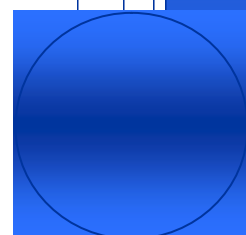


British Judo Association

SENIOR KYU GRADE PROMOTION SYLLABUS

Revised edition 31st August 2009

EFFECTIVE 1ST APRIL 2008



BRITISH JUDO ASSOCIATION

SENIOR KYU GRADE PROMOTION SYLLABUS

INTRODUCTION

This syllabus, effective from 1 April 2008, supersedes all previously published syllabi. All previously taken theory examinations higher than the contest grade are no longer valid.

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

| | | | |
|---------------------|-------------|---------------------|------------|
| 6 th Kyu | Red Belt | 3rd Kyu | Green Belt |
| 5 th Kyu | Yellow Belt | 2 nd Kyu | Blue Belt |
| 4 th Kyu | Orange Belt | 1 st 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 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 1st Kyu in approximately three years (the keen judoka may attain the grade of 1st Kyu after two years of diligent study). It is, however, vitally important that all they 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 player's club. Study of the BJA Technical Grading Syllabus (TGS) and other resources will be highly beneficial (see page 6 for further information).

Important Notes:

- 1. Candidates can only be graded one grade at a time.*
- 2. Although there is no contest requirement in this promotion syllabus, players 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 player's technical development.*

MINIMUM AGE

Players may choose to seek promotion under the Senior Kyu Grade syllabus on reaching 14 years of age. Players are encouraged seek advice from their coach on whether they should seek promotion under the Senior Kyu Grade Syllabus. **Juniors that opt to hold a senior Kyu grade, cannot enter a senior competition for judoka aged 16 and above. Juniors under age 15 cannot collect promotion points towards Dan grade and junior 1st Kyus aged 15 cannot collect points off a 14 year old 1st Kyu.**

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 current individual membership and are the only ones authorised to submit a completed grading sheet.

Novice to 1st Kyu

BJA Club Coach
BJA Senior Coach
BJA Level 2 Coach
BJA Level 3 Coach
BJA Examiner
BJA Senior Examiner

BRITISH JUDO ASSOCIATION

SENIOR KYU GRADE PROMOTION SYLLABUS

ADMINISTRATION

All candidates must hold current BJA Individual Membership: this membership number will be recorded on the Grading Registration Sheet.

Grading test success is registered at BJA Head Office within 7 days by completing the Grade Registration Sheet in accordance with the instructions on the sheet.

GRADING FEES

The BJA charges a grading fee of £7.00 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 completed Grade Registration Sheet.

The BJA recognises that organisers of gradings may require to add a surcharge to the £7.00 grading fee to cover additional costs such as venue hire, examiner's expenses etc. The BJA recommends a maximum surcharge of £5.00 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 5th Kyu

Candidates may be promoted one Kyu grade per calendar month.

From 4th 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.

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 4th 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 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 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.

All candidates must have a record of contest activity on at least 2 occasions within the last 24 months in their BJA Record Book under "Record of Judo Events attended", before entering their first competitive Dan grading and must be a minimum age of 15. A 1st Kyu aged 15, may start to accumulate points for promotion to 1st Dan immediately on promotion, but must comply with the minimum time in grade as stipulated in the Dan Grade Syllabus.

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.

BRITISH JUDO ASSOCIATION
SENIOR KYU GRADE PROMOTION SYLLABUS

PERSONAL CHOICE

For each grade there is 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 JUNIOR MON GRADE SYLLABUS

Players of 14 years of age and above who hold a junior (Mon) grade may, if they wish, convert to the Senior (Kyu) grade. The following table will be used for all Junior (Mon) grade conversions. It may appear that the Junior (Mon) grade is converting to a lower level of examination; however, this is to allow for a period of assimilation into the Kyu grade system. Players holding a Junior (Mon) grade will be converted to the senior (Kyu) grade on reaching the age of 18.

| <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 9 KYU GRADE SYLLABUS

Players graded under the 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 player's record book may be updated by anyone with the authority to grade as previously specified.

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

QUALITY CONTROL

Club gradings may be subject to visits from the Area Director of Examiners (ADofE) to 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.

Areas and Club gradings may be visited by the National Director of Examiners, 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 IJF or 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 2nd Kyu. The normal grade registration fee of £7.00 applies.

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 £7.00 applies.

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 may appoint an authorised official to carry out this responsibility.

SPECIAL NEEDS(SN) GRADINGS INCLUDING VISUALLY IMPAIRED (VI)

The BJA understands that all judoka have a personal journey to make through the grading system. The purpose of the grading syllabus is to help coaches provide a safe, fun and stimulating learning environment where all people with special needs feel confident and motivated to reach their individual potential as a judoka. SN/VI judoka may choose in consultation with their coach to take part on this mainstream technical syllabi for Mon and Kyu grades. If they decide that the mainstream syllabus is not suitable they should contact the Inclusion commission to participate in the separate Special Needs grading system.

The coach/examiner and judoka should work together and in the practical section where a waza is not possible due to any type of restriction or limitation by the judoka, then the waza should be substituted for a waza more appropriate but within the grading criteria. 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 also recorded in the candidates' record book.

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. All mainstream documentation should be utilised, however, on submission of grade registration to the BJA, the Inclusion Commission is to be copied in (via BJA Head Office attention SN gradings co-ordinator) with any deviations from the syllabus in order to monitor and distribute best practice. Although generally considered best practice that a different person should examine than the coach, it is acknowledged that the candidates own coach is best placed to determine the ability and best time to carry out the exam.

BRITISH JUDO ASSOCIATION

SENIOR KYU GRADE PROMOTION SYLLABUS

Important Note:

Each candidate taking part in an examination should be relaxed with no tension or stress. If the candidate is unable to complete any section of the examination, their coach will either adapt or replace the waza with one that the candidate is able to complete. The aim is to challenge players according to their individual abilities so that each player is fully able to reach their potential. The candidate should be given the opportunity to develop and demonstrate their skills and understanding of judo and therefore qualify and progress through the higher grades by virtue of their personal efforts. This grading process is a working partnership between coaches, examiners, players and parents/guardians.

BJA TECHNICAL GRADING SYLLABUS BOOK

The BJA Technical Grading Syllabus (TGS) referred to in this document is a separate publication which may be purchased directly from the BJA. The TGS is a photographic guide which is intended to act as a memory aid to assist candidates prepare for grading examinations. The 320-page book is crammed full of coloured photographs which illustrate the basic principles of body placement and the most effective grips. Many of the techniques are additionally illustrated by contest photographs and English translations of the Japanese names are also included. This book is an essential resource for all judoka .

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).

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

British Judo Association
Suite B Technology Centre
Epinal Way
Loughborough
LE11 3GE

NOVICE – 6TH KYU

FUNDAMENTAL SKILLS

Ukemi:

- Ushiro Ukemi
- Yoko Ukemi
- Mae Mawari Ukemi

Tachi-waza:

- Osoto-otoshi
- De-ashi-barai
- Uki-goshi

Osaekomi-waza:

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

PERFORMANCE SKILLS

Combination Techniques:

- Osoto-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.

6TH KYU – 5TH 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

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 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.

5TH KYU – 4TH KYU

FUNDAMENTAL SKILLS

Tachi-waza:

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

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 Uke
 - from in front of 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 | Tori |
| Hantei | Hansoku-make | Waza-ari | awasete-ippou |

- 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.

4TH KYU – 3RD KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Harai-goshi
- Uchi-mata
- Hiza-guruma
- Sasae-tsuru-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. **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.**

3RD KYU – 2ND KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Koshi-guruma
- Tani-otoshi
- Yoko-guruma
- Tomoe-nage
- Kata-uchi-ashi-dori
- Soto-kibisu-gaeshi
- Kata-guruma
- Morote-gari
- Soto-ashi-dori-ouchi-gari
- Uchi-kibisu-gaeshi

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

Tachi-waza:

- Yoko-kata-guruma-otoshi

Ne-waza:

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

Tachi-waza:

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 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

OR

PERSONAL CHOICE 2

Kata

- demonstrate any two sets of the Nage-no-kata **or** any two sets of the Katame-no-kata or either of first 2 sets of the Go-no-sen-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

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

BRITISH JUDO ASSOCIATION

SENIOR KYU GRADE PROMOTION SYLLABUS

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 is offered as personal choice for this grade. Demonstrations must be performed in the traditional manner and include the formal opening and closing bowing procedures.

2ND KYU – 1ST KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Sode-tsuri-komi-goshi
- Te-guruma
- Ryo-hiza-seoi-otoshi
- Sumi-gaeshi
- Yoko-gake
- Ko-uchi-gake-mata-maki-komi
- Ushiro-goshi
- Ura-nage
- Uki-otoshi

Tachi-waza:

- Soto-maki-komi
- Yoko-tomoe-nage
- Kata-hiza-te-ouchi-gake-ashi-dori

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

OR

PERSONAL CHOICE 2

Kata

- demonstrate any three sets of the Nage-no-kata **or** the complete Katame-no-kata **or** the complete Go-no-sen-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 Article 27

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.

BRITISH JUDO ASSOCIATION
SENIOR KYU GRADE PROMOTION SYLLABUS

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 is offered as personal choice for this grade. Demonstrations must be performed in the traditional manner and include the formal opening and closing bowing procedures.

APPENDIX 1 - TERMINOLOGY

| Japanese | English Description | TGS Page |
|-----------------------------------|--|----------|
| De-ashi-barai | Advancing Foot Sweep | 12 |
| Dojo | Judo practice hall | |
| Gyaku-juji-jime | Reverse Cross Strangle | 182 |
| Hadaka-jime | Naked Strangle | 183 |
| Hajime | Begin - Referee's command to start a judo contest | |
| Hane-goshi | Spring Hip | 13 |
| Hansoku-make | Disqualification | |
| Hantei | Decision - Referee's command requesting a decision from the corner judges at the end of a judo contest | |
| Harai-goshi | Sweeping Hip | 15 |
| Hiki-wake | Referee's announcement of a draw at the end of a contest | |
| Hiza-guruma | Knee Wheel | 18 |
| Ippon | Complete point | |
| Ippon-seoi-nage | One arm shoulder | 20 |
| Judogi | Judo uniform | |
| Judoka | Judo player | |
| Juji-gatame | Cross armlock | 201 |
| Kaeshi-waza | Counter techniques | |
| Kami-shiho-gatame | Upper four quarters hold | 167 |
| Kata-guruma | Shoulder wheel | 124 |
| Kata-ha-jime | Single collar strangle | 185 |
| Kata-hiza-te-ouchi-gake-ashi-dori | Single knee hand major inside hook | 24 |
| Kata-te-ashi-koshi-jime | Single hand leg hip strangle | 187 |
| Kata-te-jime | Strangle with one hand | |
| Kata-uchi-ashi-dori | Single inner leg grab | 28 |
| Kesa-gatame | Scarf hold | 169 |
| Koshi-guruma | Hip wheel | 29 |
| Ko-soto-gake | Minor outer hook | 30 |
| Ko-soto-gari | Minor outer reaping | 31 |
| Ko-uchi-gake-mata-maki-komi | Minor inner hook thigh winding | 33 |
| Ko-uchi-gari | Minor inner reaping | 34 |
| Ko-uchi-gake | Minor inner hook | 32 |
| Kumi-kata | Engagement position | |
| Kuzure-kami-shiho-gatame | Broken upper four quarters hold | 170 |
| Kuzure-kesa-gatame | Broken scarf hold | 171 |
| Kuzure-tate-shiho-gatame | Broken lengthwise four quarters hold | 172 |
| Mae Mawari Ukemi | Forward rolling breakfall | |
| Morote-eri-seoi-nage | Two handed lapel shoulder | 37 |
| Morote-gari | Double leg grab | 135 |
| Morote-seoi-nage | Two handed shoulder | 134 |
| Mune-gatame | Chest hold | 175 |
| Nage-komi | Repetitive throwing | |

BRITISH JUDO ASSOCIATION
SENIOR KYU GRADE PROMOTION SYLLABUS

| | | |
|------------------------------|---|-----|
| Nami -juji -jime | Normal cross strangle | 191 |
| Ne-waza | Groundwork techniques | |
| Obi | Belt | |
| O-goshi | Major hip | 42 |
| Okuri-ashi -barai | Double foot sweep | 44 |
| Okuri-eri -jime | Sliding collar strangle | 192 |
| Osaekomi | Hold down | |
| Osaekomi-waza | Holding techniques | |
| Osoto -otoshi | Major outer drop | 138 |
| O-uchi -gari | Major inner reaping | 50 |
| 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 | 53 |
| San-gaku -jime | Triangular strangle | 194 |
| San-gaku -osae -gatame | Triangular strangle and hold down | |
| Sasae-tsure -komi -ashi | Propping drawing ankle | 54 |
| Seoi-otoshi | Shoulder drop | 56 |
| Shido | Light penalty (minor infringement) | |
| Sode-tsure -komi -goshi | Sleeve lift pull hip | 21 |
| Soto-ashi -dori -ouchi -gari | Outside leg grab major inner sweep | 57 |
| Soto -kibisu-gaeshi | Outer heel trip | 58 |
| Soto -maki -komi | Outside winding | 59 |
| Sumi-gaeshi | Corner throw | 62 |
| Tachi-rei | Standing bow | |
| Tachi-waza | Standing techniques | |
| Tai-otoshi | Hand throw body drop | 63 |
| Tani-otoshi | Valley drop | 64 |
| Tate-shiho-gatame | Lengthwise four quarters hold | 177 |
| Te-guruma | Hand wheel | 65 |
| Toketa | Hold broken | |
| Tomoe-nage | Circle throw | 66 |
| Tori | The offensive or attacking Judoka | |
| Tsure -komi -goshi | Drawing hip | 70 |
| Uchi -kibisu-gaeshi | Inner heel trip | 71 |
| Uchi -mata | Inner thigh | 73 |
| Ude-garami | Entangled armlock | 202 |
| Ude-gatame | Arm lock | 305 |
| Uke | The defensive or defending Judoka | |
| Uki -goshi | Floating hip | 74 |
| Uki -otoshi | Floating drop | 75 |
| Uki -waza | Floating throw | 159 |
| Ura-nage | Rear throw | 77 |
| Ushiro Ukemi | Rear breakfall | |
| Ushiro -goshi | Rear hip | 78 |

BRITISH JUDO ASSOCIATION
SENIOR KYU GRADE PROMOTION SYLLABUS

| | | |
|-------------------------|-----------------------------------|-----|
| Waza -ari-awasete-ippon | Complete point from two waza-aris | |
| Yoko Ukemi | Side breakfall | |
| Yoko-gake | Side hook | 82 |
| Yoko-guruma | Side wheel | 83 |
| Yoko-kata-guruma-otoshi | Side shoulder wheel body drop | 84 |
| Yoko-shiho-gatame | Side four quarters hold | 173 |
| Yoko-tomoe-nage | Side circle throw | 86 |
| Za-rei | Kneeling bow | |
| Zori | Judo footwear | |

Note Alongside the Japanese terminology is the English description of the waza and not the literal translation.