

Kukyu

(九級、きゅうきゅう)

The first promotion a student in Yawara faces is the kûkyu promotion. At this rank the demonstration of these requirements shows the joseki your abilities and your determination to succeed through Yawara.

Specifically required for kûkyu are:

1. Ukemi (受身、うけみ)
 - a. Squatting Ushiro Ukemi (後ろ受身、うしろうけみ)
 - b. Squatting Mae Ukemi (舞え受身、まえうけみ)
 - c. Squatting Yoko Ukemi (横受身、よこうけみ)
 - i. Migi Yoko Ukemi (右横受身、みぎよこうけみ)
 - ii. Hidari Yoko Ukemi (左横受身、ひだりよこうけみ)
 - d. Standing Zempo Kaiten Ukemi (然歩回転受身、ぜんぽかいてんうけみ)
 - i. Migi Zempo Kaiten Ukemi (右然歩回転受身、みぎぜんぽかいてんうけみ)
 - ii. Hidari Zempo Kaiten Ukemi (左然歩回転受身、ひだりぜんぽかいてんうけみ)
2. Nage waza (投げ技、なげわざ)
 - a. De ashi harai (出足払い、であしはらい)
 - b. Ogoshi (小越し、おごし)
3. Demonstrated knowledge
 - a. Seiza (正座、せいざ)
 - b. Anza (安座、あんざ)
 - c. Ritsurei (立礼、りつれい)
 - d. Zarei (座礼、ざれい)
 - e. Correct tying of the belt (obi)
 - f. Shizen hontai ()
4. Vocabulary
 - a. Counting to five in Japanese
 - i. Ichi (一、いち)
 - ii. Ni (二、に)
 - iii. San (三、さん)
 - iv. Shi/yon (四、し、よん)
 - v. Go (五、ご)
 - b. Rei (礼、れい)
 - c. Dôjô (道場)
5. General Knowledge
 - a. Dr. Jigoro Kano
 - b. Your instructor

Yawara Judo Association

KuKyū

Chart 4-1

	De ashi harai
--	---------------

Nage Waza

	O goshi
--	---------

Chart 4-26

	Zenpo kaiken ukemi (Standing)
	Ma ukemi (Squatting/Kneeling)
	Zarei
	Ritsurei

Miscellaneous

	Seiza
	Anza
	Proper tying of the belt
	Shizen hontai