

BRITISH JUDO



BRITISH JUDO ASSOCIATION

KYU GRADE PROMOTION SYLLABUS

(Revised edition October 2023)



INTRODUCTION

Effective October 2023, this syllabus supersedes all previously published syllabi. There are a few minor technical changes in this update; some techniques have been removed and for some grades, the order has been changed. The total number of techniques assessed has been reduced, with the intention that the quality of the techniques remaining is increased.

The aim of the syllabus is to give players a wide range of technical knowledge, whilst emphasising quality over quantity. Combinations, counters, transitions, and quality randori are introduced at key points. There is also an introduction to Kata with an emphasis on how it relates to learning and the practice of competitive skills.

The syllabus is linked to an advised competition experience pathway; however, for those players unable to compete because of physical or other issues, it can be standalone. It should provide both the underpinning basics needed for the contest player and the skills needed for a recreational player to be proficient and to better understand judo.

To some extent, each of the belt colour syllabi is thematic, and players should be aware in general terms of the themes so that they understand the reasons behind what they are learning.

The syllabus is almost identical between the Mon and Kyu grades to allow easy transfer from Mon to Kyu and also to assist with mixed-age group coaching where needed. A Kyu grade player would need all three Mon sections in that colour band to be completed, but it would be acceptable assess them separately and sequentially at different times.

Within the British Judo Association (BJA) there are six Kyu grades. The grades are indicated by the following belt colours:

| | | | |
|---------------------|-------------|---------------------|------------|
| 6 th Kyu | Red Belt | 3 rd Kyu | Green Belt |
| 5 th Kyu | Yellow Belt | 2 nd Kyu | Blue Belt |
| 4 th Kyu | Orange Belt | 1 st Kyu | Brown Belt |

Promotion within the Kyu grades is based on technical knowledge, understanding, 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.

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 a pairing of players for an 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 the regular club Randori. Enters low-level Area or equivalent Level 2 competitions or multi-club Randori such as that in county squad training. |
| 3rd Kyu | Judoka participates in the above. Judoka enters area competitions or Level 3 equivalent; Judoka takes part in an Area or equivalent Randori/training. |
| 2nd Kyu | Judoka satisfies all the 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. |

CONTEST RULES

There is no special provision for knowledge of the rules governing competition (Contest Rules). It is up to the judoka to ensure they are conversant with the current rules prior to entering a competition.

GRADING PROCEDURES

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 who 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.

There are practical issues in many clubs with both the coaching and assessment of the syllabus the coach is given considerable leeway in how the assessment is conducted. The randori could be assessed, indeed is often best assessed, when a whole class is doing the same activity.

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 they all 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 and Fast Track Policy in General Information for exceptional circumstances).***
- 2. Although there is no contest requirement in this promotion syllabus, judoka are encouraged to participate in a competition of the appropriate level for their age and experience. There are many competitive opportunities that can be used to supplement the judoka technical development.***

NOVICE – 6TH KYU

For the combination technique section, the judoka may substitute any osae-komi-waza as an effective transition from the tachi-waza listed.

For the Personal Choice section, the judoka is required to demonstrate two additional techniques which may be demonstrated either to the right or to the left with any suitable grip.

FUNDAMENTAL SKILLS

UKEMI:

- Ushiro Ukemi
- Yoko Ukemi
- Mae Mawari Ukemi

TACHI-WAZA:

- O-soto-otoshi
- De-ashi-barai
- Uki-goshi

OSAEKOMI-WAZA:

- Kesa-gatame
- Mune-gatame
- Kuzure-kesa-gatame

PERFORMANCE SKILLS

COMBINATION TECHNIQUES:

- O-soto-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

- Demonstrate two additional techniques, one tachi-waza and one ne-waza.

SUPPLEMENTARY KNOWLEDGE

- Know the meaning of the Japanese words used in this section (see table below).
- Demonstrate the correct wearing of the judogi and tying of the belt.
- Demonstrate the correct procedure for standing and kneeling bows.
- Explain the meaning of the following Japanese words:
 - Dojo
 - Hajime
 - Rei
 - Matte
 - Toketa

BRITISH JUDO ASSOCIATION
KYU GRADE PROMOTION SYLLABUS

| JAPANESE | ENGLISH DESCRIPTION |
|--------------------|-----------------------------------|
| De-ashi-barai | Advanced Foot Sweep Throw |
| Judogi | Judo Uniform |
| Judoka | Judo player |
| Kuzure-kesa-gatame | Broken Scarf Hold |
| Mae mawari ukemi | Forward rolling breakfall |
| Mune-gatame | Chest Hold |
| Ne-waza | Groundwork Techniques |
| Osae-komi-waza | Holding Techniques |
| O-soto-otoshi | Major Outer Drop Throw |
| Tachi-waza | Standing Techniques |
| Uke | The Defensive or Defending Judoka |
| Uki-goshi | Floating Hip Throw |
| Ushiro Ukemi | Rear breakfall |
| Yoko Ukemi | Side breakfall |

6TH KYU – 5TH KYU

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.

Kumi-kata is a requirement for this grade and the judoka is required to demonstrate the standard grips and alternatives.

For the combination technique section. the judoka may substitute any osae-komi-waza as an effective transition from the tachi-waza.

For the Personal Choice section, the judoka is required to demonstrate two additional techniques which may be demonstrated either to the right or to the left with any suitable grip.

FUNDAMENTAL SKILLS

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 a '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:

- Demonstrate alternatives to the right and left standard grips.
- Demonstrate right versus left grips, double lapel, and high collar grips.

NAGE-KOMI / RANDORI:

- Demonstration of Nage-komi in light Randori with a cooperative partner.

PERSONAL CHOICE

- Demonstrate two additional techniques, one tachi-waza and one ne-waza.

SUPPLEMENTARY KNOWLEDGE

- Know the meaning of all Japanese words used in this section.
- Give two examples of actions against the contest rules.

BRITISH JUDO ASSOCIATION
KYU GRADE PROMOTION SYLLABUS

| JAPANESE | ENGLISH DESCRIPTION |
|-------------------|-------------------------------|
| Ippon-seoi-nage | One Arm Shoulder Throw |
| Judoka | Judo player |
| Kami-shiho-gatame | Upper Four Quarters Hold |
| Kumi-kata | Engagement Position |
| Mune-gatame | Chest Hold |
| Nage-komi | Repetitive Throwing |
| Ne-waza | Groundwork Techniques |
| Osae-komi-waza | Holding Techniques |
| O-uchi-gari | Major Inner Reaping Throw |
| Randori | Free Practice |
| Tachi-waza | Standing Techniques |
| Tai-otoshi | Body Drop Throw |
| Tate-shiho-gatame | Lengthwise Four Quarters Hold |
| Yoko-shiho-gatame | Side Four Quarters Hold |

5TH KYU – 4TH KYU

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 techniques and Kumi-kata and, if possible, throws to both the right and left sides.

For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip, and appropriate movement. Demonstrate them as a combination, a counter, and as a transition into Ne-waza. Be able to discuss with the Examiner the reasons for the choice of technique, grip etc.

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Tsuru-komi-goshi
- O-goshi
- Seoi-otoshi
- Morote-seoi-nage
- Ko-uchi-gari
- Ko-soto-gake
- Ko-soto-gari
- O-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 or Ko-uchi-gari.

COUNTER TECHNIQUES:

- O-uchi-gari countered by Tsuru-komi-goshi
- Tai-otoshi countered by Ko-soto-gari or Ko-soto-gake.

NE-WAZA:

- Escape from Kesa-gatame using a 'bridge and roll'.
- Escape into Kesa-gatame from between Uke's legs.
- Escape into Yoko-shiho-gatame from between Uke's legs.
- Execute two different arm rolls into an Osae-komi.
- Turnover from underneath Uke into Tate-shiho-gatame.

RANDORI:

- Demonstration of light Randori with a cooperative partner.

PERSONAL CHOICE

- Demonstrate two tachi-waza and one ne-waza technique.

SUPPLEMENTARY KNOWLEDGE

- Give two examples of actions (not grips) against the contest rules for negative or safety reasons.
- Know the meaning of the Japanese words used in this section.
- Demonstrate the proper procedures for coming onto and leaving the mat for a contest.

BRITISH JUDO ASSOCIATION
KYU GRADE PROMOTION SYLLABUS

| JAPANESE | ENGLISH DESCRIPTION |
|-------------------|----------------------------|
| Kesa-gatame | Scarf hold |
| Ko-soto-gake | Minor Outer Hook Throw |
| Ko-soto-gari | Minor Outer Reaping Throw |
| Ko-uchi-gari | Minor Inner Reaping Throw |
| Kumi-kata | Engagement position |
| Morote-seoi-nage | Two Handed Shoulder Throw |
| Ne-waza | Groundwork Techniques |
| O-goshi | Major Hip Throw |
| O-soto-gari | Major Outer Reaping Throw |
| Randori | Free Practice |
| Seoi-otoshi | Shoulder Drop Throw |
| Tachi-waza | Standing Techniques |
| Tai-otoshi | Body Drop Throw |
| Tsuri-komi-goshi | Drawing Hip Throw |
| Yoko-shiho-gatame | Side four quarters hold |

4TH KYU – 3RD KYU

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

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.

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 Kan-setsu-waza to the point of submission. These techniques are taught so that the judoka has an understanding and awareness of the application.

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:

- Demonstrate Juji-gatame using a:
 - 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 cooperative partner

PERSONAL CHOICE

- Demonstrate four techniques individually and then as a series of combinations and counters.

SUPPLEMENTARY KNOWLEDGE

- Know the meaning of the Japanese words used in this section.

BRITISH JUDO ASSOCIATION
KYU GRADE PROMOTION SYLLABUS

| JAPANESE | ENGLISH DESCRIPTION |
|----------------------|---|
| Hane-goshi | Spring Hip |
| Harai-goshi | Sweeping Hip |
| Hiza-gatame | Knee Lock |
| Hiza-guruma | Knee Wheel |
| Judoka | Judo player |
| Juji-gatame | Cross Armlock |
| Kan-setsu-waza | Joint Techniques |
| Morote-eri-seoi-nage | Two Handed Lapel Shoulder |
| Ne-waza | Groundwork Techniques |
| Randori | Free practice |
| Renraku-waza | Combination techniques in the opposite direction |
| Renzoku-waza | Combination techniques in the same or similar direction |
| Sasae-tsurikomi-ashi | Propping Drawing Ankle |
| Tachi-waza | Standing Techniques |
| Uchi-mata | Inner Thigh |
| Ude-gatame | Arm Lock |
| Waki-gatame | Armpit Lock |

3RD KYU – 2ND KYU

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.

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.

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.

From this grade onwards, candidates under the age of 16 and therefore hold a junior licence - must not apply Shime-waza to the point of submission. These techniques are taught so that the judoka has an understanding and awareness of the application.

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
- Koshi-jime
- Kata-te-jime

KANSETSU-WAZA:

- Ude-garami

PERFORMANCE SKILLS

COMBINATION TECHNIQUES:

- Ude-garami from Kuzure-kesa-gatame

NE-WAZA:

- Koshi-jime – Uke attempts Seoi-otoshi (dropping attack)
- Kata-te-jime - 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)

RANDORI:

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

PERSONAL CHOICE

- Demonstrate four techniques individually and then as a series of combinations and counters.

SUPPLEMENTARY KNOWLEDGE

- Know the meaning of the Japanese words used in this section.

BRITISH JUDO ASSOCIATION
KYU GRADE PROMOTION SYLLABUS

| JAPANESE | ENGLISH DESCRIPTION |
|--------------------|---|
| Gyaku-juji-jime | Reverse Cross Strangle |
| Judoka | Judo player |
| Kaeshi-waza | Counter Techniques |
| Kata-te-jime | Strangle With One Hand |
| Koshi-jime | Hip Strangle |
| Kumi-kata | Engagement Position |
| Kuzure-kesa-gatame | Broken scarf hold |
| Nami-juji-jime | Normal Cross Strangle |
| Ne-waza | Groundwork Techniques |
| Okuri-eri-jime | Sliding Collar Strangle |
| Randori | Free Practice |
| Renraku-waza | Combination techniques in the opposite direction |
| Renzoku-waza | Combination techniques in the same or similar direction |
| Seoi-otoshi | Shoulder drop |
| Shime-waza | Strangle Techniques |
| Soto-maki-komi | Outside Winding |
| Tachi-waza | Standing techniques |
| Tani-otoshi | Valley Drop Throw |
| Tomoe-nage | Circle Throw |
| Ude-garami | Entangled Armlock |
| Uke | The defensive or defending Judoka |
| Uki-waza | Floating Throw |
| Yoko-guruma | Side Wheel Throw |
| Yoko-tomoe-nage | Side Circle Throw |

2ND KYU – 1ST KYU

Kata is introduced at this grade as a personal choice option. Kata demonstrations must be performed in the traditional manner and include the formal opening and closing bowing procedures.

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.

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.

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Sode-tsuri-komi-goshi
- Sumi-gaeshi
- Yoko-gake
- Ko-uchi-gake-maki-komi
- Ushiro-goshi
- Ura-nage
- Uki-otoshi
- Koshi-guruma

SHIME-WAZA:

- Kata-ha-jime
- Hadaka-jime
- San-gaku-jime

PERFORMANCE SKILLS

TACHI-WAZA:

- Demonstrate any two variations of Sumi-gaeshi.

NE-WAZA:

- San-gaku-jime – complex entry
- San-gaku-gatame – 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, and continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a cooperative partner.

PERSONAL CHOICE

- Demonstrate four techniques individually and then as a series of combinations and counters.
or
- Demonstrate one set of the Nage-no-kata **or** one set of the Katame-no-kata.

BRITISH JUDO ASSOCIATION
KYU GRADE PROMOTION SYLLABUS

SUPPLEMENTARY KNOWLEDGE

- Know the meaning of the Japanese words used in this section.
- Give three examples of penalties in the competition rules.

| JAPANESE | ENGLISH DESCRIPTION |
|------------------------|---|
| Hadaka-jime | Naked Strangle |
| Kaeshi-waza | Counter Techniques |
| Kata | Forms |
| Kata-ha-jime | Single Collar Strangle |
| Katame-no-kata | Grappling Forms |
| Koshi-guruma | Hip Wheel Throw |
| Ko-uchi-gake-maki-komi | Minor Inner Hook Thigh Winding |
| Kumi-kata | Engagement Position |
| Nage-no-kata | Throwing Forms |
| Ne-waza | Groundwork Techniques |
| Randori | Free Practice |
| Renraku-waza | Combination Techniques in the Opposite Direction |
| Renzoku-waza | Combination Techniques in the Same or Similar Direction |
| San-gaku-gatame | Triangular Hold Down |
| San-gaku-jime | Triangular Strangle |
| San-gaku-osae-gatame | Triangular Strangle and Hold Down |
| Shime-waza | Strangling Techniques |
| Sode-tsuri-komi-goshi | Sleeve Lift Pull Hip Throw |
| Sumi-gaeshi | Corner Throw |
| Uki-otoshi | Floating Drop |
| Ura-nage | Rear Throw |
| Ushiro-goshi | Rear Hip Throw |
| Yoko-gake | Side Hook Throw |

GENERAL INFORMATION

MINIMUM AGE

Judoka may choose to seek promotion under the Kyu Grade syllabus upon 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 Byelaws of the association. They must have either a current valid coach or examiner's card, hold full current individual membership, have attended the appropriate technical grading module, and are the only people authorised to submit a completed Grade Registration Sheet.

NOVICE TO 5TH KYU

BJA Level 1 coach - **see note below**

NOVICE TO 1ST KYU

BJA Level 2 Coach - **see note below**

BJA Level 3 Coach

BJA Senior Examiner

NOTE Level 1 and Level 2 coaches that qualify after January 2013, must attend the appropriate Technical Grading module to be able to grade judoka.

ADMINISTRATION

All candidates must hold a current full BJA Individual Membership: This membership number will be recorded on the Grade Registration Sheet or registering the grade online or on The Dojo. 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 £20 (includes a £5 rebate paid to the club deducted at source) 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 or paid online.

The BJA recognises that organisers of gradings may require to add a surcharge to the £20 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 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 by one Kyu grade per calendar month.

PROMOTION TO 4TH KYU AND ABOVE

Candidates may be promoted by 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 context. 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.

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 test that the candidate understands the key principles involved in the application of the technique, Kuzushi (balance breaking), Tsukuri (positioning), Kake (application of force) and Kime (control).

Techniques and applications must be demonstrated in an appropriate practical context 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 physiques.

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. The Senior Examiners running the Dan grading will carry out random checks of Record Books during the 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.

BRITISH JUDO ASSOCIATION KYU GRADE PROMOTION SYLLABUS

The grading assessment can be carried out in many ways, examples listed below:

- Holding a formal grading session where the judoka is tested on all 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 the BJA office. However, if the requirements have not been satisfied the grade may be declared invalid by the BJA office.

Formal notification to the candidate of successful promotion can be carried out in many ways, examples listed below:

- Signing of Record Book and presentation to the judoka.
- Formal presentation of BJA certificate at end of class after the grade is registered with BJA and certificate received.
- Formal presentation of the new coloured belt at the end of class.

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 that is suitable for their physique and personality.

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

There is a limited amount of supplementary knowledge required, with 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 FORMER 9 KYU GRADE SYLLABUS

Judoka graded under the former 9 Kyu 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 on pages 2 and 3.

| <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 | | |

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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 relevant 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 techniques required.

Players holding a Mon grade must be converted to the relevant 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, email, 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 £20.

| Mon Grade | Kyu Grade | Mon Grade | Kyu Grade |
|-----------|------------|-----------|------------|
| 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 |

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 as a means of sampling a percentage of the clubs within the area. The BJA may appoint other authorised officials to carry out this responsibility. Area and Club gradings may be visited by BJA technical staff to ensure consistent application of the exam criteria.

CANDIDATES FROM IJF/EJU MEMBER ORGANISATIONS

It is acknowledged that there are many Judoka from other countries residing in the UK and are 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 £20 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.

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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 candidate's name to the Grade Registration Sheet annotating the "From Grade" block as initials of the previous organisation e.g., British Judo Council (BJC).

The normal grade registration fee of £20 applies. If the judoka has no proof of grade, see fast-tracking below.

FAST-TRACKING

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

A Judoka that has 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 with a minimum of 12 hours of instruction. Completion of the course must be specified on the Grade Registration Sheet.

FAST-TRACKING POLICY IN EXCEPTIONAL CIRCUMSTANCES

The British Judo Association (BJA) recognises 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. 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 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 the BJA Gratings Officer by e-mail or by letter.
- They must provide a detailed explanation of the extenuating circumstances and the candidate's age and grading history by way of grades achieved and the date awarded.
- The application must also confirm that the candidate has, in their opinion, the necessary skills to complete the syllabus requirements for the grade that is being recommended. All applications will be subject to random verification on a sampling basis by a commission-appointed official to maintain an audit trail.
- The BJA Gratings Officer will make a decision set by earlier precedents.
- The BJA Gratings Officer 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 may then conduct the examination and then submit the grade Registration Sheet together with BJA Gratings Officer authorisation.
- In addition to the grading fee, an additional administration charge of £10.00 per candidate, must be submitted with a grade registration sheet.
- When entering the new grade in the Record Book, the coach must enter in the space where there is no grade recorded – "Authorised Fast Track Promotion" and the date.

NOTE: The BJA is committed to ensuring 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 to obtain an advantage in certain levels of competition.

GRADINGS FOR ADAPTIVE JUDOKA

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 technique is not possible due to any restriction or limitation the judoka has, then the coach/examiner and the judoka should replace the technique with a substitute technique 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 recorded in the candidate's 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 candidate's own coach is best placed to determine the ability of the judoka and the 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 a judoka is unable to carry out a published part of the exam, this can be substituted for a technique more appropriate to that judoka's needs.

The aim of these instructions is to assist coaches in making reasonable adjustments to the syllabus and to remove barriers to progress where appropriate. Naturally, it must be accepted, that in the same way as mainstream judoka, there will eventually be a point in the disabled judoka chosen pathway where it is not possible to progress any further in 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 ([Grading Resources - British Judo](#)).

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

British Judo Head Office
University of Wolverhampton – Walsall Campus
Gorway Road
Walsall
West Midlands
WS1 3BD

**BRITISH JUDO ASSOCIATION
KYU GRADE PROMOTION SYLLABUS**

APPENDIX 1 – TERMINOLOGY

| JAPANESE | ENGLISH DESCRIPTION |
|--------------------------|--|
| De-ashi-barai | Advanced Foot Sweep Throw |
| 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 Throw |
| Hansoku-make | Disqualification |
| Harai-goshi | Sweeping Hip Throw |
| Hiki-wake | Referee's Announcement of a Draw at the end of a Contest |
| Hiza-guruma | Knee Wheel Throw |
| Ippon | Complete Point |
| Ippon-seoi-nage | One Arm Shoulder Throw |
| Judogi | Judo Uniform |
| Judoka | Judo Player |
| Juji-gatame | Cross Armlock |
| Kaeshi-waza | Counter Techniques |
| Kami-shiho-gatame | Upper Four Quarters Hold |
| Kata-ha-jime | Single Collar Strangle |
| Kata-te-jime | Strangle With One Hand |
| Kesa-gatame | Scarf Hold |
| Koshi-guruma | Hip Wheel Throw |
| Ko-soto-gake | Minor Outer Hook Throw |
| Ko-soto-gari | Minor Outer Reaping Throw |
| Ko-uchi-gake-maki-komi | Minor Inner Hook Thigh Winding Throw |
| Ko-uchi-gari | Minor Inner Reaping Throw |
| Ko-uchi-gake | Minor Inner Hook Throw |
| 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 Throw |
| Morote-seoi-nage | Two Handed Shoulder Throw |
| Mune-gatame | Chest Hold |
| Nage-komi | Repetitive Throwing |
| Nami-juji-jime | Normal Cross Strangle |
| Ne-waza | Groundwork Techniques |
| Obi | Belt |
| O-goshi | Major Hip Throw |

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| | |
|------------------------|---|
| Okuri-ashi-barai | Double Foot Sweep Throw |
| Okuri-eri-jime | Sliding Collar Strangle |
| Osae-komi | Hold Down |
| Osae-komi-waza | Holding Techniques |
| O-soto-otoshi | Major Outer Drop Throw |
| O-uchi-gari | Major Inner Reaping Throw |
| Randori | Free Practice |
| Rei | Bow |
| Renraku-waza | Combination Techniques in the Opposite Direction |
| Renzoku-waza | Combination Techniques in the Same or Similar Direction |
| San-gaku-jime | Triangular Strangle |
| San-gaku-osae-gatame | Triangular Strangle and Hold Down |
| Sasae-tsuri-komi-ashi | Propping Drawing Ankle Throw |
| Seoi-otoshi | Shoulder Drop Throw |
| Shido | Light Penalty (Minor Infringement) |
| Sode-tsuri-komi-goshi | Sleeve Lift Pull Hip Throw |
| Soto-maki-komi | Outside Winding Throw |
| Sumi-gaeshi | Corner Throw |
| Tachi-rei | Standing Bow |
| Tachi-waza | Standing Techniques |
| Tai-otoshi | Hand Throw Body Drop Throw |
| Tani-otoshi | Valley Drop Throw |
| 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 Throw |
| Uchi-mata | Inner Thigh Throw |
| Ude-garami | Entangled Armlock |
| Ude-gatame | Arm Lock |
| Uke | The Defensive or Defending Judoka |
| Uki-goshi | Floating Hip Throw |
| Uki-otoshi | Floating Drop Throw |
| Uki-waza | Floating Throw |
| Ura-nage | Rear Throw |
| Ushiro Ukemi | Rear Breakfall |
| Ushiro-goshi | Rear Hip Throw |
| Waza-ari | Almost a Full Point |
| Waza-ari-awasete-ippon | Complete Point from Two Waza-Ari |
| Yoko Ukemi | Side Breakfall |
| Yoko-gake | Side Hook Throw |

BRITISH JUDO ASSOCIATION
KYU GRADE PROMOTION SYLLABUS

| | |
|-------------------|-------------------------|
| Yoko-guruma | Side Wheel Throw |
| 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.