

British Judo Association  
**JUNIOR MON GRADE PROMOTION SYLLABUS**

Revised edition 31 August 2009

**EFFECTIVE 1ST APRIL 2008**



# BRITISH JUDO ASSOCIATION

## JUNIOR MON GRADE PROMOTION SYLLABUS

### INTRODUCTION

This syllabus, effective from 1 April 2008, supersedes all previously published syllabi. All previously taken theory examinations for 7-18 Mon higher than the contest grade are no longer valid.

Within the British Judo Association (BJA) there are 18 Mon grades. The grades are indicated by the following coloured belts:-

1st Mon	Red + 1 Yellow Tag	10th Mon	Green + 1 Red Tag
2nd Mon	Red + 2 Yellow Tags	11th Mon	Green + 2 Red Tags
3rd Mon	Red + 3 Yellow Tags	12th Mon	Green + 3 Red Tags
4th Mon	Yellow + 1 Red Tag	13th Mon	Blue + 1 Red Tag
5th Mon	Yellow + 2 Red Tags	14th Mon	Blue + 2 Red Tags
6th Mon	Yellow + 3 Red Tags	15th Mon	Blue + 3 Red Tags
7th Mon	Orange + 1 Red Tag	16th Mon	Brown + 1 Red Tag
8th Mon	Orange + 2 Red Tags	17th Mon	Brown + 2 Red Tags
9th Mon	Orange + 3 Red Tags	18th Mon	Brown + 3 Red Tags

Promotion within the Mon grades is based on technical knowledge and understanding, together with Japanese terminology and supplementary knowledge. There is no contest requirement in the Mon 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 9th Mon, gradings should be completed within the candidate's club and can be examined by the same coach that instructed the candidate.

For 10th Mon and above, gradings 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 by the age of 18 (the keen judoka may complete it as early as 15 years of age). It is, however, vitally important that all they follow the progressive study of techniques detailed in this syllabus and attempt promotion to 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. 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. (See Fast Tracking on Page 5)**
- 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

The minimum age a judoka may attempt promotion is 5 years of age. The recommended maximum grade that can be held before the age of 8 is 6th Mon and there are recommended age bands for each of the grades as detailed in the following pages. Judoka may choose to seek promotion under the Senior Kyu Grade syllabus on reaching 14 years of age.

#### **Important Note:**

*Judoka aged 14 and 15 years of age choosing to seek promotion under the Senior Kyu Grade Syllabus are not required to take out senior membership of the BJA. Players are encouraged to seek advice from their coach on whether they should seek promotion under the Senior Kyu Grade Syllabus. **These 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 1<sup>st</sup> Kyus aged 15 cannot collect points off a 14 year old 1<sup>st</sup> Kyu.***

### ADMINISTRATION

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

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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 the 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.

### 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 18th Mon*

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

### TIME REQUIREMENTS/FREQUENCY OF PROMOTIONS

#### *Novice up to and including 6<sup>th</sup> Mon ages 5-7*

Candidates may be promoted one Mon every 3 calendar months.

#### *Novice up to and including 6<sup>th</sup> Mon — ages 8-17*

Candidates may be promoted one Mon every calendar month.

This allowance for ages 8-17 is because it is known and accepted that at this age range, young people have a greater capacity for learning and therefore more able to undertake examination at shorter intervals.

#### *From 7th Mon and above — all ages*

Candidates are limited to one promotion every 2 calendar months.

A month is a calendar month e.g. a candidate can be examined any date in January and then any date in March. This means a candidate could enter a maximum of six gradings per year, following a learning pathway of continuous progress, however, it is anticipated they would go up 1 belt colour per year. There is no limit to the number of attempts to gain promotion.

### NOTES ON THE TECHNICAL REQUIREMENTS

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. Examination of Japanese terminology should be appropriate to the age and grade of candidate.

Techniques must be demonstrated in an appropriate practical situation and 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 terminology has been included in the earlier grades to ensure that the candidate is conversant with, for example, the main terms used in refereeing.

From 7th Mon (juniors) 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 will also test that the

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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 ages and physique.

Candidates achieving 18th Mon can convert to 1st Kyu after the age of 14. They must have a record of contest activity on at least 2 occasions within the last 24 months recorded 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 to be promoted.

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.

#### 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.

#### 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 TO THE SENIOR KYU GRADE SYLLABUS

Judoka 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 is converting to a lower level of examination; however this is to allow for a period of assimilation into the Kyu grade system. Judoka holding a junior (Mon) grade will be converted to the senior (Kyu) grade on reaching 18 years of age.

<i>Mon Grade</i>	<i>Kyu Grade</i>
1st Mon	Novice
2nd Mon	Novice
3rd Mon	to 6th Kyu
4th Mon	to 6th Kyu
5th Mon	to 6th Kyu
6th Mon	to 5th Kyu
7th Mon	to 5th Kyu
8th Mon	to 5th Kyu
9th Mon	to 4th Kyu

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

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### 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 Mon Blue belt would become a BJA 15th Mon. The normal grade registration fee of £7.00 applies.

### TRANSFER OF GRADES 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

Judoka taking up the sport at the of 12 years of age and above who have no record of grade may be 'Fast Tracked' in their first year of BJA membership, a maximum of three Mon grades in each of their first two gradings i.e. Novice to 3rd Mon and 3rd Mon to 6th Mon.

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 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.

#### **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.

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### 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.

### THE JUDO CODE

For each grade up to and including 6<sup>th</sup> Mon, knowledge of the judo code as detailed in the record book is required. Examiners are required to ensure that candidates have the knowledge and understanding of the Judo Code appropriate to their chronological age and experience in the sport.

### 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**  
**Suite B Technology Centre**  
**Epinal Way**  
**Loughborough**  
**LE11 3GE**

## NOVICE – 1ST MON (AGE RECOMMENDATION 5-10)

### FUNDAMENTAL SKILLS

#### Ukemi:

- Ushiro Ukemi

#### Tachi-waza:

- Osoto-otoshi

#### Osaekomi-waza:

- Kesa-gatame

### PERFORMANCE SKILLS

#### Combination Techniques:

- Osoto-otoshi into Kesa-gatame

#### Ne-waza:

- escape from Kesa-gatame by 'trapping Uke's leg

### PERSONAL CHOICE

Candidates are required to:

- demonstrate two of their favourite waza

### 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:

**Rei                      Hajime                      Matte**

- answer the question

In which country was judo devised?

### NOTES

1. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.
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## 1ST MON — 2ND MON (AGE RECOMMENDATION 5-10)

### FUNDAMENTAL SKILLS

#### Ukemi:

- Yoko Ukemi

#### Tachi-waza:

- De-ashi-barai

#### Osaekomi-waza:

- Mune-gatame

### PERFORMANCE SKILLS

#### Combination Techniques:

- De-ashi-barai into Mune-gatame

#### Ne-waza:

- escape from Mune-gatame using a 'bridge and roll' action

### PERSONAL CHOICE

Candidates are required to:

- demonstrate two of their favourite waza

### 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:

**Osaekomi      Toketa**

- have knowledge of the judo code
- demonstrate the correct bowing procedure for Tachi-rei and Za-rei
- answer the question

Who is the founder of modern judo?

### NOTES

1. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

## 2ND MON — 3RD MON (AGE RECOMMENDATION 5-10)

### FUNDAMENTAL SKILLS

#### Ukemi:

- Mae Mawari Ukemi I

#### Tachi-waza:

- Uki-goshi

#### Osaekomi-waza:

- Kuzure-kesa-gatame

### PERFORMANCE SKILLS

#### Combination Techniques:

- Uki-goshi into Kuzure-kesa-gatame

#### Ne-waza:

- escape from Kuzure-kesa-gatame using 'sit up and push'

### PERSONAL CHOICE

Candidates are required to:

- demonstrate two of their favourite 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 knowledge of the judo code
- demonstrate the correct wearing of the judogi and tying of the obi.
- translate the following Japanese words into their common English names and where appropriate explain their meaning:

**Dojo**            **Judogi**            **Zori**

### NOTES

1. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

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## 3RD MON — 4TH MON (AGE RECOMMENDATION 5-10)

### FUNDAMENTAL SKILLS

#### Ukemi:

- Mae Mawari Ukemi II

#### Tachi-waza:

- Tai-otoshi

#### Osaekomi-waza:

- Yoko-shiho-gatame

### PERFORMANCE SKILLS

#### Combination Techniques:

- Tai-otoshi into Yoko-shiho-gatame

#### Ne-waza:

- escape from Yoko-shiho-gatame using 'trap, bridge and roll'
- turnover into Yoko-shiho-gatame (Uke in prone position)

#### Kumi-kata:

- demonstrate the right and left standard grip

### PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two tachi-waza and one 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 and knowledge of the judo code

### 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.

## 4TH MON — 5TH MON (AGE RECOMMENDATION 5-10)

### FUNDAMENTAL SKILLS

#### Ukemi:

- Mae Mawari Ukemi III

#### Tachi-waza:

- Ippon-seoi-nage

#### Osae-komi-waza:

- Kami-shiho-gatame

### 4TH MON — 5TH MON (CONTINUED)

### PERFORMANCE SKILLS

#### Combination Techniques:

- Ippon-seoi-nage into Kami-shiho-gatame

#### Ne-waza:

- turnover into Kesa-gatame (Uke in “all fours” position)
- escape from Kami-shiho-gatame using ‘action and re-action’

#### Kumi-kata:

- demonstrate alternatives to the right and left standard grips

### PERSONAL CHOICE

Candidates are required to:

- demonstrate two of their favourite 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 knowledge of the judo code

### NOTES

1. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.
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## 5TH MON — 6TH MON (AGE RECOMMENDATION 5-10)

### FUNDAMENTAL SKILLS

#### Ukemi:

- Mae Ukemi

#### Tachi-waza:

- O-uchi-gari

#### Osae-komi-waza:

- Tate-shiho-gatame

### PERFORMANCE SKILLS

#### Combination Techniques:

- O-uchi-gari into Tate-shiho-gatame

#### Ne-waza:

- escape from Tate-shiho-gatame using ‘clamp and roll’ action
- turnover into Mune-gatame (Uke “all fours” position)

#### Kumi-kata:

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

#### Randori:

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

### PERSONAL CHOICE

Candidates are required to:

- demonstrate two of their favourite 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 knowledge of the judo code
- 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 of techniques and, if possible, to both right and left sides.

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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 is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

### 6TH MON — 7TH MON (AGE RECOMMENDATION 8-11)

#### FUNDAMENTAL SKILLS

##### Tachi-waza:

- Ko-uchi-gari
- Tsuru-komi-goshi
- O-goshi

#### PERFORMANCE SKILLS

##### Combination Techniques:

- O-uchi-gari into Ko-uchi-gari
- Ko-uchi-gari into O-soto-gari

##### Counter Techniques:

- O-uchi-gari countered by Tsuru-komi-goshi

##### Ne-waza:

- escape
  - from Kesa-gatame using 'bridge and roll'
  - into Kesa-gatame from between Uke's legs'

##### Randori:

- demonstration of light Randori with a co-operative partner

#### PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two tachi-waza and one 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
- translate the following Japanese words into their common English names and where appropriate explain their meaning:

**Uke                      Tori                      Waza-ari-awasete-ippon**

- demonstrate the proper procedures for coming onto and leaving the mat during a contest

#### 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. Although there are no specified requirements the judoka should understand and observe the simple regulations and terminology governing Randori, including the correct method for signalling submission.
2. 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.

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### 7TH MON — 8TH MON (AGE RECOMMENDATION 8-11)

#### FUNDAMENTAL SKILLS

##### Tachi-waza:

- Ko-soto-gari
- Ko-soto-gake
- Morote-seoi-nage

#### PERFORMANCE SKILLS

##### Combination Techniques:

- Ko-uchi-gari into Morote-seoi-nage

##### Counter Techniques:

- Tai-otoshi countered by Ko-soto-gake

##### Ne-waza:

- escape into Yoko-shiho-gatame from between Uke's legs
- turn over from underneath Uke into Tate-shiho-gatame

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### Randori:

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

### PERSONAL CHOICE

Candidates are required to:

- demonstrate three of their favourite waza

### 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:

#### Shido

#### Hansoku-make

- demonstrate the Referee's signals for Matte, Osaekomi, Toketa and adjusting the judogi
- give two examples of actions (not grips) against the contest rules for negative and safety reasons

### NOTES

1. During the Randori demonstration the judoka 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 three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

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## 8TH MON — 9TH MON (AGE RECOMMENDATION 8-11)

### FUNDAMENTAL SKILLS

#### Tachi-waza:

- Seoi-otoshi
- O-soto-gari

### PERFORMANCE SKILLS

#### Combination Techniques:

- Ippon-seoi-nage into Ko-uchi-gake
- any technique as combinations with
  - Seoi-otoshi

#### Ne-waza:

- arm roll
  - from behind Uke
  - from in front of Uke

### Randori:

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

### PERSONAL CHOICE

Candidates are required to:

- demonstrate three of their favourite waza

### 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:

#### Hiki-wake

#### Hantei

- give two examples of grips against the contest rules for negative or safety reasons

### NOTES

1. During the Randori demonstration the judoka 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 three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

## 9TH MON — 10TH MON (AGE RECOMMENDATION 11-15)

### FUNDAMENTAL SKILLS

#### Tachi-waza:

- Harai-goshi
- Uchi-mata

#### Kansetsu-waza:

- Ude-gatame
- Waki-gatame

### PERFORMANCE SKILLS

#### Combination Techniques:

- any technique as combinations with  
- Ko-uchi-gake

### PERFORMANCE SKILLS

#### Randori:

- demonstration of attacking and defending 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

### NOTES

1. During the Randori demonstration the judoka 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 three 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 judoka 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, Kansetsu-waza must not be applied to the point of submission and is taught so that the judoka has an understanding and awareness of the application.**

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## 10TH MON — 11TH MON (AGE RECOMMENDATION 11-15)

### FUNDAMENTAL SKILLS

#### Tachi-waza:

- Hiza-guruma
- Sasae-tsuri-komi-ashi

#### Kansetsu-waza:

- Juji-gatame
- Hiza-gatame

### PERFORMANCE SKILLS

#### Ne-waza:

- Juji-gatame
  - sit back entry
  - roll over entry

#### Randori:

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

# BRITISH JUDO ASSOCIATION

## JUNIOR MON GRADE PROMOTION SYLLABUS

### 10TH MON — 11TH MON (CONTINUED)

#### PERSONAL CHOICE

Candidates are required to:

- select and demonstrate four of their favourite waza

#### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

#### NOTES

1. During the Randori demonstration the judoka 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 three minutes.
  2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.
  3. Additional 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.
- 

### 11TH MON — 12TH MON (AGE RECOMMENDATION 11-15)

#### FUNDAMENTAL SKILLS

##### Tachi-waza:

- Hane-goshi
- Okuri-ashi-barai
- Morote-eri-seoi-nage

#### PERFORMANCE SKILLS

##### Ne-waza:

- Juji-gatame
  - over the shoulder entry
  - entry from beneath

##### Randori:

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

#### PERSONAL CHOICE

Candidates are required to:

- select and demonstrate four of their favourite waza

#### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

#### NOTES

1. During the Randori demonstration the judoka 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 three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

## 12TH MON — 13TH MON (AGE RECOMMENDATION 11-15)

### FUNDAMENTAL SKILLS

#### Tachi-waza:

- Koshi-guruma
- Tani-otoshi
- Yoko-guruma

#### Kansetsu-waza:

- Ude-garami

### PERFORMANCE SKILLS

#### Combination Techniques:

- Knowledge of selected Kaeshi-waza (various options)

#### Ne-waza:

- Ude-garami from Kuzure-kesa-gatame

#### Kumi-kata:

- Kumi-kata (gripping) skills (right and left)

#### Randori:

- demonstration of attacking and defending 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

### NOTES

1. During the Randori demonstration the judoka 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 three 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 judoka will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.

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## 13TH MON — 14TH MON (AGE RECOMMENDATION 11-15)

### FUNDAMENTAL SKILLS

#### Tachi-waza:

- Tomoe-nage
- Kata-uchi-ashi-dori
- Soto-kibisu-gaeshi

#### Shime-waza:

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

### PERFORMANCE SKILLS

#### Ne-waza:

- 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 (or other) dropping attack

#### Kumi-kata:

- Kumi-kata (gripping) skills (right and left)

#### Randori:

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

# BRITISH JUDO ASSOCIATION

## JUNIOR MON GRADE PROMOTION SYLLABUS

### 13TH MON — 14TH MON (CONTINUED)

#### PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two of their favourite combinations or counters

#### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

#### NOTES

1. During the Randori demonstration the judoka 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 three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip. Any combinations or counters may be demonstrated.
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.

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## 14TH MON — 15TH MON (AGE RECOMMENDATION 11-15)

#### FUNDAMENTAL SKILLS

##### Tachi-waza:

- Kata-guruma
- Morote-gari
- Uki-waza
- Soto-ashi-dori-ouchi-gari
- Uchi-kibisu-gaeshi

#### PERFORMANCE SKILLS

##### Tachi-waza:

- Yoko-kata-guruma-otoshi

##### Ne-waza:

- Koshi-jime – Uke makes “dropping attack”
- Kata-te-jime - Uke “all fours” position

##### Randori:

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

#### PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two of their favourite combinations or counters

#### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

#### NOTES

1. During the Randori demonstration the judoka 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 three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip. Any combinations or counters may be demonstrated.
3. Shime-waza is included in this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.

## 15TH MON — 16TH MON (AGE RECOMMENDATION 15-17)

### FUNDAMENTAL SKILLS

#### Tachi-waza:

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

#### Shime-waza:

- Kata-ha-jime

### PERFORMANCE SKILLS

#### Tachi-waza:

- knowledge of performance forms of selected techniques

#### Ne-waza:

- Kata-ha-jime – Uke “all fours” position

#### Randori:

- demonstration of attacking and defending 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

### NOTES

1. During the Randori demonstration the judoka will require 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 three 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 judoka will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.
3. Shime-waza is included in this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.

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## 16TH MON — 17TH MON (AGE RECOMMENDATION 15-17)

### FUNDAMENTAL SKILLS

#### Tachi-waza:

- Ushiro-goshi
- Sumi-gaeshi
- Ryo-hiza-seoi-otoshi
- Yoko-gake

#### Shime-waza:

- Hadaka-jime
- Kata-te-ashi-koshi-jime

### PERFORMANCE SKILLS

#### Tachi-waza:

- knowledge of performance forms of selected techniques

#### Ne-waza:

- Hadaka-jime – Uke prone position

# BRITISH JUDO ASSOCIATION

## JUNIOR MON GRADE PROMOTION SYLLABUS

### 16TH MON — 17TH MON (CONTINUED)

#### Randori:

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

#### PERSONAL CHOICE

Candidates are required to:

- select and demonstrate three of their favourite combinations or counters

#### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

#### NOTES

1. During the Randori demonstration the judoka 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 three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip. Any combinations or counters may be demonstrated.
3. Shime-waza is included in this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.

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## 17TH MON — 18TH MON (AGE RECOMMENDATION 15-17)

#### FUNDAMENTAL SKILLS

##### Tachi-waza:

- Sode-tsuri-komi-goshi
- Te-guruma
- Ko-uchi-gake-mata-maki-komi

##### Shime-waza:

- San-gaku-jime

#### PERFORMANCE SKILLS

##### 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

#### Randori:

- demonstration of attacking and defending 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

or

- attain a BJA Junior Referee Award or Senior Club Kata Award

#### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

#### NOTES

1. During the Randori demonstration the judoka 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 three 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.

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## JUNIOR MON GRADE PROMOTION SYLLABUS

### 17TH MON — 18TH MON (CONTINUED)

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 judoka will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.

Candidates who have attained a BJA Junior Referee Award or Senior Club Kata Award may, if they wish, exempt themselves from this section.

3. Shime-waza is included in this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.

## 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	

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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	Triangularstrangle	194
San-gaku-osaie -gatame	Triangularstrangle 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

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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.