

BRITISH JUDO



KYU GRADE PROMOTION SYLLABUS: TECHNICAL CONTENT: 4TH KYU – 3RD KYU

(Revised edition September 2024)

4TH KYU – 3RD KYU
ORANGE TO GREEN BELT

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

Kansetsu-waza is introduced for this grade. The demonstrations must be conducted in a controlled manner, with particular attention paid to Uke's safety. The judoka should always apply kansetsu-waza with care and control, especially when training with less experienced judoka in a Randori situation.

From this grade onwards, candidates under 16 with a junior licence must not apply kan-setsu-waza to the point of submission. These techniques are taught so that the judoka understands and is aware of the application.

PERFORMANCE SKILLS

KANSETSU-WAZA:

- Demonstrate Juji-gatame using a:
 - Sit-back entry
 - Rollover 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

During the Randori demonstration, the player must 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.

PERSONAL CHOICE

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

For the personal choice element, techniques must be demonstrated in an appropriate practical situation, including attacking opportunity, best grip, and appropriate movement. Demonstrations must include two combinations, two counters, and two transitions into Ne-waza. The player must select appropriate techniques that will allow for the demonstration of more advanced combinations and counters.

Combinations and counters can be either tachi-waza, ne-waza, or both. Techniques must be demonstrated in an appropriate practical situation, including attacking opportunity, best grip, and appropriate movement.

SUPPLEMENTARY JUDO KNOWLEDGE

- Explain the meaning of the Japanese terminology used in this section.

BRITISH JUDO ASSOCIATION
KYU GRADE PROMOTION SYLLABUS

JAPANESE	ENGLISH DESCRIPTION
Hane-goshi	Spring Hip
Harai-goshi	Sweeping Hip
Hiza-gatame	Armlock applied with the knee
Hiza-guruma	Knee Wheel
Juji-gatame	Cross Armlock
Kansetsu-waza	Joint Techniques
Morote-eri-seoi-nage	Two-Handed Lapel Shoulder
Okuri-ashi-barai	Foot Sweep
Renraku-waza	Combination techniques in the opposite direction
Renzoku-waza	Combination techniques in the same or similar direction
Sasae-tsuri-komi-ashi	Propping Drawing Ankle
Uchi-mata	Inner Thigh
Ude-gatame	Straight Armlock
Waki-gatame	Armlock applied with the armpit.