

British Judo Association

# MON GRADE PROMOTION SYLLABUS

Revised edition 1st May 2016



## INTRODUCTION

This syllabus, effective from 1st April 2016, supersedes all previously published syllabi. All previously taken theory examinations for 7-18 Mon that are higher than the pre 2008 syllabus contest grade, are no longer valid e.g. a judoka returning to judo with the competitive grade of 10<sup>th</sup> Mon, but with the old theory signed up for 18<sup>th</sup> Mon, is deemed to be 10<sup>th</sup> Mon not 18<sup>th</sup> Mon.

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 17 (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 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**

The minimum age a judoka may attempt promotion is 8 years of age. There are recommended age bands for each of the grades as detailed in the following pages. Judoka may, in consultation with their coach, choose to seek promotion under the 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 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 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 the minimum age they can register for promotion to 1st Dan as specified in the Dan Grade Syllabus.

## ADMINISTRATION

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

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 £10. 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 £10 grading fee to cover additional costs such as venue hire, examiner's expenses etc. The BJA recommends a maximum surcharge of £5 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 full individual membership, have completed the appropriate grading revalidation module and are the only people authorised to submit a completed Grade Registration Sheet:-

### **Novice to 6th Mon**

BJA Level 1 Coach - **see note**

### **Novice to 18th Mon**

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

## TIME REQUIREMENTS/FREQUENCY OF PROMOTIONS

### **Novice up to and including 6<sup>th</sup> Mon**

Candidates may be promoted one Mon every calendar month.

### **6<sup>th</sup> Mon and above**

Candidates are limited to one promotion every two 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 theoretically be promoted six times 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.

**Note:** Until May 2019 those candidates aged 5-7 that have elected to remain in the Mon scheme rather than transfer to the Sho scheme, may be promoted one Mon every three calendar months.

## 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 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 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 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 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 ages and physique.

Candidates achieving 18th Mon can convert to 1st Kyu after the age of 14. It is strongly recommended that they 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. Also, 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 e.g.:-

- 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.

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 also be carried out in many ways e.g.:-

- 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

- 0-3 Mon 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).
- 4-6 Mon Judoka should be proficient as above to support their participation in mini-mon comps. Enters mini-mon competition for yellow belts or takes part in inter-club Randori or competition - Level 2.
- 7-9 Mon 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.
- 10-12 Mon Judoka participates in above. Judoka enters area competitions or equivalent - Level 3. Judoka takes part in area or equivalent Randori/training.
- 13-15 Mon Judoka satisfies all above and enters a National or equivalent championships - Level 4.
- 16-18 Mon Judoka should be competing and participating in a level of Randori that would prepare them to enter their first competitive Dan grading.

## JUDO KIDS DEVELOPMENT PROGRAMME FOR 5-7 YEAR OLD – SHO SCHEME

**All new junior members under 8 will follow the Sho awards as described in the Development Programme and on reaching 8 years of age the young player will be awarded a Mon grade to reflect their Shō award, however the ultimate decision as to which grade the player will transfer to will be made by the coach.. An example would be a player who holds 3<sup>rd</sup> or 4<sup>th</sup> Shō will transfer to 1<sup>st</sup> Mon, see Table 2 below for the transfer details.**

| <b>Shō</b>  | <b>Mon</b>          |
|---|---------------------|
| 1 <sup>st</sup> & 2 <sup>nd</sup> Shō                 | Novice              |
| 3 <sup>rd</sup> & 4 <sup>th</sup> Shō                 | 1 <sup>st</sup> Mon |
| 5 <sup>th</sup> 6 <sup>th</sup> & 7 <sup>th</sup> Shō | 2 <sup>nd</sup> Mon |
| 8 <sup>th</sup> & 9 <sup>th</sup> Shō                 | 3 <sup>rd</sup> Mon |

## INTERIM INSTRUCTIONS FOR CURRENT MEMBERS UNDER AGE 8

Juniors aged 5, 6 and 7 on 1<sup>st</sup> May 2016 following the Mon Grade syllabus, have the option to continue with the Mon Grade syllabus.

## 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.

Areas and Club gradings may be visited by the National Promotions and Gradings Manager (NPGM), again to provide support and 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 is 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 KYU GRADE SYLLABUS

Judoka of 14 years of age and above who hold a Mon grade may, if they wish, convert to a Kyu grade. The following table will be used for all Mon to Kyu 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 and in order to cover all the grading requirements. Judoka holding a Mon grade should be converted to the equivalent Kyu grade on reaching 18 years of age. 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 £10

| <b>Mon Grade</b> | <b>Kyu Grade</b> | <b>Mon Grade</b> | <b>Kyu Grade</b> |
|------------------|------------------|------------------|------------------|
| 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       |

## 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 equivalent BJA grade e.g. An IJF Mon/Junior Blue belt would become a BJA 15th Mon. The normal grade registration fee of £10 applies. If the judoka has no proof of grade, see fast tracking below.

## TRANSFER OF GRADES FROM NON BJA ORGANISATIONS

In a similar way to the process for recognising IJF and 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 £10 applies. If the judoka has no proof of grade, see fast tracking below.

## FAST TRACKING

Judoka taking up the sport at 12 years of age and above may be ‘Fast Tracked’ in their first year of BJA membership, a maximum of three Mon grades in any of their gradings i.e. Novice to 3rd Mon and 3rd Mon to 6th Mon, or novice to 2nd Mon, 2nd Mon to 4th Mon, 4th Mon to 6th Mon or any combination of jumps up to the maximum grade of 6th Mon.

Any judoka where the BJA have no record of their grade and they 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.

Judoka aged 12 and above 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 6<sup>th</sup> Mon. This must be a formal course approved by the National Promotions and Gradings Manager (NPGM) with a minimum of 12 hours instruction. Judoka under age of 12 on the same courses can be promoted to a maximum of 3<sup>rd</sup> Mon. 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.
- 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 on successful completion submit a Grade Registration Sheet together with written Promotion 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 also 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 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 particular judokas needs. The aim of these instructions are 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.

### **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 8-10)

### 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 8-10)

### 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**      **Randori**

- 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 8-10)

### 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 8-10)

### 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 8-10)

### FUNDAMENTAL SKILLS

#### Ukemi:

- Mae Mawari Ukemi III

#### Tachi-waza:

- Ippon-seoi-nage

#### Osaekomi-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 reaction’

#### 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.

## 5TH MON — 6TH MON (AGE RECOMMENDATION 8-10)

### FUNDAMENTAL SKILLS

#### Ukemi:

- Mae Ukemi

#### Tachi-waza:

- O-uchi-gari

#### Osaekomi-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.
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 or O-soto-gake

#### 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 for 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.

## 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 or gari

#### Ne-waza:

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

#### 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.

## 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-gari
- any techniques, as combinations with
  - Seoi-otoshi
  - Ko-uchi-gari

#### 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

- 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

#### 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.**



## 10<sup>TH</sup> MON — 11<sup>TH</sup> 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

### 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:

- 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.

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

### FUNDAMENTAL SKILLS

#### Tachi-waza:

- Tomoe-nage
- Yoko-tomoe-nage

#### Shime-waza:

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

### PERFORMANCE SKILLS

#### Ne-waza:

- Nami-juji-jime – Uke underneath (between Tori's legs)
- Gyaku-juji-jime – Uke on top (between Tori's legs)
- Okuri-eri-jime – Uke attempts 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

### 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.

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

### FUNDAMENTAL SKILLS

#### Tachi-waza

- Uki-waza
- Soto-maki-komi

### PERFORMANCE SKILLS

#### Ne-waza:

- Koshi-jime – Uke has attempted a “dropping attack”
- Kata-te-jime - Uke in “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 14-17)

### FUNDAMENTAL SKILLS

#### Tachi-waza:

- Ura-nage
- Uki-otoshi
- Koshi-guruma

#### Shime-waza:

- Kata-ha-jime
- Kata-te-ashi-koshi-jime

### PERFORMANCE SKILLS

#### Tachi-waza:

- knowledge of performance forms of selected techniques

#### Ne-waza:

- Kata-ha-jime – Uke in “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.

## 16TH MON — 17TH MON (AGE RECOMMENDATION 14-17)

### FUNDAMENTAL SKILLS

#### Tachi-waza:

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

#### Shime-waza:

- Hadaka-jime

### PERFORMANCE SKILLS

#### Tachi-waza:

- knowledge of performance forms of selected techniques

#### Ne-waza:

- Hadaka-jime – Uke prone position

#### 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.

## 17TH MON — 18TH MON (AGE RECOMMENDATION 14-17)

### FUNDAMENTAL SKILLS

#### Tachi-waza:

- Sode-tsuru-komi-goshi
- Kata-guruma
- Ko-uchi-gake-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
- Demonstrate 1 set of Nage No Kata or 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
- give three examples of any of the penalties in the competition rules

### 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.

Candidates who have attained a BJA Junior Referee Award or a BJA 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 I - 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                                   |
| 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 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-gari              | Double leg grab  |
| Morote-seoi-nage         | Two handed shoulder                                      |
| Mune-gatame              | Chest hold   |
| Nage-komi                | Repetitive throwing                                      |
| Nami-juji-jime           | Normal cross strangle                                    |
| Ne-waza                  | Groundwork techniques                                    |
| 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                                       |
| Osoto-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)                      |
| Sho                    | Award   |
| 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-ari                        |
| Yoko Ukemi             | Side breakfall  |
| Yoko-gake              | Side hook   |
| Yoko-guruma            | Side wheel  |
| Yoko-shiho-gatame      | Side four quarters hold                                 |
| 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.