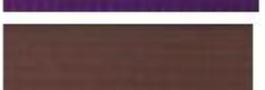




## IGF QUALIFICATIONS – BELT EXAM PROGRAM

	7 kyu.
	6 kyu.
	5 kyu.
	4 kyu.
	3 kyu.
	2 kyu.
	1 kyu.
	1 DAN

## **7 KYU (white belt with a yellow stripe)**

Exam can be taken only after the athlete has exercised for at least 3 months

1. **IGF history**
2. **Etiquette**
  - 2.1. Greet while standing (Ricu rej)
  - 2.2. Greet while kneeling (Dza rej)
  - 2.3. Meditation – focus, calming down (Mokuso)
3. **Kimono (Gi) folding**
4. **Belt (Obi) tying**
5. **Stances (Šisej)**
  - 5.1. Main attack stance (Šisentaj)
  - 5.2. Right attack stance (Migi šisentaj)
  - 5.3. Left attack stance (Hidari šisentaj)
  - 5.4. Main defense stance (Džigotaj)
  - 5.5. Right defense stance (Migi džigotai)
  - 5.6. Left defense stance (Hidari džigotai)
6. **Holds – (Kumikata)**

<u>Taking the exam with kimono-GI</u>	<u>Taking the exam without kimono-NOGI</u>
6.1. Holding on a sleeve and lapel	- Holding on a hand while the other hand passes through an armpit
6.2. Holding on lapels	- Holding on the neck with both hands
6.3. Holding on sleeves	- Holding on both hands
6.4. Holding on a sleeve and the belt	- Holding on the hand and hugging the waist
6.5. Holding on a sleeve and the back of the collar	- Holding on the hand and the neck
6.6. Holding on the pants	- Holding on the leg
6.7. Holding on a sleeve and pants	- Holding on a hand and a leg
6.8. Holding on a lapel and pants	- Holding on the neck and a leg
7. **Putting another person out of balance (Kazuši) – four directions.**
8. **Movement on the tatami (Šintaj)**
  - 8.1. In a regular step (Ajumi aši)
  - 8.2. Frequent stepping forwards and backwards (Cugi aši)
  - 8.3. Side stepping (Curi aši)
  - 8.4. Rotations, turns (Tai sabaki)
9. **Falling technique (Ukemi vaza)**
  - 9.1. Falling forwards on hands (Zempo ukemi)
  - 9.2. Falling backwards (Uširo ukemi)
  - 9.3. Falling sideways (Joku ukemi)
  - 9.4. Rolls forwards, backwards, over a shoulder (Maja ukemi)
10. **Throwing technique (Nage vaza) - 2**
11. **Control techniques (Osae komi vaza) - 1**
12. **Take-downs from a ground position - 2**
13. **Joint lock techniques (Kansecu vaza) - 2**
14. **Strangulation techniques (Shima vaza) - 1**
15. **General physical form**
  - 15.1. Push-ups - 10
  - 15.2. Bends (while raising hands and feet at the same time) - 10
  - 15.3. Squats with jumps upwards - 10
  - 15.4. Pull-ups - 2

16. **Fights – 2 (two) 3 minute fights** (Wrestling fight – whoever manages to bring one down on the ground, take control either from above or from the back and successfully perform a joint lock or a strangulation technique)

The examiner may order to wrestle from specific positions and situations (e.g. from a stance position; from a kneeling position; a situation when one is sitting and the other is in a stance position; from a guard or mount position)

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### **6 KYU (yellow belt)**

Exam can be taken only after 3 months have passed after the athlete had passed 7 kyu (white belt with a yellow stripe) exam.

1. **IGF history**
2. **Etiquette**
  - 2.1. Greet while standing (Ricu rej)
  - 2.2. Greet while kneeling (Dza rej)
  - 2.3. Meditation – focus, calming down (Mokuso)
3. **Kimono (Gi) folding**
4. **Belt (Obi) tying**
5. **Stances (Šisej)**
  - 5.1. Main attack stance (Šisentaj)
  - 5.2. Right attack stance (Migi šisentaj)
  - 5.3. Left attack stance (Hidari šisentaj)
  - 5.4. Main defense stance (Džigotaj)
  - 5.5. Right defense stance (Migi džigotai)
  - 5.6. Left defense stance (Hidari džigotai)
6. **Holds – (Kumikata)**

<u>Taking the exam with kimono-GI</u>	<u>Taking the exam without kimono-NOGI</u>
6.1. Holding on a sleeve and lapel	- Holding on a hand while the other hand passes through an armpit
6.2. Holding on lapels	- Holding on the neck with both hands
6.3. Holding on sleeves	- Holding on both hands
6.4. Holding on a sleeve and the belt	- Holding on the hand and hugging the waist
6.5. Holding on a sleeve and the back of the collar	- Holding on the hand and the neck
6.6. Holding on the pants	- Holding on the leg
6.7. Holding on a sleeve and pants	- Holding on a hand and a leg
6.8. Holding on a lapel and pants	- Holding on the neck and a leg
7. **Putting another person out of balance (Kazuši) – four directions.**
8. **Movement on the tatami (Šintaj)**
  - 8.1. In a regular step (Ajumi aši)
  - 8.2. Frequent stepping forwards and backwards (Cugi aši)
  - 8.3. Side stepping (Curi aši)
  - 8.4. Rotations, turns (Tai sabaki)
  - 8.5. Movement forwards, backwards and sideways while lying on the back.
9. **Falling technique (Ukemi vaza)**
  - 9.1. Falling forwards on hands (Zempo ukemi)
  - 9.2. Falling backwards (Uširo ukemi)
  - 9.3. Falling sideways (Joku ukemi)
  - 9.4. Rolls forwards, backwards, over a shoulder (Maja ukemi)
10. **Throwing technique (Nage vaza) - 3**

11. **Control techniques (Osae komi vaza)** - 2
12. **Take-downs from a ground position** - 4
13. **Joint lock techniques (Kansecu vaza)** - 5
14. **Strangulation techniques (Shima vaza)** - 2
15. **Escapes from a stance position finishing with a joint lock or strangulation technique - 2**
  - 15.1. Escape and finish from hand control - 1
  - 15.2. Escape and finish from neck control - 1
16. **Escapes from a ground position finishing with a joint lock or a strangulation technique - 5**
  - 16.1. Escape from control - 1
  - 16.2. Escape from guard - 1
  - 16.3. Escape from a joint lock technique - 1
  - 16.4. Escape from a strangulation technique - 1
17. **General physical form**
  - 17.1. Push-ups - 20
  - 17.2. Bends (while raising hands and feet at the same time) - 20
  - 17.3. Squats with jumps upwards - 20
  - 17.4. Pull-ups - 4
18. **Fights – 3 (three) 3 minute fights** (Wrestling fights – whoever manages to bring one down on the ground, take control either from above or from the back and successfully perform a joint lock or a strangulation technique)

The examiner may order to wrestle from specific positions and situations (e.g. from a stance position; from a kneeling position; a situation when one is sitting and the other is in a stance position; from a guard or mount position)

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### **5 KYU (orange belt)**

Exam can be taken only after 6 months have passed after the athlete had passed 6 kyu (yellow belt) exam.

1. **IGF history**
2. **Etiquette**
  - 2.1. Greet while standing (Ricu rej)
  - 2.2. Greet while kneeling (Dza rej)
  - 2.3. Meditation – focus, calming down (Mokuso)
3. **Kimono (Gi) folding**
4. **Belt (Obi) tying**
5. **Stances (Šisej)**
  - 5.1. Main attack stance (Šisentaj)
  - 5.2. Right attack stance (Migi šisentaj)
  - 5.3. Left attack stance (Hidari šisentaj)
  - 5.4. Main defense stance (Džigotaj)
  - 5.5. Right defense stance (Migi džigotai)
  - 5.6. Left defense stance (Hidari džigotai)
6. **Holds – (Kumikata)**

<u>Taking the exam with kimono-GI</u>	<u>Taking the exam without kimono-NOGI</u>
6.1. Holding on a sleeve and lapel	- Holding on a hand while the other hand passes

- through an armpit
- 6.2. Holding on lapels - Holding on the neck with both hands
- 6.3. Holding on sleeves - Holding on both hands
- 6.4. Holding on a sleeve and the belt - Holding on the hand and hugging the waist
- 6.5. Holding on a sleeve and the back of the collar - Holding on the hand and the neck
- 6.6. Holding on the pants - Holding on the leg
- 6.7. Holding on a sleeve and pants - Holding on a hand and a leg
- 6.8. Holding on a lapel and pants - Holding on the neck and a leg
7. **Putting another person out of balance (Kazuši) – eight directions.**
8. **Movement on the tatami (Šintaj)**
- 8.1. In a regular step (Ajumi aši)
- 8.2. Frequent stepping forwards and backwards (Cugi aši)
- 8.3. Side stepping (Curi aši)
- 8.4. Rotations, turns (Tai sabaki)
- 8.5. Movement forwards, backwards and sideways while lying on the back.
9. **Falling technique (Ukemi vaza)**
- 9.1. Falling forwards on hands (Zempo ukemi)
- 9.2. Falling backwards (Uširo ukemi)
- 9.3. Falling sideways (Joku ukemi)
- 9.4. Rolls forwards, backwards, over a shoulder (Maja ukemi)
10. **Throwing technique (Nage vaza) - 4**
11. **Control techniques (Osae komi vaza) - 3**
12. **Take-downs from a ground position - 6**
13. **Joint lock techniques (Kansecu vaza) - 8**
14. **Strangulation techniques (Shima vaza) - 3**
15. **Escapes from a stance position finishing with a joint lock or strangulation technique - 2**
- 15.1. Escape and finish from hand control - 1
- 15.2. Escape and finish from neck control - 1
16. **Escapes from a ground position finishing with a joint lock or a strangulation technique - 8**
- 16.1. Escape from control - 2
- 16.2. Escape from guard - 2
- 16.3. Escape from a joint lock technique - 2
- 16.4. Escape from a strangulation technique - 2
17. **Combinations from a stance position - 2**
- 17.1. A throw-down following a joint lock technique -1
- 17.2. A throw-down following a strangulation technique -1
18. **Combinations from a ground position - 2**
- 18.1. A take-down following a joint lock technique -1
- 18.2. A take-down following a strangulation technique -1
19. **General physical form**
- 19.1. Push-ups - 30
- 19.2. Bends (while raising hands and feet at the same time) - 30
- 19.3. Squats with jumps upwards - 30
- 19.4. Pull-ups - 6
20. **Fights – 4 (three) 3 minute fights** (Wrestling fights – whoever manages to bring one down on the ground, take control either from above or from the back and successfully perform a joint lock or a strangulation technique)

The examiner may order to wrestle from specific positions and situations (e.g. from a stance position; from a kneeling position; a situation when one is sitting and the other is in a stance position; from a guard or mount position)

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## 4 KYU (green belt)

Exam can be taken only after 6 months have passed after the athlete had passed 5 kyu (orange belt) exam

1. **IGF history**
2. **Etiquette**
  - 2.1. Greet while standing (Ricu rej)
  - 2.2. Greet while kneeling (Dza rej)
  - 2.3. Meditation – focus, calming down (Mokuso)
3. **Kimono (Gi) folding**
4. **Belt (Obi) tying**
5. **Stances (Šisej)**
  - 5.1. Main attack stance (Šisentaj)
  - 5.2. Right attack stance (Migi šisentaj)
  - 5.3. Left attack stance (Hidari šisentaj)
  - 5.4. Main defense stance (Džigotaj)
  - 5.5. Right defense stance (Migi džigotai)
  - 5.6. Left defense stance (Hidari džigotai)
6. **Holds – (Kumikata)**

<u>Taking the exam with kimono-GI</u>	<u>Taking the exam without kimono-NOGI</u>
6.1. Holding on a sleeve and lapel	- Holding on a hand while the other hand passes through an armpit
6.2. Holding on lapels	- Holding on the neck with both hands
6.3. Holding on sleeves	- Holding on both hands
6.4. Holding on a sleeve and the belt	- Holding on the hand and hugging the waist
6.5. Holding on a sleeve and the back of the collar	- Holding on the hand and the neck
6.6. Holding on the pants	- Holding on the leg
6.7. Holding on a sleeve and pants	- Holding on a hand and a leg
6.8. Holding on a lapel and pants	- Holding on the neck and a leg
7. **Putting another person out of balance (Kazuši) – eight directions.**
8. **Movement on the tatami (Šintaj)**
  - 8.1. In a regular step (Ajumi aši)
  - 8.2. Frequent stepping forwards and backwards (Cugi aši)
  - 8.3. Side stepping (Curi aši)
  - 8.4. Rotations, turns (Tai sabaki)
  - 8.5. Movement forwards, backwards and sideways while lying on the back.
9. **Falling technique (Ukemi vaza)**
  - 9.1. Falling forwards on hands (Zempo ukemi)
  - 9.2. Falling backwards (Uširo ukemi)
  - 9.3. Falling sideways (Joku ukemi)
  - 9.4. Rolls forwards, backwards, over a shoulder (Maja ukemi)
10. **Throwing technique (Nage vaza) - 5**
11. **Control techniques (Osae komi vaza) - 4**
12. **Take-downs from a ground position - 8**
13. **Joint lock techniques (Kansecu vaza) - 10**
14. **Strangulation techniques (Shima vaza) - 4**
15. **Escapes from a stance position finishing with a joint lock or strangulation technique - 8**
  - 15.1. Escapes and finishes from hand control - 2
  - 15.2. Escapes and finishes from neck control - 2
  - 15.3. Escapes and finishes from a frontal bodylock - 2

- 15.4. Escapes and finishes from a rear bodylock -2
16. **Escapes from a ground position finishing with a joint lock or a strangulation technique - 12**
- 16.1. Escapes from control - 3
- 16.2. Escapes from guard - 3
- 16.3. Escapes from a joint lock technique - 3
- 16.4. Escapes from a strangulation technique - 3
17. **Combinations from a stance position - 4**
- 17.1. A throw-down following a joint lock technique - 1
- 17.2. A throw-down following a strangulation technique - 1
18. **Combinations from a ground position - 4**
- 18.1. A take-down following a joint lock technique - 1
- 18.2. A take-down following a strangulation technique - 1
19. **General physical form**
- 19.1. Push-ups - 40
- 19.2. Bends (while raising hands and feet at the same time) - 40
- 19.3. Squats with jumps upwards - 40
- 19.4. Pull-ups - 8
20. **Fights – 5 (three) 3 minute fights** (Wrestling fights – whoever manages to bring one down on the ground, take control either from above or from the back and successfully perform a joint lock or a strangulation technique)

The examiner may order to wrestle from specific positions and situations (e.g. from a stance position; from a kneeling position; a situation when one is sitting and the other is in a stance position; from a guard or mount position)

### 3 KYU (blue belt)

Exam can be taken only after 6 months have passed after the athlete had passed 4 kyu (orange belt) exam

1. **IGF history**
2. **Etiquette**
  - 2.1. Greet while standing (Ricu rej)
  - 2.2. Greet while kneeling (Dza rej)
  - 2.3. Meditation – focus, calming down (Mokuso)
3. **Kimono (Gi) folding**
4. **Belt (Obi) tying**
5. **Stances (Šisej)**
  - 5.1. Main attack stance (Šisentaj)
  - 5.2. Right attack stance (Migi šisentaj)
  - 5.3. Left attack stance (Hidari šisentaj)
  - 5.4. Main defense stance (Džigotaj)
  - 5.5. Right defense stance (Migi džigotai)
  - 5.6. Left defense stance (Hidari džigotai)
6. **Holds – (Kumikata)**

<u>Taking the exam with kimono-GI</u>	<u>Taking the exam without kimono-NOGI</u>
6.1. Holding on a sleeve and lapel	- Holding on a hand while the other hand passes through an armpit
6.2. Holding on lapels	- Holding on the neck with both hands

- 6.3. Holding on sleeves - Holding on both hands
- 6.4. Holding on a sleeve and the belt - Holding on the hand and hugging the waist
- 6.5. Holding on a sleeve and the back of the collar - Holding on the hand and the neck
- 6.6. Holding on the pants - Holding on the leg
- 6.7. Holding on a sleeve and pants - Holding on a hand and a leg
- 6.8. Holding on a lapel and pants - Holding on the neck and a leg
- 7. **Putting another person out of balance (Kazuši) – eight directions.**
- 8. **Movement on the tatami (Šintaj)**
  - 8.1. In a regular step (Ajumi aši)
  - 8.2. Frequent stepping forwards and backwards (Cugi aši)
  - 8.3. Side stepping (Curi aši)
  - 8.4. Rotations, turns (Tai sabaki)
  - 8.5. Movement forwards, backwards and sideways while lying on the back.
- 9. **Falling technique (Ukemi vaza)**
  - 9.1. Falling forwards on hands (Zempo ukemi)
  - 9.2. Falling backwards (Uširo ukemi)
  - 9.3. Falling sideways (Joku ukemi)
  - 9.4. Rolls forwards, backwards, over a shoulder (Maja ukemi)
- 10. **Throwing technique (Nage vaza) - 6**
- 11. **Control techniques (Osae komi vaza) - 5**
- 12. **Take-downs from a ground position - 9**
- 13. **Joint lock techniques (Kansecu vaza) - 12**
- 14. **Strangulation techniques (Shima vaza) - 5**
- 15. **Escapes from a stance position finishing with a joint lock or strangulation technique - 12**
  - 15.1. Escapes and finishes from hand control - 3
  - 15.2. Escapes and finishes from neck control - 3
  - 15.3. Escapes and finishes from a frontal bodylock - 3
  - 15.4. Escapes and finishes from a rear bodylock - 3
- 16. **Escapes from a ground position finishing with a joint lock or a strangulation technique - 16**
  - 16.1. Escapes from control - 4
  - 16.2. Escapes from guard - 4
  - 16.3. Escapes from a joint lock technique - 4
  - 16.4. Escapes from a strangulation technique - 4
- 17. **Combinations from a stance position - 6**
  - 17.1. A throw-down following a joint lock technique - 3
  - 17.2. A throw-down following a strangulation technique - 3
- 18. **Combinations from a ground position - 6**
  - 18.1. A take-down following a joint lock technique - 3
  - 18.2. A take-down following a strangulation technique - 3
- 19. **General physical form**
  - 19.1. Push-ups - 50
  - 19.2. Bends (while raising hands and feet at the same time) - 50
  - 19.3. Squats with jumps upwards - 50
  - 19.4. Pull-ups - 10
- 20. **Fights – 6 (three) 3 minute fights** (Wrestling fights – whoever manages to bring one down on the ground, take control either from above or from the back and successfully perform a joint lock or a strangulation technique)

The examiner may order to wrestle from specific positions and situations (e.g. from a stance position; from a kneeling position; a situation when one is sitting and the other is in a stance position; from a guard or mount position)

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## **2 KYU (purple belt)**

Exam can be taken only after 6 months have passed after the athlete had passed 3 kyu (blue belt) exam

To take the 2 kyu (purple belt) exam, the person must have been a referee in at least 3 fights

1. **IGF history**

2. **Etiquette**

- 2.1. Greet while standing (Ricu rej)
- 2.2. Greet while kneeling (Dza rej)
- 2.3. Meditation – focus, calming down (Mokuso)

3. **Kimono (Gi) folding**

4. **Belt (Obi) tying**

5. **Stances (Šisej)**

- 5.1. Main attack stance (Šisentaj)
- 5.2. Right attack stance (Migi šisentaj)
- 5.3. Left attack stance (Hidari šisentaj)
- 5.4. Main defense stance (Džigotaj)
- 5.5. Right defense stance (Migi džigotai)
- 5.6. Left defense stance (Hidari džigotai)

6. **Holds – (Kumikata)**

Taking the exam with kimono-GI

6.1. Holding on a sleeve and lapel

6.2. Holding on lapels

6.3. Holding on sleeves

6.4. Holding on a sleeve and the belt

6.5. Holding on a sleeve and the back of the collar

6.6. Holding on the pants

6.7. Holding on a sleeve and pants

6.8. Holding on a lapel and pants

Taking the exam without kimono-NOGI

- Holding on a hand while the other hand passes through an armpit

- Holding on the neck with both hands

- Holding on both hands

- Holding on the hand and hugging the waist

- Holding on the hand and the neck

- Holding on the leg

- Holding on a hand and a leg

- Holding on the neck and a leg

7. **Putting another person out of balance (Kazuši) – eight directions.**

8. **Movement on the tatami (Šintaj)**

8.1. In a regular step (Ajumi aši)

8.2. Frequent stepping forwards and backwards (Cugi aši)

8.3. Side stepping (Curi aši)

8.4. Rotations, turns (Tai sabaki)

8.5. Movement forwards, backwards and sideways while lying on the back.

9. **Falling technique (Ukemi vaza)**

9.1. Falling forwards on hands (Zempo ukemi)

9.2. Falling backwards (Uširo ukemi)

9.3. Falling sideways (Joku ukemi)

9.4. Rolls forwards, backwards, over a shoulder (Maja ukemi)

9.5. Roll forwards (over a person who is lying on the ground)

9.6. Roll upwards (over a person who is bending down)

10. **Throwing technique (Nage vaza) - 7**

- 11. **Control techniques (Osae komi vaza)** - 6
- 12. **Take-downs from a ground position** - 10
- 13. **Joint lock techniques (Kansecu vaza)** - 14
- 14. **Strangulation techniques (Shima vaza)** - 7
- 15. **Escapes from a stance position finishing with a joint lock or strangulation technique - 16**
  - 15.1. Escapes and finishes from hand control - 4
  - 15.2. Escapes and finishes from neck control - 4
  - 15.3. Escapes and finishes from a frontal bodylock - 4
  - 15.4. Escapes and finishes from a rear bodylock - 4
- 16. **Escapes from a ground position finishing with a joint lock or a strangulation technique - 20**
  - 16.1. Escapes from control - 5
  - 16.2. Escapes from guard - 5
  - 16.3. Escapes from a joint lock technique - 5
  - 16.4. Escapes from a strangulation technique - 5
- 17. **Combinations from a stance position** - 8
  - 17.1. A throw-down following a joint lock technique - 4
  - 17.2. A throw-down following a strangulation technique - 4
- 18. **Combinations from a ground position** - 8
  - 18.1. A take-down following a joint lock technique - 4
  - 18.2. A take-down following a strangulation technique - 4
- 19. **General physical form**
  - 19.1. Push-ups - 60
  - 19.2. Bends (while raising hands and feet at the same time) - 60
  - 19.3. Squats with jumps upwards - 60
  - 19.4. Pull-ups - 12
- 20. **Fights – 7 (three) 3 minute fights** (Wrestling fights – whoever manages to bring one down on the ground, take control either from above or from the back and successfully perform a joint lock or a strangulation technique)

The examiner may order to wrestle from specific positions and situations (e.g. from a stance position; from a kneeling position; a situation when one is sitting and the other is in a stance position; from a guard or mount position)

### **1 KYU (brown belt)**

Exam can be taken only after 1 year has passed after the athlete had passed 2 kyu (purple belt) exam

To take the 1 kyu (brown belt) exam, the person must have been a referee in at least 5 fights

- 1. **IGF history**
- 2. **Etiquette**
  - 2.1. Greet while standing (Ricu rej)
  - 2.2. Greet while kneeling (Dza rej)
  - 2.3. Meditation – focus, calming down (Mokuso)
- 3. **Kimono (Gi) folding**
- 4. **Belt (Obi) tying**
- 5. **Stances (Šisej)**
  - 5.1. Main attack stance (Šisentaj)

- 5.2. Right attack stance (Migi šisentaj)  
 5.3. Left attack stance (Hidari šisentaj)  
 5.4. Main defense stance (Džigotaj)  
 5.5. Right defense stance (Migi džigotai)  
 5.6. Left defense stance (Hidari džigotai)
6. **Holds – (Kumikata)**
- | <u>Taking the exam with kimono-GI</u>               | <u>Taking the exam without kimono-NOGI</u>                        |
|---|---|
| 6.1. Holding on a sleeve and lapel                  | - Holding on a hand while the other hand passes through an armpit |
| 6.2. Holding on lapels                              | - Holding on the neck with both hands                             |
| 6.3. Holding on sleeves                             | - Holding on both hands   |
| 6.4. Holding on a sleeve and the belt               | - Holding on the hand and hugging the waist                       |
| 6.5. Holding on a sleeve and the back of the collar | - Holding on the hand and the neck                                |
| 6.6. Holding on the pants                           | - Holding on the leg  |
| 6.7. Holding on a sleeve and pants                  | - Holding on a hand and a leg                                     |
| 6.8. Holding on a lapel and pants                   | - Holding on the neck and a leg                                   |
7. **Putting another person out of balance (Kazuši) – eight directions.**
8. **Movement on the tatami (Šintaj)**
- 8.1. In a regular step (Ajumi aši)  
 8.2. Frequent stepping forwards and backwards (Cugi aši)  
 8.3. Side stepping (Curi aši)  
 8.4. Rotations, turns (Tai sabaki)  
 8.5. Movement forwards, backwards and sideways while lying on the back.
9. **Falling technique (Ukemi vaza)**
- 9.1. Falling forwards on hands (Zempo ukemi)  
 9.2. Falling backwards (Uširo ukemi)  
 9.3. Falling sideways (Joku ukemi)  
 9.4. Rolls forwards, backwards, over a shoulder (Maja ukemi)  
 9.5. Roll forwards (over a person who is lying on the ground)  
 9.6. Roll upwards (over a person who is bending down)
10. **Throwing technique (Nage vaza) - 8**
11. **Control techniques (Osae komi vaza) - 7**
12. **Take-downs from a ground position - 11**
13. **Joint lock techniques (Kansecu vaza) - 16**
14. **Strangulation techniques (Shima vaza) - 8**
15. **Escapes from a stance position finishing with a joint lock or strangulation technique - 20**
- 15.1. Escapes and finishes from hand control - 5  
 15.2. Escapes and finishes from neck control - 5  
 15.3. Escapes and finishes from a frontal bodylock - 5  
 15.4. Escapes and finishes from a rear bodylock - 5
16. **Escapes from a ground position finishing with a joint lock or a strangulation technique - 4**
- 16.1. Escapes from control - 6  
 16.2. Escapes from guard - 6  
 16.3. Escapes from a joint lock technique - 6  
 16.4. Escapes from a strangulation technique - 6
17. **Combinations from a stance position - 9**
- 17.1. A throw-down following a joint lock technique - 5  
 17.2. A throw-down following a strangulation technique - 4
18. **Combinations from a ground position - 9**
- 18.1. A take-down following a joint lock technique - 5  
 18.2. A take-down following a strangulation technique - 4

## 19. General physical form

- 19.1. Push-ups - 70
- 19.2. Bends (while raising hands and feet at the same time) - 70
- 19.3. Squats with jumps upwards - 70
- 19.4. Pull-ups - 14

## 20. Fights – 8 (three) 3 minute fights (Wrestling fights – whoever manages to bring one down on the ground, take control either from above or from the back and successfully perform a joint lock or a strangulation technique)

The examiner may order to wrestle from specific positions and situations (e.g. from a stance position; from a kneeling position; a situation when one is sitting and the other is in a stance position; from a guard or mount position)

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## 1 DAN (Black belt)

Exam can be taken only after 1 year has passed after the athlete had passed 1 kyu (brown belt) exam

To take the 1 Dan (black belt) exam, the person must have been a referee in at least 10 fights

### 1. IGF history

### 2. Etiquette

- 2.1. Greet while standing (Ricu rej)
- 2.2. Greet while kneeling (Dza rej)
- 2.3. Meditation – focus, calming down (Mokuso)

### 3. Kimono (Gi) folding

### 4. Belt (Obi) tying

### 5. Stances (Šisej)

- 5.1. Main attack stance (Šisentaj)
- 5.2. Right attack stance (Migi šisentaj)
- 5.3. Left attack stance (Hidari šisentaj)
- 5.4. Main defense stance (Džigotaj)
- 5.5. Right defense stance (Migi džigotai)
- 5.6. Left defense stance (Hidari džigotai)

### 6. Holds – (Kumikata)

Taking the exam with kimono-GI

- 6.1. Holding on a sleeve and lapel
- 6.2. Holding on lapels
- 6.3. Holding on sleeves
- 6.4. Holding on a sleeve and the belt
- 6.5. Holding on a sleeve and the back of the collar
- 6.6. Holding on the pants
- 6.7. Holding on a sleeve and pants
- 6.8. Holding on a lapel and pants

Taking the exam without kimono-NOGI

- Holding on a hand while the other hand passes through an armpit
- Holding on the neck with both hands
- Holding on both hands
- Holding on the hand and hugging the waist
- Holding on the hand and the neck
- Holding on the leg
- Holding on a hand and a leg
- Holding on the neck and a leg

### 7. Putting another person out of balance (Kazuši) – eight directions.

### 8. Movement on the tatami (Šintaj)

- 8.1. In a regular step (Ajumi aši)
- 8.2. Frequent stepping forwards and backwards (Cugi aši)
- 8.3. Side stepping (Curi aši)
- 8.4. Rotations, turns (Tai sabaki)
- 8.5. Movement forwards, backwards and sideways while lying on the back.
- 9. **Falling technique (Ukemi vaza)**
  - 9.1. Falling forwards on hands (Zempo ukemi)
  - 9.2. Falling backwards (Uširo ukemi)
  - 9.3. Falling sideways (Joku ukemi)
  - 9.4. Rolls forwards, backwards, over a shoulder (Maja ukemi)
  - 9.5. Roll forwards (over a person who is lying on the ground)
  - 9.6. Roll upwards (over a person who is bending down)
- 10. **Throwing technique (Nage vaza) - 10**
- 11. **Control techniques (Osae komi vaza) - 7**
- 12. **Take-downs from a ground position - 12**
- 13. **Joint lock techniques (Kansecu vaza) - 18**
- 14. **Strangulation techniques (Shima vaza) - 10**
- 15. **Escapes from a stance position finishing with a joint lock or strangulation technique - 24**
  - 15.1. Escapes and finishes from hand control - 6
  - 15.2. Escapes and finishes from neck control - 6
  - 15.3. Escapes and finishes from a frontal bodylock - 6
  - 15.4. Escapes and finishes from a rear bodylock - 6
- 16. **Escapes from a ground position finishing with a joint lock or a strangulation technique - 24**
  - 16.1. Escapes from control - 6
  - 16.2. Escapes from guard - 6
  - 16.3. Escapes from a joint lock technique - 6
  - 16.4. Escapes from a strangulation technique - 6
- 17. **Combinations from a stance position - 10**
  - 17.1. A throw-down following a joint lock technique - 6
  - 17.2. A throw-down following a strangulation technique - 4
- 18. **Combinations from a ground position - 10**
  - 18.1. A take-down following a joint lock technique - 4
  - 18.2. A take-down following a strangulation technique - 4
- 19. **General physical form**
  - 19.1. Push-ups - 80
  - 19.2. Bends (while raising hands and feet at the same time) - 80
  - 19.3. Squats with jumps upwards - 80
  - 19.4. Pull-ups - 16
- 20. **Fights – 10 (three) 3 minute fights** (Wrestling fights – whoever manages to bring one down on the ground, take control either from above or from the back and successfully perform a joint lock or a strangulation technique)

The examiner may order to wrestle from specific positions and situations (e.g. from a stance position; from a kneeling position; a situation when one is sitting and the other is in a stance position; from a guard or mount position)

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**Dan-kyu belt qualification assignation fee.**

7 kyu 20 eur  
6 kyu 25 eur  
5 kyu 35 eur  
4 kyu 40 eur  
3 kyu 50 eur  
2 kyu 60 eur  
1 kyu 70 eur  
1 DAN 120 eur.

The club that brings its athletes to take the qualification exam gets 15 percent back from the collected sum as an encouragement.