British Judo Association

Kyu Grade Promotion Syllabus

Revised edition 1st May 2016
Introduction
This syllabus, effective from 1st May 2016, supersedes all previously published syllabi. All previously taken theory examinations that are higher than the contest grade are no longer valid e.g a judoka returning to judo with the competitive grade of 2nd Kyu, but with the old theory signed up to 1st Kyu, is deemed to be a 2nd Kyu not a 1st Kyu.

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

<table>
<thead>
<tr>
<th>6th Kyu</th>
<th>5th Kyu</th>
<th>4th Kyu</th>
<th>3rd Kyu</th>
<th>2nd Kyu</th>
<th>1st Kyu</th>
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<tbody>
<tr>
<td>Red Belt</td>
<td>Yellow Belt</td>
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<td>Brown Belt</td>
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Promotion within the Kyu grades is based on technical knowledge and understanding, together with Japanese terminology and supplementary knowledge. There is no contest requirement in the Kyu Grade syllabus. However, there is a progressively structured Randori element at the higher grades, where at the highest level, Randori is based on open skills.

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

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

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

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

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

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

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

**Novice to 5th Kyu**
BJA Level 1 coach - see note

**Novice to 1st Kyu**
BJA Level 2 Coach - see note
BJA Level 3 Coach
BJA Senior Examiner

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

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

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 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 £10 grading fee to cover additional costs such as venue hire, examiner’s expenses etc. The BJA recommends a maximum surcharge of £5.00 but recognises that grading organisers may charge more or less depending on circumstances. Any surcharge should be retained by the grading organiser and not sent to the BJA.

**TIME REQUIREMENTS AND FREQUENCY OF PROMOTIONS**

**Novice Up To and Including 5th Kyu**
Candidates may be promoted one Kyu grade per calendar month.

**Promotion to 4th Kyu and Above**
Candidates may be promoted one Kyu grade every three calendar months. There is no limit to the number of attempts to gain promotion.

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

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

From 4th Kyu and above there is no specific Ukemi requirement. The candidate may, however, be required to act as Uke and must be able to demonstrate the level of Ukemi required by the grade. All demonstrations will be presented in a formal manner either static or on the move to the candidate's preferred side. All techniques will be demonstrated once only. The examiner may ask for further demonstrations and also test that the candidate understands the key principles involved in the application of the technique, Kuzushi (balance breaking), Tsukuri (positioning), Kake (application of force), Kime (control). Techniques and applications must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and movement.
**KYU GRADE PROMOTION SYLLABUS**

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

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

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

Candidates are to be conversant with the contest rules, in particular prohibited acts. Male and Female candidates may be examined together, as can candidates of different age and physique. It is strongly recommended that all judoka must have a record of contest activity on at least 2 occasions recorded in their BJA Record Book under "Record of Judo Events Attended", (signed by a BJA official or coach) before entering their first competitive Dan grading. They must be a minimum age of 15 to enter the Dan grading and to be promoted. SEs will carry out random checks of Record Books during the grading booking in process.

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

The grading assessment can be carried out in many ways 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**

**6th Kyu**  
Judoka should be proficient in light Randori/Nage-komi/Ukemi sufficient to support entry into red belt events. Enters 1 red belt event or closed club competition - Level 1 (this can just be pairing of players for informal contest with a Level 2 coach refereeing)

**5th Kyu**  
Judoka should be proficient as above to support their participation in yellow belt competitions. Enters low Kyu grade competition for yellow belts or takes part in inter-club Randori or competition - Level 2.

**4th Kyu**  
Judoka participates in regular club Randori. Enters low level area or equivalent competitions Level 2 or multi club Randori such as that in county squad training.

**3rd Kyu**  
Judoka participates in above. Judoka enters area competitions or equivalent - Level 3. Judoka takes part in area or equivalent Randori/training.
**Kyu Grade Promotion Syllabus**

2nd Kyu  Judoka satisfies all above and enters an Area or equivalent championships - Level 3.

1st Kyu  Judoka is competing and participating in a level of Randori that would prepare them to enter their first competitive Dan grading.

**Personal Choice**

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

**Terminology and Supplementary Knowledge**

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

**Conversion from the Mon Grade Syllabus**

Judoka of 14 years of age and above who hold a Mon grade may, if they wish, convert to the Kyu grade. The following table will be used for all Mon grade conversions. It may appear that the Mon grade is converting to a lower level of examination; however, this is to cover the complete equivalent range of waza required. Players holding a Mon grade must be converted to the Kyu grade on reaching the age of 18. The coach must enter the conversion in the judoka’s Record Book and inform the BJA office in writing by letter, e-mail or Grade Registration Sheet of this conversion – there is no fee.

Judoka that do not have 3 Mon tabs that wish to convert to a Kyu grade of the same belt colour as their Mon grade, are permitted to fast track e.g. a 16th Mon Brown belt 1 tab can take both the 17th and 18th Mon assessments then convert to 1st Kyu. The coach would put on the Grade Registration Sheet FROM GRADE 16th Mon, TO GRADE 1st Kyu – the fee would be the normal grade registration fee of £10.

<table>
<thead>
<tr>
<th>Mon Grade</th>
<th>Kyu Grade</th>
<th>Mon Grade</th>
<th>Kyu Grade</th>
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<tbody>
<tr>
<td>1st Mon</td>
<td>Novice</td>
<td>10th Mon</td>
<td>4th Kyu</td>
</tr>
<tr>
<td>2nd Mon</td>
<td>Novice</td>
<td>11th Mon</td>
<td>4th Kyu</td>
</tr>
<tr>
<td>3rd Mon</td>
<td>to 6th Kyu</td>
<td>12th Mon</td>
<td>to 3rd Kyu</td>
</tr>
<tr>
<td>4th Mon</td>
<td>to 6th Kyu</td>
<td>13th Mon</td>
<td>to 3rd Kyu</td>
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<tr>
<td>5th Mon</td>
<td>to 6th Kyu</td>
<td>14th Mon</td>
<td>to 3rd Kyu</td>
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<td>6th Mon</td>
<td>to 5th Kyu</td>
<td>15th Mon</td>
<td>to 2nd Kyu</td>
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<tr>
<td>7th Mon</td>
<td>to 5th Kyu</td>
<td>16th Mon</td>
<td>to 2nd Kyu</td>
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<td>8th Mon</td>
<td>to 5th Kyu</td>
<td>17th Mon</td>
<td>to 2nd Kyu</td>
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<tr>
<td>9th Mon</td>
<td>to 4th Kyu</td>
<td>18th Mon</td>
<td>to 1st Kyu</td>
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**Conversion from the Former 9 Kyu Grade Syllabus**

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

<table>
<thead>
<tr>
<th>Old 9 Kyu Syllabus</th>
<th>Current 6 Kyu Syllabus</th>
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<tbody>
<tr>
<td>—</td>
<td>6th Kyu (Red Belt)</td>
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<tr>
<td>9th Kyu</td>
<td>5th Kyu (Yellow Belt)</td>
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<tr>
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<td>4th Kyu (Orange Belt)</td>
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<td>7th Kyu</td>
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<tr>
<td>6th Kyu</td>
<td>3rd Kyu (Green Belt)</td>
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KYU GRADE PROMOTION SYLLABUS

<table>
<thead>
<tr>
<th>5th Kyu</th>
<th>4th Kyu</th>
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<th>2nd Kyu</th>
<th>1st Kyu</th>
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<tr>
<td>}</td>
<td>}</td>
<td>}</td>
<td>2nd Kyu (Blue Belt)</td>
<td>1st Kyu (Brown Belt)</td>
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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 ensure consistent application of the exam criteria.

CANDIDATES FROM IJF/EJU MEMBER ORGANISATIONS
It is acknowledged that there are many Judoka from foreign countries residing in the UK and joining the BJA. If they hold a grade in an association that is a member of the International Judo Federation (IJF) or European Judo Union (EJU), then that grade is accepted by the BJA. Examiners are to convert the colour belt from the original association to the higher BJA grade e.g. An IJF Kyu Blue belt would become a BJA 2nd Kyu. The normal grade registration fee of £10 applies. If the judoka has no proof of grade, see fast tracking below.

TRANSFER FROM NON BJA ORGANISATIONS
In a similar way to the process for recognising IJF/EJU judoka, candidates from non BJA organisations (including independent organisations), that have joined the BJA, may convert from the colour held in the previous organisation to the colour appropriate to the BJA grade. However they must undertake the examination of all the previous grades and this can be done by examining a percentage of the syllabus deemed suitable by the examiner. If the examiner is satisfied that the candidate has demonstrated the knowledge and understanding appropriate to the grade being converted he can add the candidates name to the Grade Registration Sheet annotating the "From Grade" block as initials of previous organisation e.g. British Judo Council (BJC). The normal grade registration fee of £10 applies. If the judoka has no proof of grade, see fast tracking below.

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

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

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

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

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

**Gradings for Disabled Players**

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

The coach/examiner and judoka should work together and in the practical section where a Waza is not possible due to any restriction or limitation the judoka has, then the coach/examiner and the judoka should replace the Waza with a substitute Waza more appropriate but within the grading criteria e.g. If the exam states two throws and two hold-downs it may be more appropriate only to have four hold-downs. For the verbal part of the exam, the judoka can by any appropriate means, pass on the information required to the examiner. There is no pass or fail and the examination process can take minutes or quite a few days. When the examiner is satisfied that the candidate has completed the requirements for the grade, the promotion is then registered with the BJA and 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.
ADDITIONAL RESOURCES AND INFORMATION
The BJA is developing a range of additional resources to support candidates seeking promotion. These resources will be available to purchase or to download from the BJA website (www.britishjudo.org.uk/home/index.php).

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

British Judo Association
Suite B Technology Centre
Epinal Way
Loughborough
LE11 3GE
KYU GRADE PROMOTION SYLLABUS

NOVICE – 6TH KYU

FUNDAMENTAL SKILLS

Ukemi:
• Ushiro Ukemi
• Yoko Ukemi
• Mae Mawari Ukemi

Tachi-waza:
• Osoto-otoshi
• De-ashi-barai
• Uki-goshi

Osaekomi-waza:
• Kesa-gatame
• Mune-gatame
• Kuzure-kesa-gatame

PERFORMANCE SKILLS

Combination Techniques:
• Osoto-otoshi into Kesa-gatame
• De-ashi-barai into Mune-gatame
• Uki-goshi into Kuzure-kesa-gatame

Ne-waza:
• escape from Kesa-gatame by trapping Uke’s leg
• escape from Mune-gatame using a ‘bridge and roll’ action
• escape from Kuzure-kesa-gatame using ‘sit up and push’

PERSONAL CHOICE
Candidates are required to:
• select and demonstrate two Tachi-waza and two Osaekomi-waza from the BJA Technical Grading Syllabus

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE
Candidates are required to:
• know the common English translations and meaning of all Japanese terminology used in this section
• translate the following Japanese words into their common English names and where appropriate explain their meaning:
  - Dojo
  - Hajime
  - Rei
  - Judogi
  - Matte
  - Toketa
  - Zori
  - Osaekomi
  - Randori
• demonstrate
  - the correct tying of the Obi
  - the correct wearing of the judogi
  - the correct bowing procedures Tachi-rei and Za-rei
• answer the following questions:
  - Who is the founder of modern judo?
  - In which country was judo devised?

NOTES
1. For the personal choice element, the judoka may select any Waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.
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6TH KYU – 5TH KYU

FUNDAMENTAL SKILLS

Ukemi:
- Mae Ukemi

Tachi-waza:
- Tai-otoshi
- Ippon-seoi-nage
- O-uchi-gari

Osaekomi-waza:
- Yoko-shiho-gatame
- Tate-shiho-gatame
- Kami-shiho-gatame

PERFORMANCE SKILLS

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

Ne-waza:
- escape from Kami-shiho-gatame using ‘action and re-action’
- escape from Tate-shiho-gatame using ‘clamp and roll’ action
- escape from Yoko-shiho-gatame using ‘trap, bridge and roll’
- turnover into Kesa-gatame (Uke in “all fours” position)
- turnover into Mune-gatame (Uke in “all fours” position)
- turnover into Yoko-shiho-gatame (Uke in prone position)

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

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

PERSONAL CHOICE
Candidates are required to:
- select and demonstrate two Tachi-waza and two Osaekomi-waza from the BJA Technical Grading Syllabus

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE
Candidates are required to:
- know the common English translations and meaning of all Japanese terminology used in this section
- give two examples of actions against the contest rules

NOTES
1. Nage-komi is introduced for this grade. It is to be demonstrated in the form of light Randori which will be of approximately two minutes duration, with each judoka throwing alternately. Although throws may be repeated, the examiner will expect to see a variety and, if possible, to both right and left sides.
2. Kumi-kata is a requirement for this grade and the judoka is required to demonstrate the standard grips and alternatives.
3. For the personal choice element, the judoka may select any Waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.
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5TH KYU – 4TH KYU

FUNDAMENTAL SKILLS

Tachi-waza:
- Tsuri-komi-goshi
- O-goshi
- Seoi-otoshi
- Morote-seoi-nage
- O-soto-gari
- Ko-uchi-gari
- Ko-soto-gake
- Ko-soto-gari

PERFORMANCE SKILLS

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

Counter Techniques:
- O-uchi-gari countered by Tsuri-komi-goshi
- Tai-otoshi countered by Ko-soto-gari or gake

Ne-waza:
- escape
  - from Kesa-gatame using ‘bridge and roll’
  - into Kesa-gatame from between Uke’s legs
  - into Yoko-shiho-gatame from between Uke’s legs
- arm roll
  - from behind Uke
  - from in front of Uke
  - turn over from underneath Uke into Tate-shiho-gatame

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

PERSONAL CHOICE
Candidates are required to:
- select and demonstrate three Waza (two Tachi-waza and one Ne-waza) from the BJA Technical Grading Syllabus and demonstrate them as a combination, a counter and as a transition into Ne-waza

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

NOTES
1. Randori is introduced for this grade. It is to be demonstrated in the form of light Randori of approximately three minutes duration. The examiner will expect to see a variety of Waza and Kumi-kata and, if possible, throws to both right and left sides.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.
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4th Kyu – 3rd Kyu

Fundamental Skills

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

Kansetsu-waza:
• Ude-gatame
• Waki-gatame
• Hiza-gatame
• Juji-gatame

Performance Skills

Kansetsu-waza:
• Juji-gatame
  – sit back entry
  – roll over entry
  – over the shoulder entry
  – entry from beneath

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

Personal Choice
Candidates are required to:
• select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series of combinations and counters

Terminology and Supplementary Knowledge
Candidates are required to:
• know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc

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

3rd Kyu – 2nd Kyu

Fundamental Skills

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

Shime-waza:
- Okuri-eri-jime
- Nami-juji-jime
- Gyaku-juji-jime

Kansetsu-waza:
- Ude-garami

Performance Skills

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

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

Kumi-kata:
- introduction to performance Kumi-kata (gripping) skills

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

Personal Choice 1
Candidates are required to:
- select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series combinations and counters

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

Notes
1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations
must include two combinations, two counters and two transitions into Ne-waza. Combinations and counters can be either Tachi-waza or Ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.

It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.

3. Shime-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke. Judoka should always apply Shime-waza with care and control especially in a Randori situation and when training with less experienced judoka.
KYU GRADE PROMOTION SYLLABUS

2ND KYU – 1ST KYU

FUNDAMENTAL SKILLS

Tachi-waza:
• Sode-tsuri-komi-goshi
• Kata-guruma
• Ryo-hiza-seoi-otoshi
• Sumi-gaeshi
• Yoko-gake
• Ko-uchi-gake-maki-komi
• Ushiro-goshi
• Ura-nage
• Uki-otoshi
• Koshi-guruma

Shime-waza:
• Kata-ha-jime
• Hadaka-jime
• Kata-te-ashi-koshi-jime
• San-gaku-jime

PERFORMANCE SKILLS

• knowledge of performance forms of selected techniques

Tachi-waza:
• Demonstrate any two variations of Sumi-gaeshi

Ne-waza:
• San-gaku-gatame – complex entry
• San-gaku-jime – complex entry
• San-gaku-osae-gatame – turnover and hold

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

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

PERSONAL CHOICE 1
Candidates are required to:
• select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series combinations and counters

AND

PERSONAL CHOICE 2
Kata
• demonstrate any one set of the Nage-no-kata or any one set of the Katame-no-kata

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE
Candidates are required to:
• know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc
• give three example of any of the penalties in the competition rules
NOTES

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.

2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into Ne-waza. Combinations and counters can be either Tachi-waza or Ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.
   It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.

3. Kata demonstrations must be performed in the traditional manner and include the formal opening and closing bowing procedures.
## APPENDIX I - TERMINOLOGY

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

<table>
<thead>
<tr>
<th>Technique</th>
<th>Description</th>
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<tr>
<td>Osoto-otoshi</td>
<td>Major outer drop</td>
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<tr>
<td>O-uchi-gari</td>
<td>Major inner reaping</td>
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<tr>
<td>Randori</td>
<td>Free practice</td>
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<tr>
<td>Rei</td>
<td>Bow</td>
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<tr>
<td>Renraku-waza</td>
<td>Combination techniques in the opposite direction</td>
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<tr>
<td>Renzoku-waza</td>
<td>Combination techniques in the same or similar direction</td>
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<tr>
<td>Ryo-hiza-seoi-otoshi</td>
<td>Two knee shoulder drop</td>
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<tr>
<td>San-gaku-jime</td>
<td>Triangular strangle</td>
</tr>
<tr>
<td>San-gaku-osae-gatame</td>
<td>Triangular strangle and hold down</td>
</tr>
<tr>
<td>Sasse-tsuri-komi-ashi</td>
<td>Propping drawing ankle</td>
</tr>
<tr>
<td>Seoi-otoshi</td>
<td>Shoulder drop</td>
</tr>
<tr>
<td>Shido</td>
<td>Light penalty (minor infringement)</td>
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<tr>
<td>Sode-tsuri-komi-goshi</td>
<td>Sleeve lift pull hip</td>
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<tr>
<td>Soto-maki-komi</td>
<td>Outside winding</td>
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<tr>
<td>Sumi-gaeshi</td>
<td>Corner throw</td>
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<tr>
<td>Tachi-rei</td>
<td>Standing bow</td>
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<tr>
<td>Tachi-waza</td>
<td>Standing techniques</td>
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<tr>
<td>Tai-otoshi</td>
<td>Hand throw body drop</td>
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<td>Tani-otoshi</td>
<td>Valley drop</td>
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<td>Tate-shiho-gatame</td>
<td>Lengthwise four quarters hold</td>
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<tr>
<td>Toketa</td>
<td>Hold broken</td>
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<tr>
<td>Tomoe-nage</td>
<td>Circle throw</td>
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<tr>
<td>Tori</td>
<td>The offensive or attacking Judoka</td>
</tr>
<tr>
<td>Tsuriki-komi-goshi</td>
<td>Drawing hip</td>
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<tr>
<td>Uchi-mata</td>
<td>Inner thigh</td>
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<tr>
<td>Ude-garami</td>
<td>Entangled armlock</td>
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<tr>
<td>Ude-gatame</td>
<td>Arm lock</td>
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<tr>
<td>Uke</td>
<td>The defensive or defending Judoka</td>
</tr>
<tr>
<td>Uki-goshi</td>
<td>Floating hip</td>
</tr>
<tr>
<td>Uki-ototshi</td>
<td>Floating drop</td>
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<tr>
<td>Uki-waza</td>
<td>Floating throw</td>
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<tr>
<td>Ura-nage</td>
<td>Rear throw</td>
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<tr>
<td>Usouko Ukemi</td>
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<tr>
<td>Usagi-otoshi</td>
<td>Rear hip</td>
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<tr>
<td>Waza-ari-awase-te-ippou</td>
<td>Complete point from two waza-aris</td>
</tr>
<tr>
<td>Yoko Ukemi</td>
<td>Side breakfall</td>
</tr>
<tr>
<td>Yoko-gake</td>
<td>Side hook</td>
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<tr>
<td>Yoko-guruma</td>
<td>Side wheel</td>
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<tr>
<td>Yoko-shiho-gatame</td>
<td>Side four quarters hold</td>
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<tr>
<td>Yoko-tomoe-nage</td>
<td>Side circle throw</td>
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<tr>
<td>Za-rei</td>
<td>Kneeling bow</td>
</tr>
<tr>
<td>Zori</td>
<td>Judo footwear</td>
</tr>
</tbody>
</table>

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