuzure-Kesa-Gatame	5 Kyu
70	Yoko-Shiho-Gatame	5 Kyu
71	Kesa-Gatame	4 Kyu
72	Kami-Shiho-Gatame	4 Kyu
73	Tate-Shiho-Gatame	4 Kyu
74	Kata-Gatame	3 Kyu
75	Kuzure-Kami-Shiho-Gatame	3 Kyu
76	Ura-Gatame	3 Kyu
77	Ushiro-Kesa-Gatame	3 Kyu
78	Uki-Gatame	1 Kyu

	SHIME-WAZA (12 techniques)	NIV
79	Nami-Juji-Jime	2 Kyu
80	Hadaka-Jime	2 Kyu
81	Kata-Ha-Jime	2 Kyu
82	Okuri-Eri-Jime	2 Kyu
83	Sankaku-Jime	2 Kyu
84	Sode-Guruma-Jime	2 Kyu
85	Gyaku-Juji-Jime	2 Kyu
86	Kata-Juji-Jime	2 Kyu
87	Kata-Te-Jime	1 Dan
88	Ryo-Te-Jime	1 Dan
89	Tsukkomi-Jime	1 Dan
90	Do-Jime	2 Dan

	KANSETSU-WAZA (10 techniques)	NIV
91	Ude-Garami (2 versions)	1 Kyu
92	Ude-Hishighi-Ashi-Gatame	1 Kyu
93	Ude-Hishighi-Hara-Gatame	1 Kyu
94	Ude-Hishighi-Hiza-Gatame	1 Kyu
95	Ude-Hishighi-Juji-Gatame	1 Kyu
96	Ude-Hishighi-Sankaku-Gatame (2 versions)	1 Kyu
97	Te-Gatame	1 Kyu
98	Ude-Hishighi-Ude-Gatame	1 Kyu
99	Ude-Hishighi-Waki-Gatame	1 Kyu
100	Ashi-Garami	2 Dan

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