

# BRITISH JUDO



## MON GRADE PROMOTION SYLLABUS TECHNICAL CONTENT: NOVICE – 3<sup>RD</sup> MON

(Revised edition October 2024)

**BRITISH JUDO ASSOCIATION**  
**MON GRADE PROMOTION SYLLABUS**

**NOVICE – 1ST MON**

**WHITE BELT TO RED BELT 1 TAB**

(Age Recommendation 8-10yrs)

**FUNDAMENTAL SKILLS**

**UKEMI:**

- Ushiro Ukemi

**TACHI-WAZA:**

- Osoto-otoshi

**OSAE-KOMI-WAZA:**

- Kesa-gatame

**PERFORMANCE SKILLS**

**TRANSITION INTO NE-WAZA:**

- Osoto-otoshi into Kesa-gatame

**NE-WAZA:**

- Escape from Kesa-gatame by trapping Uke's leg.

**PERSONAL CHOICE**

- Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

*The judoka can choose which techniques they would like to show and demonstrate them to the left or right using any suitable grip.*

**SUPPLEMENTARY JUDO KNOWLEDGE**

- Explain the meaning of the following Japanese words:
  - Hajime
  - Mate
  - Rei
- In which country was Judo devised?
- Explain the meaning of the Japanese terminology used for this grade (see table below).

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<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Judogi	Judo Uniform
Judoka	Judo player
Hajime	Begin - Referee's command to start a judo contest.
Ne-waza	Groundwork Techniques
Osaekomi-waza	Holding Techniques
Kesa-gatame	Scarf Hold
Mate	Wait – Referee's command to temporarily halt a judo contest.
O-soto-otoshi	Major Outer Drop Throw
Rei	Standing Bow
Tachi-waza	Standing Techniques
Ushiro Ukemi	Rear breakfall

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**MON GRADE PROMOTION SYLLABUS**

**1<sup>ST</sup> MON – 2<sup>ND</sup> MON**

**RED BELT 1 TAB TO RED BELT 2 TABS**

(Age Recommendation 8-10yrs)

**FUNDAMENTAL SKILLS**

**UKEMI:**

- Yoko Ukemi

**TACHI-WAZA:**

- Deashi-barai

**OSAE-KOMI-WAZA:**

- Mune-gatame

**PERFORMANCE SKILLS**

**TRANSITION INTO NE-WAZA:**

- De-ashi-barai into Mune-gatame

**NE-WAZA:**

- Escape from Mune-gatame using a 'bridge and roll' action.

**PERSONAL CHOICE**

- Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

*The judoka can choose which techniques they would like to show and demonstrate them to the left or right using any suitable grip.*

**SUPPLEMENTARY KNOWLEDGE**

- Explain the meaning of the following Japanese words:
  - Osae-komi
  - Randori
  - Toketa
- Demonstrate the correct procedure for standing and kneeling bows.
- Who was the founder of modern Judo?
- What is the Judo Moral Code?
- Explain the meaning of the Japanese terminology used for this grade (see table below).

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<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Deashi-barai	Advanced Foot Sweep
Mune-gatame	Major Outer Drop Throw
Osaekomi	Holding Technique
Randori	Free Practice
Rei	Standing Bow
Toketa	Hold Broken
Yoko-ukemi	Side Breakfall

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**MON GRADE PROMOTION SYLLABUS**

**2ND MON – 3RD MON**

**RED BELT 2 TABS TO RED BELT 3 TABS**

(Age Recommendation 8-10yrs)

**FUNDAMENTAL SKILLS**

**UKEMI:**

- Mae Mawari Ukemi (3 version)

**TACHI-WAZA:**

- Uki-goshi

**OSAE-KOMI-WAZA:**

- Kuzure-kesa-gatame

**PERFORMANCE SKILLS**

**TRANSITION:**

- Uki-goshi into Kuzure-kesa-gatame

**NE-WAZA:**

- Escape from Kuzure-kesa-gatame using 'sit up and push'.

**PERSONAL CHOICE**

- Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

*The judoka can choose which techniques they would like to show and demonstrate them to the left or right using any suitable grip.*

**SUPPLEMENTARY KNOWLEDGE**

- Explain the meaning of the following Japanese words:
  - Dojo
  - Judogi
  - Zori
  - Uke
  - Tori
- Demonstrate the correct wearing of the judogi and tying of the belt.
- Explain the meaning of the Japanese terminology used for this grade (see table below).

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<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Dojo	Judo Practice Hall
Judogi	Judo Uniform
Kuzure-kesa-gatame	Modified Scarf Hold
Mae mawari ukemi	Forward rolling breakfall
Tori	The Offensive or Attacking Judoka
Uke	The Defensive or Defending Judoka
Uki-goshi	Floating Hip Throw
Zori	Judo Footwear