

# BRITISH JUDO



BRITISH JUDO ASSOCIATION

# KYU GRADE PROMOTION SYLLABUS

Revised edition 1st January 2020



# KYU GRADE PROMOTION SYLLABUS

## INTRODUCTION

This syllabus, effective from 1st January 2020,, supersedes all previously published syllabi. All previously taken theory examinations that are higher than the contest grade are no longer valid - e.g. a judoka returning to judo with the competitive grade of 3<sup>rd</sup> Kyu (top Blue), but with the old theory signed up to 1<sup>st</sup> Kyu, is deemed to be a 2<sup>nd</sup> Kyu (Blue) not a 1<sup>st</sup> Kyu.

Within the British Judo Association (BJA) there are six Kyu grades. The grades are indicated by the following coloured belts:

6 <sup>th</sup> Kyu	Red Belt	3 <sup>rd</sup> Kyu	Green Belt
5 <sup>th</sup> Kyu	Yellow Belt	2 <sup>nd</sup> Kyu	Blue Belt
4 <sup>th</sup> Kyu	Orange Belt	1 <sup>st</sup> Kyu	Brown Belt

Promotion within the Kyu grades is based on technical knowledge and understanding, together with Japanese terminology and supplementary knowledge. There is no contest requirement in the Kyu Grade syllabus. However, there is a progressively structured Randori element at the higher grades, where at the highest level, Randori is based on open skills.

For grades up to and including 4th Kyu, promotion examinations should be completed within the candidate's club and can be examined by the same coach that instructed the candidate.

For promotion to 3rd Kyu and above, promotion examinations may be completed within the club, but candidates may also grade at Inter-club, area promotion examinations and at any other event such as a Technical Training course. It is good practice that the examiner should be different from the coach.

With regular study and training, the judoka should be able to complete the syllabus and attain the grade of 1<sup>st</sup> Kyu in approximately three years (the keen judoka may attain the grade of 1<sup>st</sup> Kyu after two years of diligent study). It is, however, vitally important that they all follow the progressive study of techniques detailed in this syllabus and attempt promotion to the next grade at regular intervals.

All judoka are encouraged to take increasing responsibility for their technical development as they progress through the grades and it may be necessary for them to undertake supplementary study and training in addition to that which is available at the judoka's club.

### IMPORTANT NOTES:

- 1. Candidates can only be graded one grade at a time. (See Fast Tracking on Page 6 and Fast Track Policy for exceptional circumstances)**
- 2. Although there is no contest requirement in this promotion syllabus, judoka are encouraged to participate in competition of the appropriate level for their age and experience. There are many competitive opportunities which can be used to supplement the judoka's technical development.**

## MINIMUM AGE

Judoka may choose to seek promotion under the Kyu Grade syllabus on reaching 14 years of age. Judoka are encouraged to seek advice from their coach on whether they should seek promotion under the Kyu Grade Syllabus. **Junior judoka holding the grade of 1st Kyu, aged 14, can collect promotion points towards their Dan grade in point scoring competitions, but are not able to enter Dan gradings until the age of 15. Age 15 is also**

## KYU GRADE PROMOTION SYLLABUS

**the minimum age they can register for promotion to 1st Dan as specified in the Dan Grade Syllabus.**

### AUTHORITY TO GRADE

The following may conduct examinations in accordance with the Memorandum and Articles of the Association and Bye-Laws of the association. They must have either a current valid coach or examiner's card, hold full current individual membership, have attended the appropriate grading revalidation module and are the only people authorised to submit a completed Grade Registration Sheet.

#### ***Novice to 5th Kyu***

BJA Level 1 coach - **see note**

#### ***Novice to 7<sup>th</sup> Kyu***

BJA Level 2 Coach - **see note**

BJA Level 3 Coach

BJA Senior Examiner

**Note** - Level 1 and Level 2 coaches that qualify from January 2013, must attend the appropriate Technical Grading Coach Re-validation module in order to be able to grade judoka

### ADMINISTRATION

All candidates must hold current full BJA Individual Membership: this membership number will be recorded on the Grade Registration Sheet or registering the grade on line or on The Dojo

Grading test success is registered at BJA Head Office within 28 days by completing the Grade Registration Sheet in accordance with the instructions on the sheet.

### GRADING FEES

The BJA charges a grade registration fee of £20 for all gradings (including transfers). This fee is used for the administration and development of the BJA's grading schemes and must be forwarded to the BJA along with the completed Grade Registration Sheet or paid on line.

The BJA recognises that organisers of gradings may require to add a surcharge to the £20 grading fee to cover additional costs such as venue hire, examiner's expenses etc. The BJA recommends a maximum surcharge of £5.00 as there is already a £5.00 rebate but recognises that grading organisers may charge more or less depending on circumstances. Any surcharge should be retained by the grading organiser and not sent to the BJA.

### TIME REQUIREMENTS AND FREQUENCY OF PROMOTIONS

#### ***Novice Up to and Including 5<sup>th</sup> Kyu***

Candidates may be promoted one Kyu grade per calendar month.

#### ***Promotion to 4<sup>th</sup> Kyu and Above***

Candidates may be promoted one Kyu grade every three calendar months. There is no limit to the number of attempts to gain promotion.

## **KYU GRADE PROMOTION SYLLABUS**

### **NOTES ON THE TECHNICAL REQUIREMENTS**

Techniques must be demonstrated in an appropriate practical situation and it is intended that the exam process should become greater in depth as the candidate progresses through the grades and acquires greater knowledge and understanding of Judo.

Some of the terminology that has been included in the earlier grades, is to ensure that the candidate is conversant with, for example, the main terms used in refereeing.

From 4<sup>th</sup> Kyu and above there is no specific Ukemi requirement. The candidate may, however, be required to act as Uke and must be able to demonstrate the level of Ukemi required by the grade.

All demonstrations will be presented in a formal manner either static or on the move to the candidate's preferred side. All techniques will be demonstrated once only. The examiner may ask for further demonstrations and also test that the candidate understands the key principles involved in the application of the technique, Kuzushi (balance breaking), Tsukuri (positioning), Kake (application of force), Kime (control). Techniques and applications must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and movement.

The examiner may decide to test the candidate on any items from any of the previous grades already passed.

Candidates for examination must wear clean judogi and maintain a high standard of personal hygiene. Hair must be secured back, if it is long enough to impede their partner.

No metallic or hard object including body piercings may be worn – rings must be removed, it is not sufficient to cover them with adhesive tape.

Candidates are to be conversant with the contest rules, in particular prohibited acts.

Male and Female candidates may be examined together, as can candidates of different age and physique.

It is strongly recommended that all judoka must have a record of contest activity on at least 2 occasions recorded in their BJA Record Book under "Record of Judo Events Attended", (signed by a BJA official or coach) before entering their first competitive Dan grading. They must be a minimum age of 15 to enter the Dan grading and to be promoted. SEs will carry out random checks of Record Books during the grading booking in process.

Although there are no specified requirements, the candidate must understand and observe the simple regulations and terminology governing Randori, including the correct method for signalling submission.

The grading assessment can be carried out in many ways, examples listed below:

- Holding a formal grading session where the judoka is tested on all of the grading requirements.
- Carrying out the assessment over a period of sessions until all grading requirements have been satisfied.
- Continuous assessment of the judoka during the period of instruction until the assessor/coach is satisfied that the judoka has demonstrated all the grading requirements.

## KYU GRADE PROMOTION SYLLABUS

If all requirements including time in grade have been satisfied, promotion is valid from the date in the Record Book, not from when the grade registration sheet is received by BJA office. However, if the requirements have not been satisfied the grade may be declared invalid by BJA office.

Formal notification to candidate of successful promotion can be carried out in many ways, examples listed below:

- Signing of Record Book and presentation to the judoka.
- Formal presentation of BJA certificate at end of class after grade is registered with BJA and certificate received.
- Formal presentation of new colour belt at end of class.

### RECOMMENDED COMPETITION/ RANDORI PROGRAMME

- 6th Kyu Judoka should be proficient in light Randori/Nage-komi/Ukemi sufficient to support entry into red belt events. Enters 1 red belt event or closed club competition - Level 1 (this can just be pairing of players for informal contest with a Level 2 coach refereeing)
- 5th Kyu Judoka should be proficient as above to support their participation in yellow belt competitions. Enters low Kyu grade competition for yellow belts or takes part in inter-club Randori or competition - Level 2.
- 4th Kyu Judoka participates in regular club Randori. Enters low level area or equivalent competitions Level 2 or multi club Randori such as that in county squad training.
- 3rd Kyu Judoka participates in above. Judoka enters area competitions or equivalent - Level 3. Judoka takes part in area or equivalent Randori/training.
- 2nd Kyu Judoka satisfies all above and enters an Area or equivalent championships - Level 3.
- 1st Kyu Judoka is competing and participating in a level of Randori that would prepare them to enter their first competitive Dan grading.

### PERSONAL CHOICE

For each grade there is an element of personal choice. This element has been included to encourage originality and to assist the judoka in developing a personal style which is suitable for their physique and personality.

### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

There is a limited amount of supplementary knowledge required, the main emphasis on the use of the correct Japanese terminology. For promotion to all grades, candidates are required to know the common English names and meaning of all Japanese terminology used for the grade and, where appropriate, must be able to discuss with the examiner the reasons for their choice of technique, grip etc.

### CONVERSION FROM THE MON GRADE SYLLABUS

Judoka of 14 years of age and above who hold a Mon grade may, if they wish, convert to the Kyu grade. The following table will be used for all Mon grade conversions. It may appear that

## KYU GRADE PROMOTION SYLLABUS

the Mon grade is converting to a lower level of examination; however, this is to cover the complete equivalent range of waza required. Players holding a Mon grade must be converted to the Kyu grade on reaching the age of 18. The coach must enter the conversion in the judoka's Record Book and inform the BJA office in writing by letter, e mail or Grade Registration Sheet of this conversion – there is no fee.

Judoka that do not have 3 Mon tabs that wish to convert to a Kyu grade of the same belt colour as their Mon grade, are permitted to fast track e.g. a 16th Mon Brown belt 1 tab can take both the 17<sup>th</sup> and 18<sup>th</sup> Mon assessments then convert to 1<sup>st</sup> Kyu. The coach would put on the Grade Registration Sheet FROM GRADE 16<sup>th</sup> Mon, TO GRADE 1<sup>st</sup> Kyu – the fee would be the normal grade registration fee of £20.

<i>Mon Grade</i>	<i>Kyu Grade</i>	<i>Mon Grade</i>	<i>Kyu Grade</i>
1st Mon	Novice	10th Mon	to 4th Kyu
2nd Mon	Novice	11th Mon	to 4th Kyu
3rd Mon	to 6th Kyu	12th Mon	to 3rd Kyu
4th Mon	to 6th Kyu	13th Mon	to 3rd Kyu
5th Mon	to 6th Kyu	14th Mon	to 3rd Kyu
6th Mon	to 5th Kyu	15th Mon	to 2nd Kyu
7th Mon	to 5th Kyu	16th Mon	to 2nd Kyu
8th Mon	to 5th Kyu	17th Mon	to 2nd Kyu
9th Mon	to 4th Kyu	18th Mon	to 1st Kyu

### CONVERSION FROM THE FORMER 9 KYU GRADE SYLLABUS

Judoka graded under the former 9 Kyu Grade Promotion Syllabus will have their grade converted according to the following table. There is no charge for this conversion and the conversion may be completed at any time prior to the first grading attempt under this syllabus. The judoka's Record Book may be updated by anyone with the authority to grade as previously specified in pages 2 and 3.

<i>Old 9 Kyu Syllabus</i>		<i>Current 6 Kyu Syllabus</i>
—		6 <sup>th</sup> Kyu (Red Belt)
9 <sup>th</sup> Kyu	}	5 <sup>th</sup> Kyu (Yellow Belt)
8 <sup>th</sup> Kyu		}
7 <sup>th</sup> Kyu	}	
6 <sup>th</sup> Kyu		}
5 <sup>th</sup> Kyu	}	
4 <sup>th</sup> Kyu		}
3 <sup>rd</sup> Kyu		
2 <sup>nd</sup> Kyu		
1 <sup>st</sup> Kyu		

### QUALITY CONTROL

Club gradings may be subject to visits from the Area Director of Examiners (ADofE) or BJA staff to provide support and ensure a consistent application of the examination criteria. These visits will be selected on a random basis as a means of sampling a percentage of the clubs within the area. The ADofE may appoint other authorised officials to carry out this responsibility.

## KYU GRADE PROMOTION SYLLABUS

Areas and Club gradings may be visited by the National Promotions and Gradings Manager (NPGM), again to ensure consistent application of the exam criteria.

### CANDIDATES FROM IJF/EJU MEMBER ORGANISATIONS

It is acknowledged that there are many Judoka from foreign countries residing in the UK and joining the BJA. If they hold a grade in an association that is a member of the International Judo Federation (IJF) or European Judo Union (EJU), then that grade is accepted by the BJA. Examiners are to convert the colour belt from the original association to the higher BJA grade e.g. An IJF Kyu Blue belt would become a BJA 2<sup>nd</sup> Kyu. The normal grade registration fee of £20 applies. If the judoka has no proof of grade, see fast tracking below.

### TRANSFER FROM NON BJA ORGANISATIONS

In a similar way to the process for recognising IJF/EJU judoka, candidates from non BJA organisations (including independent organisations), that have joined the BJA, may convert from the colour held in the previous organisation to the colour appropriate to the BJA grade. However, they must undertake the examination of all the previous grades and this can be done by examining a percentage of the syllabus deemed suitable by the examiner. If the examiner is satisfied that the candidate has demonstrated the knowledge and understanding appropriate to the grade being converted, he can add the candidates name to the Grade Registration Sheet annotating the "From Grade" block as initials of previous organisation e.g. British Judo Council (BJC). The normal grade registration fee of £20 applies. If the judoka has no proof of grade, see fast tracking below.

### FAST TRACKING

Any judoka that have no record of grade for reasons such as lost Record Book, achieved grade prior to BJA computer records, returning to judo after long absence etc, may be assessed by the ADofE in order to re-join the grading scheme at the appropriate grade commensurate with prior technical knowledge. The ADofE or Gradings Manager may appoint an authorised official to carry out this responsibility.

Judoka that have successfully completed a formal beginner's course such as a club introductory course, can in their first grading be promoted up to a maximum of 5th Kyu. This must be a formal course approved by the National Promotions and Gradings Manager (NPGM) with a minimum of 12 hours instruction. Completion of the course must be specified on the Grade Registration Sheet.

### FAST TRACKING POLICY IN EXCEPTIONAL CIRCUMSTANCES

The British Judo Association (BJA) recognise that all judoka have varying levels of capacity for learning, depending on a vast range of factors including age, ability, experience and frequency of judo instruction. In order to provide a credible and fair grading scheme, individuals authorised to conduct grading examinations for Mon and Kyu grades in accordance with the syllabus instructions may, under exceptional circumstances, apply to deviate from the syllabus time requirements or frequency of promotions in order to promote a candidate. They are to follow the process as detailed below:

- The individual proposing to conduct the promotion examination must seek prior approval from BJA Promotions Commission by contacting the National Promotions and Gradings Manager (NPGM) by e-mail or by letter.



## KYU GRADE PROMOTION SYLLABUS

- They must provide a detailed explanation of the extenuating circumstances and candidate's age and grading history by way of grades achieved and date awarded.
- Application must also confirm that the candidate has, in their opinion, the necessary skills to complete the syllabus requirements for the grade which is being recommended. All applications will be subject to random verification on a sampling basis by a commission appointed official in order to maintain an audit trail.
- The NPGM will make a decision set by earlier precedents or will seek approval from the Promotions Commission Chairman.
- The NPGM will inform the individual proposing to conduct the promotion examination of the final decision which will be copied to BJA Head office.
- On receipt of approval, the individual proposing to conduct the promotion examination official may then conduct the examination and then submit Grade Registration Sheet together with written Promotions Commission authorisation.
- In addition to the grading fee, an additional administration charge of £10.00 per candidate, must be submitted with grade registration sheet.
- When entering the new grade in the Record Book, the coach must enter in the area where there is no grade recorded – “Authorised Fast Track Promotion” and the date.

**Note:** The BJA are committed to ensure that all judoka are of the correct grade in accordance with their ability and it is considered poor practice for judoka to be held back in a lower grade in order to obtain an advantage in certain levels of competition.

### GRADINGS FOR DISABLED PLAYERS

The purpose of the grading syllabus is to help coaches provide a safe, enjoyable and stimulating learning environment, where players of all abilities feel confident and motivated to reach their potential.

The coach/examiner and judoka should work together and in the practical section where a Waza is not possible due to any restriction or limitation the judoka has, then the coach/examiner and the judoka should replace the Waza with a substitute Waza more appropriate but within the grading criteria e.g. If the exam states two throws and two hold-downs it may be more appropriate only to have four hold-downs. For the verbal part of the exam, the judoka can by any appropriate means, pass on the information required to the examiner. There is no pass or fail and the examination process can take minutes or quite a few days. When the examiner is satisfied that the candidate has completed the requirements for the grade, the promotion is then registered with the BJA and recorded in the candidates' Record Book. Where techniques are substituted to demonstrate their skill and knowledge, the intention is that the same standard is reached, by alternative equivalent means. The purpose is not to lower the standard to be demonstrated, but to allow some flexibility in reaching the standard indicated by the grade the judoka is aiming to achieve.

A great amount of discretion is given to the coach and/or examiner, with the grading scheme being very flexible in dealing with all needs and all mainstream documentation should be utilised. Although generally considered best practice that a different person



## KYU GRADE PROMOTION SYLLABUS

should examine than the coach, it is acknowledged that the candidates own coach is best placed to determine the judokas ability and best time to carry out the exam.

### **SUMMARY:**

Following a process of collaboration and consultation between the coach, assessor, judoka and in some cases the parent, the mainstream grading scheme can be used for all disabled judoka. When judoka are unable to carry out a published part of the exam, this can be substituted for a technique more appropriate to that judoka's needs. The aim of these instructions is to assist coaches to make reasonable adjustments to the syllabus and to remove barriers to progress where appropriate. Naturally it has to be accepted, that in the same way as mainstream judoka, there will eventually be a point in the disabled judokas chosen pathway where it is not possible to progress any further in exactly the same way that all judoka, at some stage reach their limit of progression.

### **ADDITIONAL RESOURCES AND INFORMATION**

The BJA is developing a range of additional resources to support candidates seeking promotion. These resources will be available to purchase or to download from the BJA website ([www.britishjudo.org.uk/home/index.php](http://www.britishjudo.org.uk/home/index.php)).

Any queries, requests for further information should be addressed to the BJA at the address below.

**British Judo Association  
Kudhail House,  
238 Birmingham Road  
Great Barr,  
B43 7AH**

# KYU GRADE PROMOTION SYLLABUS

## NOVICE – 6TH KYU

### FUNDAMENTAL SKILLS

#### Ukemi:

- Ushiro Ukemi
- Yoko Ukemi
- Mae Mawari Ukemi

#### Tachi-waza:

- O-soto-otoshi
- De-ashi-barai
- Uki-goshi

#### Osaekomi-waza:

- Kesa-gatame
- Mune-gatame
- Kuzure-kesa-gatame

### PERFORMANCE SKILLS

#### Combination Techniques:

- O-soto-otoshi into Kesa-gatame
- De-ashi-barai into Mune-gatame
- Uki-goshi into Kuzure-kesa-gatame

#### Ne-waza:

- escape from Kesa-gatame by trapping Uke's leg
- escape from Mune-gatame using a 'bridge and roll' action
- escape from Kuzure-kesa-gatame using 'sit up and push'

### PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two Tachi-waza and two Osaekomi-waza from the BJA Technical Grading Syllabus

### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section
- translate the following Japanese words into their common English names and where appropriate explain their meaning:
 

Dojo	Hajime	Rei
Judogi	Matte	Toketa
Zori	Osaekomi	Randori
- demonstrate
  - the correct tying of the Obi
  - the correct wearing of the judogi
  - the correct bowing procedures Tachi-rei and Za-rei
- answer the following questions:
  - Who is the founder of modern judo?
  - In which country was judo devised?

### NOTES

1. For the personal choice element, the judoka may select any Waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.

# KYU GRADE PROMOTION SYLLABUS

## 6<sup>TH</sup> KYU – 5<sup>TH</sup> KYU

### FUNDAMENTAL SKILLS

#### Ukemi:

- Mae Ukemi

#### Tachi-waza:

- Tai-otoshi
- Ippon-seoi-nage
- O-uchi-gari

#### Osaekomi-waza:

- Yoko-shiho-gatame
- Tate-shiho-gatame
- Kami-shiho-gatame

### PERFORMANCE SKILLS

#### Combination Techniques:

- O-uchi-gari into Tate-shiho-gatame
- Ippon-seoi-nage into Kami-shiho-gatame
- Tai-otoshi into Yoko-shiho-gatame

#### Ne-waza:

- escape from Kami-shiho-gatame using 'action and re-action'
- escape from Tate-shiho-gatame using a 'clamp and roll' action
- escape from Yoko-shiho-gatame using 'trap, bridge and roll'
- turnover into Kesa-gatame (Uke in "all fours" position)
- turnover into Mune-gatame (Uke in "all fours" position)
- turnover into Yoko-shiho-gatame (Uke in prone position)

#### Kumi-kata:

- right and left standard grips
- alternatives to standard grips e.g. right versus left grips, double lapel and high collar grips

#### Randori:

- demonstration of Nage-komi in light Randori with a co-operative partner

### PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two Tachi-waza and two Osaekomi-waza from the BJA Technical Grading Syllabus

### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section
- give two examples of actions against the contest rules

### NOTES

1. Nage-komi is introduced for this grade. It is to be demonstrated in the form of light Randori which will be of approximately two minutes duration, with each judoka throwing alternately. Although throws may be repeated, the examiner will expect to see a variety and, if possible, to both right and left sides.
2. Kumi-kata is a requirement for this grade and the judoka is required to demonstrate the standard grips and alternatives.
3. For the personal choice element, the judoka may select any Waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.

# KYU GRADE PROMOTION SYLLABUS

## 5<sup>TH</sup> KYU – 4<sup>TH</sup> KYU

### FUNDAMENTAL SKILLS

#### Tachi-waza:

- Tsuru-komi-goshi
- O-goshi
- Seoi-otoshi
- Morote-seoi-nage
- Ko-uchi-gari
- Ko-soto-gake
- Ko-soto-gari
- O-soto-gari

### PERFORMANCE SKILLS

#### Combination Techniques:

- O-uchi-gari into Ko-uchi-gari
- Ko-uchi-gari into O-soto-gari or O-soto-gake
- Ko-uchi-gari into Morote-seoi-nage
- Ippon-seoi-nage into Ko-uchi-gari
- any technique as combinations with
  - Seoi-otoshi
  - Ko-uchi-gari

#### Counter Techniques:

- O-uchi-gari countered by Tsuru-komi-goshi
- Tai-otoshi countered by Ko-soto-gari or gake

#### Ne-waza:

- escape
  - from Kesa-gatame using 'bridge and roll'
  - into Kesa-gatame from between Uke's legs'
  - into Yoko-shiho-gatame from between Uke's legs
- arm roll
  - from behind & in front Uke
- turn over from underneath Uke into Tate-shiho-gatame

#### Randori:

- demonstration of attacking and defending in light Randori with a co-operative partner

### PERSONAL CHOICE

Candidates are required to:

- select and demonstrate three Waza (two Tachi-waza and one Ne-waza) from the BJA Technical Grading Syllabus and demonstrate them as a combination, a counter and as a transition into Ne-waza

### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc
- translate the following Japanese words into their common English names and where appropriate explain their meaning:  
Shido    Hiki-wake                      Uke                      Hansoku-make    Waza-ari-awasete-ippou                      Tori
- demonstrate the Referee's signals for:  
Matte    Osaekomi                      Toketa                      Adjusting the judogi
- demonstrate the proper procedures for coming onto and leaving the mat during a contest
- give two examples of actions (not grips) against the contest rules
- give two examples of grips against the contest rules for negative or safety reasons

### NOTES

1. Randori is introduced for this grade. It is to be demonstrated in the form of light Randori of approximately three minutes duration. The examiner will expect to see a variety of Waza and Kumi-kata and, if possible, throws to both right and left sides.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.

# KYU GRADE PROMOTION SYLLABUS

## 4<sup>TH</sup> KYU – 3<sup>RD</sup> KYU

### FUNDAMENTAL SKILLS

#### Tachi-waza:

- Harai-goshi
- Uchi-mata
- Hiza-guruma
- Sasae-tsuri-komi-ashi
- Hane-goshi
- Okuri-ashi-barai
- Morote-eri-seoi-nage

#### Kansetsu-waza:

- Ude-gatame
- Waki-gatame
- Hiza-gatame
- Juji-gatame

### PERFORMANCE SKILLS

#### Kansetsu-waza:

- Juji-gatame
  - sit back entry
  - roll over entry
  - over the shoulder entry
  - entry from beneath

#### Randori:

- demonstration of attacking, defence, avoidance and continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner

### PERSONAL CHOICE

Candidates are required to:

- select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series of combinations and counters

### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc

### NOTES

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into Ne-waza. Combinations and counters can be either Tachi-waza or Ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.  
It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.
3. Kansetsu-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke. Judoka should always apply Kansetsu-waza with care and control especially in a Randori situation and when training with less experienced judoka. **From this grade onwards, candidates under the age of 16 and therefore hold a junior licence - must not apply Kansetsu-waza to the point of submission and is taught so that the judoka has an understanding and awareness of the application.**

# KYU GRADE PROMOTION SYLLABUS

## 3<sup>RD</sup> KYU – 2<sup>ND</sup> KYU

### FUNDAMENTAL SKILLS

#### Tachi-waza:

- Soto-maki-komi
- Tani-otoshi
- Yoko-guruma
- Tomoe-nage
- Yoko-tomoe-nage
- Uki-waza

#### Shime-waza:

- Okuri-eri-jime
- Nami-juji-jime
- Gyaku-juji-jime

#### Kansetsu-waza:

- Ude-garami

### PERFORMANCE SKILLS

#### Combination Techniques:

- Ude-garami from Kuzure-kesa-gatame
- Knowledge of selected Kaeshi-waza

#### Ne-waza:

- Koshi-jime – Uke attempts Seoi-otoshi (dropping attack)
- Kata-te-jime - Uke in "all fours" position
- Nami-juji-jime – Uke underneath (between Tori's legs)
- Gyaku-juji-jime – Uke on top (between Tori's legs)
- Okuri-eri-jime – Uke makes Seoi-otoshi (dropping attack)

#### Kumi-kata:

- introduction to performance Kumi-kata (gripping) skills

#### Randori:

- demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner

### PERSONAL CHOICE

Candidates are required to:

- select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series combinations and counters

### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc

### NOTES

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into Ne-waza. Combinations and counters can be either Tachi-waza or Ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.
3. Shime-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke. Judoka should always apply Shime-



## KYU GRADE PROMOTION SYLLABUS

waza with care and control especially in a Randori situation and when training with less experienced judoka.



# KYU GRADE PROMOTION SYLLABUS

## 2<sup>ND</sup> KYU – 1<sup>ST</sup> KYU

### FUNDAMENTAL SKILLS

#### Tachi-waza:

- Sode-tsuru-komi-goshi
- Kata-guruma
- Ryo-hiza-seoi-otoshi
- Sumi-gaeshi
- Yoko-gake
- Ko-uchi-gake-maki-komi
- Ushiro-goshi
- Ura-nage
- Uki-otoshi
- Koshi-guruma

#### Shime-waza:

- Kata-ha-jime
- Hadaka-jime
- Kata-te-ashi-koshi-jime
- San-gaku-jime

### PERFORMANCE SKILLS

- knowledge of performance forms of selected techniques

#### Tachi-waza:

- Demonstrate any two variations of Sumi-gaeshi

#### Ne-waza:

- San-gaku-gatame – complex entry
- San-gaku-jime – complex entry
- San-gaku-osae-gatame – turnover and hold
- Hadaka-jime – Uke prone position
- Kata-ha-jime – Uke “all fours” position

#### Randori:

- demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner

### PERSONAL CHOICE 1

Candidates are required to:

- select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series combinations and counters

AND

### PERSONAL CHOICE 2

#### Kata

- demonstrate any one set of the Nage-no-kata **or** any one set of the Katame-no-kata

### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc
- give three example of any of the penalties in the competition rules



## KYU GRADE PROMOTION SYLLABUS

### NOTES

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into Ne-waza. Combinations and counters can be either Tachi-waza or Ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.  
It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.
3. Kata demonstrations must be performed in the traditional manner and include the formal opening and closing bowing procedures.

## KYU GRADE PROMOTION SYLLABUS

### APPENDIX 1 – TERMINOLOGY

JAPANESE	ENGLISH DESCRIPTION
De-ashi-barai	Advancing Foot Sweep
Dojo	Judo practice hall
Gyaku-juji-jime	Reverse Cross Strangle
Hadaka-jime	Naked Strangle
Hajime	Begin - Referee's command to start a judo contest
Hane-goshi	Spring Hip
Hansoku-make	Disqualification
Harai-goshi	Sweeping Hip
Hiki-wake	Referee's announcement of a draw at the end of a contest
Hiza-guruma	Knee Wheel
Ippon	Complete point
Ippon-seoi-nage	One arm shoulder
Judogi	Judo uniform
Judoka	Judo player
Juji-gatame	Cross armlock
Kaeshi-waza	Counter techniques
Kami-shiho-gatame	Upper four quarters hold
Kata-guruma	Shoulder wheel
Kata-ha-jime	Single collar strangle
Kata-te-ashi-koshi-jime	Single hand leg hip strangle
Kata-te-jime	Strangle with one hand
Kata-uchi-ashi-dori	Single inner leg grab
Kesa-gatame	Scarf hold
Koshi-guruma	Hip wheel
Ko-soto-gake	Minor outer hook
Ko-soto-gari	Minor outer reaping
Ko-uchi-gake-maki-komi	Minor inner hook thigh winding
Ko-uchi-gari	Minor inner reaping
Ko-uchi-gake	Minor inner hook
Kumi-kata	Engagement position
Kuzure-kami-shiho-gatame	Broken upper four quarters hold
Kuzure-kesa-gatame	Broken scarf hold
Kuzure-tate-shiho-gatame	Broken lengthwise four quarters hold
Mae mawari ukemi	Forward rolling breakfall
Morote-eri-seoi-nage	Two handed lapel shoulder
Morote-seoi-nage	Two handed shoulder
Mune-gatame	Chest hold
Nage-komi	Repetitive throwing
Nami-juji-jime	Normal cross strangle
Ne-waza	Groundwork techniques

## KYU GRADE PROMOTION SYLLABUS

Obi	Belt
O-goshi	Major hip
Okuri-ashi-barai	Double foot sweep
Okuri-eri-jime	Sliding collar strangle
Osaekomi	Hold down
Osaekomi-waza	Holding techniques
O-soto-otoshi	Major outer drop
O-uchi-gari	Major inner reaping
Randori	Free practice
Rei	Bow
Renraku-waza	Combination techniques in the opposite direction
Renzoku-waza	Combination techniques in the same or similar direction
Ryo-hiza-seoi-otoshi	Two knee shoulder drop
San-gaku-jime	Triangular strangle
San-gaku-osae-gatame	Triangular strangle and hold down
Sasae-tsuri-komi-ashi	Propping drawing ankle
Seoi-otoshi	Shoulder drop
Shido	Light penalty (minor infringement)
Sode-tsuri-komi-goshi	Sleeve lift pull hip
Soto-maki-komi	Outside winding
Sumi-gaeshi	Corner throw
Tachi-rei	Standing bow
Tachi-waza	Standing techniques
Tai-otoshi	Hand throw body drop
Tani-otoshi	Valley drop
Tate-shiho-gatame	Lengthwise four quarters hold
Toketa	Hold broken
Tomoe-nage	Circle throw
Tori	The offensive or attacking Judoka
Tsuri-komi-goshi	Drawing hip
Uchi-mata	Inner thigh
Ude-garami	Entangled armlock
Ude-gatame	Arm lock
Uke	The defensive or defending Judoka
Uki-goshi	Floating hip
Uki-otoshi	Floating drop
Uki-waza	Floating throw
Ura-nage	Rear throw
Ushiro Ukemi	Rear breakfall
Ushiro-goshi	Rear hip
Waza-ari-awasete- ippon	Complete point from two waza-aris
Yoko Ukemi	Side breakfall
Yoko-gake	Side hook
Yoko-guruma	Side wheel
Yoko-shiho-gatame	Side four quarters hold



## KYU GRADE PROMOTION SYLLABUS

Yoko-tomoe-nage	Side circle throw
Za-rei	Kneeling bow
Zori	Judo footwear

**Note** The English description of the Japanese is not the literal translation.