

MON GRADE PROMOTION SYLLABUS – PERSONAL RECORD OF ACHIEVEMENT



Name:	Membership No:
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Novice - 1ST MON - FUNDAMENTAL SKILLS			
Ushiro-ukemi		O-soto-otoshi	Kesa-gatame
Novice - 1ST MON - PERFORMANCE SKILLS			
Osoto-otoshi into Kesa-gatame		Escape from Kesa-gatame by 'trapping Uke's	
Novice - 1ST MON - PERSONAL CHOICE			
Select and demonstrate two waza from the BJA Technical Grading Syllabus.			
Novice - 1ST MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
Answer the question: In which country was judo devised?			
Translate Rei, Hajime and Matte into English names and where appropriate explain their meaning.			
1ST MON — 2ND MON - FUNDAMENTAL SKILLS			
Yoko Ukemi		De-ashi-barai	Mune-gatame
1ST MON — 2ND MON - PERFORMANCE SKILLS			
De-ashi-barai into Mune-gatame		Escape from Mune-gatame - 'bridge and roll'	
1ST MON — 2ND MON - PERSONAL CHOICE			
Select and demonstrate two waza from the BJA Technical Grading Syllabus.			
1ST MON — 2ND MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
Demonstrate the correct bowing procedure for Tachi-rei and Za-rei.			
Answer the question: Who is the founder of modern judo?			
Translate Osae-komi, Toketa and Randori into English names and where appropriate explain their meaning.			
2ND - 3RD MON - FUNDAMENTAL SKILLS			
Mae Mawari Ukemi I		Uki-goshi	Kuzure-kesa-gatame
2ND - 3RD MON - PERFORMANCE SKILLS			
Uki-goshi into Kuzure-kesa-gatame		Escape from Kuzure-kesa-gatame using - 'sit up and push'	
2ND - 3RD MON - PERSONAL CHOICE			
Select and demonstrate two waza from the BJA Technical Grading Syllabus.			
2ND - 3RD MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
Demonstrate the correct wearing of the judogi and tying of the obi.			
Translate Dojo, Judogi and Zori into English names and where appropriate explain their meaning.			
Authorised by:	1 st MON		Date:
	2 nd MON		
	3 rd MON		

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3RD MON — 4TH MON - FUNDAMENTAL SKILLS			
Mae Mawari Ukemi II		Tai-otoshi	Yoko-shiho-gatame
3RD MON — 4TH MON - PERFORMANCE SKILLS			
Tai-otoshi into Yoko-shiho-gatame		Escape from Yoko-shiho-gatame - 'trap, bridge and roll'	
Turnover into Yoko-shiho-gatame (Uke in prone position)		Demonstrate the right and left standard grips	
3RD MON — 4TH MON - PERSONAL CHOICE			
Select and demonstrate two Tachi-waza and one Osaekomi-waza from the BJA Technical Grading Syllabus.			
3RD MON — 4TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
4TH – 5TH MON - FUNDAMENTAL SKILLS			
Mae Mawari Ukemi III		Ippon-seoi-nage	Kami-shiho-gatame
4TH – 5TH MON - PERFORMANCE SKILLS			
Ippon-seoi-nage into Kami-shiho-gatame		Escape from Kami-shiho-gatame - 'action/reaction'	
Turnover into Kesa-gatame (Uke in "all fours" position)		Demonstrate alternatives to the right and left standard grips	
4TH – 5TH MON - PERSONAL CHOICE			
Select and demonstrate two waza from the BJA Technical Grading Syllabus.			
4TH – 5TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section and knowledge of the Judo code.			
5TH – 6TH MON - FUNDAMENTAL SKILLS			
Mae Ukemi		O-uchi-gari	Tate-shiho-gatame
5TH – 6TH MON - PERFORMANCE SKILLS			
O-uchi-gari into Tate-shiho-gatame		Escape from Tate-shiho-gatame using - 'clamp and roll'	
Turnover into Mune-gatame (Uke "all fours" position)		Demonstrate alternatives to standard grips	
5TH – 6TH MON - RANDORI			
Demonstration of Nage-komi in light Randori with a co-operative partner			
5TH – 6TH MON - PERSONAL CHOICE			
Select and demonstrate two waza from the BJA Technical Grading Syllabus.			
5TH – 6TH MON - 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.			
Authorised by:	4 th MON	Date:	
	5 th MON		
	6 th MON		

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Name:	Membership No:
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6TH MON —7TH MON - FUNDAMENTAL SKILLS			
Ko-uchi-gari		Tsuri-komi-goshi	O-goshi
6TH MON —7TH MON - PERFORMANCE SKILLS			
O-uchi-gari into Ko-uchi-gari		Ko-uchi-gari into O-soto-gari or gake	
O-uchi-gari countered by Tsuri-komi-goshi		Escape from Kesa-gatame using 'bridge and roll'	
Escape into Kesa-gatame from between Uke's legs'		Light Randori with a co-operative partner	
6TH MON —7TH MON - PERSONAL CHOICE			
Select and demonstrate two Tachi-waza and one Osaekomi-waza from the BJA Technical Grading Syllabus.			
6TH MON —7TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
Translate Waza-ari-awasete-ippou, Tori, Uke and where appropriate explain their meaning.			
Give two examples of actions against the contest rules.			
Demonstrate the proper procedures for coming onto and leaving the mat for a contest.			
7TH –8TH MON - FUNDAMENTAL SKILLS			
Ko-soto-gari		Ko-soto-gake	Morote-seoi-nage
7TH –8TH MON - PERFORMANCE SKILLS			
Ko-uchi-gari into Morote-seoi-nage		Tai-otoshi countered by Ko-soto-gake or gari	
Turn over from underneath into Tate-shiho-gatame		Escape into Yoko-shiho-gatame from between Uke's legs	
		Randori (attack & defend) with a co-operative partner	
7TH –8TH MON - PERSONAL CHOICE			
Select and demonstrate three-waza from the BJA Technical Grading Syllabus.			
7TH –8TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
Translate Shido and Han-soku-make and where appropriate explain their meaning.			
Demonstrate the Referee's signals for Matte, Osaekomi, Toketa and adjusting the judogi.			
Give two examples of actions against the contest rules for negative or safety reasons.			
8TH –9TH MON - FUNDAMENTAL SKILLS			
Seoi-otoshi		O-soto-gari	
8TH –9TH MON - PERFORMANCE SKILLS			
Ippon-seoi-nage into Ko-uchi-gari		Selected combinations from Seoi-otoshi	
Arm roll – from in front of Uke		Arm roll - from behind Uke	
Selected combinations from Ko-uchi-gari		Randori (attack & defend) with a co-operative partner	
8TH –9TH MON - PERSONAL CHOICE			
Select and demonstrate three waza from the BJA Technical Grading Syllabus.			
8TH –9TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
Translate Hiki-wake and where appropriate explain its meaning.			
Give two examples of grips against the contest rules for negative or safety reasons.			
Authorised by:	7 th MON	Date:	
	8 th MON		
	9 th MON		

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9TH MON — 10TH MON - FUNDAMENTAL SKILLS			
Harai-goshi		Uchi-mata	Ude-gatame
Waki-gatame			
9TH MON — 10TH MON - PERFORMANCE SKILLS			
		Randori (attack & defend) with a co-operative	
9TH MON — 10TH MON - PERSONAL CHOICE			
Select four techniques from the BJA Technical Grading Syllabus and demonstrate them. *See also note below.			
9TH MON — 10TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
10TH MON — 11TH MON - FUNDAMENTAL SKILLS			
Hiza-guruma		Sasae-tsuri-komi-ashi	Juji-gatame
Hiza-gatame			
10TH MON — 11TH MON - PERFORMANCE SKILLS			
Juji-gatame – “sit back entry”		Juji-gatame – “roll over	
Randori (attack & defend) with a co-operative partner			
10TH MON — 11TH MON - PERSONAL CHOICE			
Select four techniques from the BJA Technical Grading Syllabus and demonstrate them.			
10TH MON — 11TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
11TH MON — 12TH MON - FUNDAMENTAL SKILLS			
Hane-goshi		Okuri-ashi-barai	Morote-eri-seoi-nage
11TH MON — 12TH MON - PERFORMANCE SKILLS			
Juji-gatame – “over the shoulder entry”		Juji-gatame – “entry from	
Randori (attack & defend) with a co-operative			
11TH MON — 12TH MON - PERSONAL CHOICE			
Select four techniques from the BJA Technical Grading Syllabus and demonstrate them.			
11TH MON — 12TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
*Note: It is expected that the player will select appropriate techniques. (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).			
Authorised by:	10 th MON	Date:	
	11 th MON		
	12 th MON		

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12TH MON — 13TH MON - FUNDAMENTAL SKILLS

Yoko-guruma	Tani-otoshi	Ude-garami
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12TH MON — 13TH MON - PERFORMANCE SKILLS

Ude-garami from Kuzure-kesa-gatame	Knowledge of selected Kaeshi-waza (various options)
Kumi-kata (gripping) skills (right and left)	Randori (attack & defend) with a co-operative partner

12TH MON — 13TH MON - 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.

12TH MON — 13TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

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

13TH MON — 14TH MON - FUNDAMENTAL SKILLS

Tomoe-nage	Yoko-tomoe-nage
Okuri-eri-jime	Nami-juji-jime
	Gyaku-juji-jime

13TH MON — 14TH MON - PERFORMANCE SKILLS

Nami-juji-jime – Uke underneath (between)	Gyaku-juji-jime – Uke on top (between Tori's legs)
Kumi-kata (gripping) skills (right and left)	
Randori (attack & defend) with a co-operative partner	Okuri-eri-jime – Uke attempts Seoi-otoshi (or other) dropping attack

13TH MON — 14TH MON - PERSONAL CHOICE

Select two combinations or counters from the BJA Technical Grading Syllabus and demonstrate them.

13TH MON — 14TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

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

14TH MON — 15TH MON - FUNDAMENTAL SKILLS

Uki-waza	Soto-maki-komi
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14TH MON — 15TH MON - PERFORMANCE SKILLS

Koshi-jime – Uke has attempted “dropping	Kata-te-jime - Uke in “all fours” position
Randori (attack & defend) with a co-operative partner	

14TH MON — 15TH MON - PERSONAL CHOICE

Select two combinations or counters from the BJA Technical Grading Syllabus and demonstrate them.

14TH MON — 15TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

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

*Note: It is expected that the player will select appropriate techniques. (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).

Authorised by:	13 th MON	Date:	
	14 th MON		
	15 th MON		

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Name:	Membership No:
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15TH MON —16TH MON - FUNDAMENTAL SKILLS			
Ura-nage		Uki-otoshi	Koshi-guruma
Kata-ha-jime		Kata-te-ashi-koshi-jime	
15TH MON —16TH MON - PERFORMANCE SKILLS			
Knowledge of performance forms of selected techniques		Kata-ha-jime – Uke “all fours” position	
Randori (attack & defend) with a co-operative partner			
15TH MON —16TH MON - 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.			
15TH MON —16TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
16TH MON —17TH MON - FUNDAMENTAL SKILLS			
Ushiro-goshi		Sumi-gaeshi	Ryo-hiza-seoi-otoshi
Yoko-gake		Hadaka-jime	
16TH MON —17TH MON - PERFORMANCE SKILLS			
Knowledge of performance forms of selected techniques		Hadaka-jime – Uke prone position	
Randori (attack & defend) with a co-operative partner			
16TH MON —17TH MON - PERSONAL CHOICE			
Select three combinations or counters from the BJA Technical Grading Syllabus and demonstrate them.			
16TH MON —17TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
17TH MON —18TH MON - FUNDAMENTAL SKILLS			
Sode-tsuru-komi-goshi		Kata-guruma	Ko-uchi-gake-maki-komi
San-gaku-jime			
17TH MON —18TH MON - PERFORMANCE SKILLS			
Demonstrate any two variations of Sumi-gaeshi		San-gaku-gatame – complex entry	
San-gaku-jime – complex entry		San-gaku-osae-gatame – turnover and hold	
Randori (attack & defend) with a co-operative partner		Demonstrate 1 set of Nage No Kata or Katame No Kata	
17TH MON —18TH MON - 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.			
17TH MON —18TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
*Note: As an optional alternative in the Personal choice section, players may choose to attain a BJA Junior Referee award or BJA Kata award.			
Authorised by:	16 th MON	Date:	
	17 th MON		
	18 th MON		

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 th Kyu (Red Belt)
9 th Kyu	}	5 th Kyu (Yellow Belt)
8 th Kyu	}	4 th Kyu (Orange Belt)
7 th Kyu		
6 th Kyu	}	3 rd Kyu (Green Belt)
5 th Kyu		
4 th Kyu	}	2 nd Kyu (Blue Belt)
3 rd Kyu		

2 nd Kyu	}	1 st Kyu (Brown Belt)
1 st Kyu		