

# KYU GRADE PROMOTION SYLLABUS PERSONAL RECORD OF ACHIEVEMENT



<b>Name:</b>	<b>Membership No:</b>
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## Novice – 6TH KYU - FUNDAMENTAL SKILLS

<i>Ushiro-ukemi</i>	<input type="checkbox"/>	<i>Yoko-Ukemi</i>	<i>Mae-Mawari-Ukemi (x3)</i>	<input type="checkbox"/>
<i>O-soto-otoshi</i>	<input type="checkbox"/>	<i>De-ashi-barai</i>	<i>Uki-goshi</i>	
<i>Kesa-gatame</i>		<i>Mune-gatame</i>	<i>Kuzure-kesa-gatame</i>	

## Novice – 6TH KYU - PERFORMANCE SKILLS

<i>Osoto-otoshi into Kesa-gatame</i>	<input type="checkbox"/>	<i>Escape Kesa-gatame by 'trapping Uke's leg</i>	<input type="checkbox"/>
<i>De-ashi-barai into Mune-gatame</i>	<input type="checkbox"/>	<i>Escape from Mune-gatame - using a 'bridge and roll' action</i>	
<i>Uki-goshi into Kuzure-kesa-gatame</i>	<input type="checkbox"/>	<i>Escape from Kuzure-kesa-gatame - using 'sit up and push'</i>	

## Novice – 6TH KYU - PERSONAL CHOICE

<i>Select and demonstrate two Tachi-waza and two Osae-waza from the BJA Technical Grading Syllabus.</i>	<input type="checkbox"/>
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## Novice – 6TH KYU - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

State the English translations & meaning of all Japanese terminology used for the grades in this section.	<input type="checkbox"/>
Answer the question: In which country was judo devised?	<input type="checkbox"/>
Answer the question: Who is the founder of modern judo?	
Translate Rei, Hajime and Matte into English names and where appropriate explain their meaning.	<input type="checkbox"/>
Translate Osae-komi and Toketa into English names and where appropriate explain their meaning.	
Translate Dojo, Judogi, Zori and Randori into English names and where appropriate explain their meaning.	
Demonstrate the correct tying of the obi.	
Demonstrate the correct wearing of the judogi.	
Demonstrate the correct bowing procedure for Tachi-rei and Za-rei.	

\*Note: 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

Mae Ukemi	<input type="checkbox"/>	Tai-otoshi		Yoko-shiho-gatame	<input type="checkbox"/>
		Ippon-seoi-nage		Tate-shiho-gatame	
		O-uchi-gari		Kami-shiho-gatame	

## 6TH KYU – 5TH KYU - PERFORMANCE SKILLS

O-uchi-gari into Tate-shiho-gatame	<input type="checkbox"/>	Escape from Kami-shiho-gatame - 'action/re-action'	<input type="checkbox"/>
Ippon-seoi-nage into Kami-shiho-gatame		Escape from Tate-shiho-gatame - 'clamp and roll'	
Tai-otoshi into Yoko-shiho-gatame		Escape from Yoko-shiho-gatame - 'trap, bridge and roll'	
Turnover into Kesa-gatame (Uke in "all fours" position)		Demonstrate the right and left standard grips	
Turnover into Mune-gatame (Uke in "all fours" position)	<input type="checkbox"/>	Demonstrate alternatives to the right and left standard grips	<input type="checkbox"/>
Turnover into Yoko-shiho-gatame (Uke in prone position)			

## 6TH KYU – 5TH KYU - PERSONAL CHOICE

Select and demonstrate two Tachi-waza and one Osaekomi-waza from the BJA Technical Grading Syllabus.

## 6TH KYU – 5TH KYU - RANDORI

Demonstration of Nage-komi in easy Randori with a co-operative partner

## 6TH KYU – 5TH KYU - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

State the English translations & meaning of all Japanese terminology used for the grades 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 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 this stage.

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# KYU GRADE PROMOTION SYLLABUS

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### 5TH KYU —4TH KYU - FUNDAMENTAL SKILLS

Tsuri-komi-goshi	<input type="checkbox"/>	Morote-seoi-nage	<input type="checkbox"/>	Ko-soto-gake	<input type="checkbox"/>
O-goshi		O-soto-gari		Ko-soto-gari	
Seoi-otoshi		Ko-uchi-gari			

### 5TH KYU —4TH KYU - PERFORMANCE SKILLS

O-uchi-gari into Ko-uchi-gari	<input type="checkbox"/>	O-uchi-gari countered by Tsuri-komi-goshi	<input type="checkbox"/>
Ko-uchi-gari into O-soto-gari or O-soto-gake	<input type="checkbox"/>	Tai-otoshi countered by Ko-soto-gari or gake	<input type="checkbox"/>
Ko-uchi-gari into Morote-seoi-nage	<input type="checkbox"/>	Escape from Kesa-gatame using 'bridge and roll'	<input type="checkbox"/>
Ippon-seoi-nage into Ko-uchi-gari		Escape into Kesa-gatame and also Yoko-shiho-gatame from between Uke's legs'	
Any technique as a combination with Seoi-otoshi		Arm roll with Uke behind Tori	
Any technique as a combination with Ko-uchi-gari		Arm roll in front of Uke (face to face)	
		Turn over from underneath Uke into Tate-shiho-gatame	

### 5TH KYU —4TH KYU - PERSONAL CHOICE

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.	<input type="checkbox"/>
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### 5TH KYU —4TH KYU - RANDORI

Demonstration of attacking and defending in light Randori with a co-operative partner.	
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### 5TH KYU —4TH KYU - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

State the English translations & meaning of all Japanese terminology used for the grades in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc.	<input type="checkbox"/>
Translate Waza-ari-awasete-ippou, Tori & Uke and where appropriate explain their meaning.	<input type="checkbox"/>
Translate Shido and Hansoku-make and where appropriate explain their meaning.	
Translate Hiki-wake and where appropriate explain it's meaning.	
Demonstrate the referees signals for Matte, Osaekomi, Toketa, Adjusting the Judogi	
Demonstrate the proper procedures for coming onto and leaving the mat during a contest.	
Give two examples of actions (not grips) against the contest rules.	<input type="checkbox"/>
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

<i>Harai-goshi</i>	<input type="checkbox"/>	<i>Hane-goshi</i>	<input type="checkbox"/>	<i>Ude-gatame</i>	<input type="checkbox"/>
<i>Uchi-mata</i>	<input type="checkbox"/>	<i>Okuri-ashi-barai</i>		<i>Waki-gatame</i>	
<i>Hiza-guruma</i>		<i>Morote-eri-seoi-nage</i>		<i>Hiza-gatame</i>	
<i>Sasae-tsuru-komi-ashi</i>				<i>Juji-gatame</i>	

## 4TH KYU —3RD KYU - PERFORMANCE SKILLS

<i>Juji-gatame – sit back entry</i>	<input type="checkbox"/>	<i>Juji-gatame – roll over entry</i>	<input type="checkbox"/>
<i>Juji-gatame – over the shoulder entry</i>		<i>Juji-gatame – entry from beneath</i>	

## 4TH KYU —3RD KYU - PERSONAL CHOICE

Select four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and as a series of combinations and counters.	<input type="checkbox"/>
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## 4TH KYU —3RD KYU - RANDORI

Demonstration of attacking, defence, avoidance and continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner.	
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## 4TH KYU —3RD KYU - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

State the English translations & meaning of all Japanese terminology used for the grades in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc.	<input type="checkbox"/>
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\*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.

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## 3RD KYU – 2ND KYU - FUNDAMENTAL SKILLS

Soto-maki-komi	<input type="checkbox"/>	Tomoe-nage	<input type="checkbox"/>	Okuri-eri-jime	<input type="checkbox"/>
Tani-otoshi	<input type="checkbox"/>	Yoko-tomoe-nage		Nami-juji-jime	
Yoko-guruma		Uki-waza		Gyaku-juji-jime	
				Ude-garami	

## 3RD KYU – 2ND KYU - PERFORMANCE SKILLS

Ude-garami from Kuzure-kesa-gatame	<input type="checkbox"/>	Nami-juji-jime - Uke underneath (between Tori's legs)	<input type="checkbox"/>
Knowledge of selected Kaeshi-waza	<input type="checkbox"/>	Gyaku-juji-jime - Uke on top (between Tori's legs)	<input type="checkbox"/>
Koshi-jime - Uke attempts Seoi-otoshi (dropping attack)		Okuri-eri-jime - Uke attempts Seoi-otoshi (dropping attack)	
Kata-te-jime - Uke in "all fours" position		Introduction to performance Kumi-kata (gripping) skills	

## 3RD KYU – 2ND KYU - PERSONAL CHOICE

Select four techniques from the BJA Technical Grading Syllabus and demonstrate and demonstrate them individually and then as a series of combinations and counters. \*See also note below.

## 3RD KYU – 2ND KYU – RANDORI

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

## 3RD KYU – 2ND KYU - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

State the English translations and meaning of all Japanese terminology used for the grades 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.

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# KYU GRADE PROMOTION SYLLABUS

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### 2ND KYU – 1ST KYU - FUNDAMENTAL SKILLS

Sode-tsuri-komi-goshi	<input type="checkbox"/>	Ko-uchi-gake-maki-komi	<input type="checkbox"/>	Kata-ha-jime	<input type="checkbox"/>
Kata-guruma	<input type="checkbox"/>	Ushiro-goshi	<input type="checkbox"/>	Hadaka-jime	
Ryo-hiza-seoi-otoshi		Ura-nage		Kata-te-ashi-koshi-jime	
Sumi-gaeshi		Uki-otoshi		San-gaku-jime	
Yoko-gake		Koshi-guruma			

### 2ND KYU – 1ST KYU - PERFORMANCE SKILLS

Knowledge of performance forms of selected techniques	<input type="checkbox"/>	San-gaku-osae-gatame – turnover and hold	<input type="checkbox"/>
Demonstrate any two variations of Sumi-gaeshi	<input type="checkbox"/>	Hadaka-jime – Uke in prone position	
San-gaku-gatame – complex entry		Kata-ha-jime – Uke “all fours” position	
San-gaku-jime – complex entry			

### 2ND KYU – 1ST KYU - PERSONAL CHOICE

1. Select four techniques from the BJA Technical Grading Syllabus and demonstrate and demonstrate them individually and then as a series of combinations and counters.	<input type="checkbox"/>
2. Demonstrate any set of the Nage-no-kata <b>or</b> any set of the Katame-no-kata	

### 2ND KYU – 1ST KYU - RANDORI

Demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner.	
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### 2ND KYU – 1ST KYU - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

State the English translations & meaning of all Japanese terminology used for the grades in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc.	<input type="checkbox"/>
Give three examples of any of the penalties in Article 27.	

\*Notes: 1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes. 2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into Ne-waza. Combinations and counters can be either Tachi-waza or Ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters. 3. Kata is mandatory for this grade, however there is a personal choice of set selection. Demonstrations must be performed in the traditional manner and include the formal opening and closing bowing procedures. 4. Personal choice is first from 1 and then additionally from 2.

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# KYU GRADE PROMOTION SYLLABUS - PERSONAL RECORD OF ACHIEVEMENT

## 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.

<i>Mon Grade</i>	<i>Kyu Grade</i>	<i>Mon Grade</i>	<i>Kyu Grade</i>
1st Mon	Novice	10th Mon	to 4th Kyu
2nd Mon	Novice	11th Mon	to 4th Kyu
3rd Mon	to 6th Kyu	12th Mon	to 3rd Kyu
4th Mon	to 6th Kyu	13th Mon	to 3rd Kyu
5th Mon	to 6th Kyu	14th Mon	to 3rd Kyu
6th Mon	to 5th Kyu	15th Mon	to 2nd Kyu
7th Mon	to 5th Kyu	16th Mon	to 2nd Kyu
8th Mon	to 5th Kyu	17th Mon	to 2nd Kyu
9th Mon	to 4th Kyu	18th Mon	to 1st Kyu

## CONVERSION FROM THE 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.

<i>Old 9 Kyu Syllabus</i>		<i>Current 6 Kyu Syllabus</i>
—		6 <sup>th</sup> Kyu (Red Belt)
9 <sup>th</sup> Kyu	}	5 <sup>th</sup> Kyu (Yellow Belt)
8 <sup>th</sup> Kyu		
7 <sup>th</sup> Kyu	}	4 <sup>th</sup> Kyu (Orange Belt)
6 <sup>th</sup> Kyu		
5 <sup>th</sup> Kyu	}	3 <sup>rd</sup> Kyu (Green Belt)
4 <sup>th</sup> Kyu		

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3 <sup>rd</sup> Kyu		
2 <sup>nd</sup> Kyu	}	1 <sup>st</sup> Kyu (Brown Belt)
1 <sup>st</sup> Kyu		