



#### 6<sup>th</sup> Kyu (White Belt & Yellow Tags)

O Goshi	Major Hip Throw
Marote Seoi Nage	Shoulder Throw
Ippon Seoi Nage	One Arm Shoulder Throw
O Soto Gari	Major Outer Reaping
Kesa Gatame	Scarf Hold
Kata Gatame	Shoulder Hold
Yoko Shiho Gatame	Side Four Quarters
Kami Shiho Gatame	Upper Four Quarters
Mune Gatame	Pillow Hold

Competence at Breakfalls and Warm Up exercises

#### 5<sup>th</sup> Kyu (Yellow Belt & Orange Tags)

O Uchi Gari	Major Inner Reaping
Ko Uchi Gari	Minor Inner Reaping
Ko Soto Gari	Minor Outer Reaping
Ko Ho Soto Gari	Rear Minor Outer reaping
Harai Goshi	Sweeping Loin
Eri Seoi Nage	Double Collar Throw
Yama Ashi	Mountain Storm Throw
Tate Shiho Gatame	Top Four Quarters
Kuzure Kesa Gatame	Broken Scarf Hold
Kuzure Kami Shiho Gatame	Broken Upper Four Quarters

#### 4<sup>th</sup> Kyu (Orange Belt & Green Tags)

De Ashi Barai	Advanced Foot Sweep
Okuri Ashi Barai	Sweeping Ankle
Sasae Tsurikomi Ashi	Drawing, Propping Ankle Throw
Tai Otoshi	Body Drop
Ashi Guruma	Leg Wheel
O Guruma	Major Wheel
Ko Uchi Gake	Minor Inner Hook
Ko Soto Gake	Minor Outer Hook
Ushiro Kesa Gatame	Reverse Scarf Hold
Ushiro Yoko Shio Gatame	Reverse Side Four Quarters
Makure Kesa Gatame	Pillow Scarf Hold
Kesa Garami	Scarf Hold Arm Lock
Ude Garami	Figure Four Arm lock
Ude Gatame	Straight Arm Lock
Juji Gatame	Step Over Arm Lock
Gyaku Kesa Garami	Reverse Scarf Entangled Armlock

#### 3<sup>rd</sup> Kyu (Green Belt & Blue Tags)

Hiza Guruma	Knee Wheel
Ushiro Goshi	Reverse Hip Throw
Obi Otoshi	Belt Lifting Drop
O Soto Guruma	Major Outer Wheel
Uki Goshi	Floating Hip
Hane Goshi	Spring Hip Throw
Ashi Garami	Leg Arm Lock
Hiza Garami	Knee Arm Lock
Ude Hisigi Juji Gatame	Step Over Arm Lock with Strangle
Nami juji Jime	Normal Cross Strangle
Gyaku Juji Jime	Reverse Cross Strangle
Kata Juji Jime	Single Cross Strangle
Hadaka Jime	Naked Strangle
Kata Ha Jime	Single Wing Strangle
Okuri Eri Jime	Sliding Collar Strangle

1<sup>st</sup> Set of Nage-No-Kata  
Judogi Terms  
Knowledge of Prohibited Acts

#### 2<sup>nd</sup> Kyu (Blue Belt & Brown Tags)

Tomoe Nage	Stomach Throw
Sumi Gaeshi	Corner Throw
Tani Otoshi	Valley Drop
Yoko Ware	Side Separation Throw
Yoko Guruma	Side Wheel
Uki Waza	Floating Throw
Uchi Mata	Inner Thigh Throw
Uri Nage	Rear Throw
Sangaku Jime	Triangular Strangle
Ryote Jime	Both Hands Strangle
Sode Guruma Jime	Sleeve Wheel Strangle
Sode Jime	Sleeve Strangle

2<sup>nd</sup> Set of Nage-No-Kata  
Go-No-Sen-Waza – Counter Techniques  
Rennake-Waza – Combination Techniques  
Competence at a Line out

#### 1<sup>st</sup> Kyu (Brown Belt & Black Tags)

Kata Guruma	Shoulder Wheel
Kani Basami	Scissors Technique
Uki Otoshi	Floating Drop
Utsuri Goshi	Switching Hip
Tsurikomi Goshi	Drawing Hip
Kubi Nage	Neck Throw
Sode Tsurikomi Goshi	Sleeve Drawing Hip Throw

Kuzure Kami Shio Gatami Broken Upper Four-Quarters-Lock  
Tsuki Komi Jime Drawing Strangle

3<sup>rd</sup> and 4<sup>th</sup> Set of Nage-No-Kata  
Turn over, Free Leg & Escape from between leg and in to Hold Down

#### 1<sup>st</sup> Dan (Black Belt)

O Soto Otoshi	Major Outer Drop
Yoko Gake	Side/Lateral Hook
Marote Gari	Scooping Throw
Tawara Gaeshi	Bale Throw
Maki Komi	Winding Throw
Hane Maki Komi	Winding Spring Hip Throw
Harai Maki Komi	Winding Sweeping Loin Throw
Te Guruma	Hand Throw

5<sup>th</sup> set of Nage No Kata  
Teaching Skills  
Referee Terminology

#### 2<sup>nd</sup> Dan

Koshi Jime	Hip Strangle
Waki Gatame	Arm Pit Lock
Harai Tsurikomi Ashi	Sweeping Lift Pull Ankle
Seoi Maki Komi	Winding Shoulder Throw
Daki Sutemi	Hug Sacrifice Throw
Ude Gashi	Arm Roll
Obi Goshi	Belt Hip Throw
Nidan Ko Soto Gake	Two Step Minor Outer Hook

Katame-No-Kata

#### 3<sup>rd</sup> Dan

Tsubame Gaeshi	Swallow Swoop Counter
Kibisu Gaeshi	Heel Trip
Kata Ashi Dori	Single Leg Grab
Furi Nage	Flip Throw
Tobi Goshi	Jumping Hip
Kusabi Dome	Wedge Stop
Tama Guruma	Ball Wheel



## Syllabus Part II

### NAGE-NO-KATA:

#### Formal Techniques of Throwing

##### 1. Te-waza

Uki Otoshi	Floating Drop
Ippon Seoi Nage	One Arm Shoulder Throw
Kata Guruma	Shoulder Wheel

##### 2. Koshi-Waza

Uki Goshi	Floating Hip
Harai Goshi	Sweeping Loin
Tsurikomi Goshi	Drawing Hip

##### 3. Ashi-Waza

Okuri Ashi Barai	Sweeping Ankle
Sasae Tsurikomi Ashi	Drawing, Propping Ankle Throw
Uchi Mata	Inner Thigh Throw

##### 4. Masutemi-Waza

Tomoe Nage	Stomach Throw
Uri Nage	Rear Throw
Sumi Gaeshi	Corner Throw

##### 5. Yoko-Sutemi-Waza

Yoko Gake	Side/Lateral Hook
Yoko Guruma	Side Wheel
Uki Waza	Floating Throw

First set of kata is needed for Green Belt, set one and two for Blue Belt, four sets for Brown and all five for Black Belt.

Kansetsu-Waza – Arm Lock Technique  
Shime-Waza – Strangling Technique  
Ne-Waza – Ground Technique  
Tachi -Waza – Throwing Technique

### Referee Terminology:

Shiban	Referee
Hajime	Begin/Start
Matte	Stop/Wait
Koka	Score of 3 points
Yuko	Score of 5 Points
Waza-Ari	Score of 7 Points
Ippon	Winning Score – 10 Points
Waza-Ari-Awasete-Ippon	2 <sup>nd</sup> Waza-Ari making-Ippon Score (10 Points)
Hike-Wake	Drawn Contest
Hantei	Decision Request
Hansoku-Make	Loss of contest through-Forbidden Actions
Fusen-Gachi	Win by Default
Kiken-Gachi	Win by Withdrawal
Yusei-Gachi	Win by Superiority
Sogo-Gachi	Compound Win
Shido	Penalty Point
Sono-Mama	Do Not Move (Freeze)
Yoshi	Continue
Osaekomi	Hold is on (Start Timing)
Toketa	Hold is Broken (END Timer)
Sore-Made	That is all/End of Contest

### There is no Japanese Terms for the following:

Adjustment of Judogi  
Medical Assistance / Examination  
Non Combativity / Passivity  
False Attack / Negative Judo

The Correct Hand Signals need to be learnt for each of the Referee terminology.

Randori – Free Practice  
Uchi-Komi – Point of Balance (Practice without completing the throw)  
Nage-Komi – Practice by completing the throw  
Uke – Person receiving throw      Tori - Person doing throw

### Go-No-Sen-Waza /Counter Techniques & Rennake-Waza / Combination Techniques

Students must demonstrate an understanding of the technicalities of Judo through the use of combinations and counters. This is a key requirement in Gradings from green belt onwards. Some may have been taught but students need to create and perfect as many of their own as possible in order to show a true understanding. The same technique cannot be shown twice at each grading, which adds to the importance of knowing several of each.

#### Ground work Sequences

These include common scenarios such as attacks with opponent led flat, attacks with opponent in a defensive ball position, attacks from between legs and vice-versa, are needed from green belt onwards. The quantity and quality of such sequences increase along with the level of grade.

#### Teaching Skills

Competence in both one on one and group scenarios is a requirement for First Dan. A tick sheet for each student is provided upon achieving 6<sup>th</sup> Kyu / Brown belt or earlier if there is the possibility of a leap to Dan grade from a lower grade. Only when the sheet is completed will Judoka be eligible to take their Dan grading.

#### Competence at a Line out

There is no minimum points or contest requirement for Dan grade. However students must demonstrate a minimum level of contest ability to achieve the grade.

Various other katas and techniques are necessary for further progression through the Dan grades although Shodan Judo currently assess to First Dan Black Belt only. We will provide all the necessary support and training but will organise an external grading through eudo.