

# BRITISH JUDO



## MON GRADE PROMOTION SYLLABUS TECHNICAL CONTENT: 9<sup>TH</sup> MON – 12<sup>TH</sup> MON

(Revised edition October 2024)

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

**9<sup>TH</sup> MON – 10<sup>TH</sup> MON**

**ORANGE BELT 3 TABS TO GREEN BELT 1 TAB**

(Age Recommendation 11-15yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Harai-goshi
- Uchi-mata

**KAN-SETSU-WAZA:**

- Ude-gatame
- Waki-gatame

*Kansetsu-waza is a requirement for this grade, and the demonstrations must be controlled, with particular attention paid to the safety of Uke.*

**From this grade onwards, Kansetsu-waza must not be applied to the point of submission; it must be taught so that the judoka understands and is aware of the application.**

**RANDORI:**

- Demonstration of Randori with a cooperative partner.

*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.*

*During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters. The duration of the Randori will be approximately three minutes.*

**PERSONAL CHOICE**

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

*The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.*

*The judoka must select techniques suitable for advanced combinations and counters. Demonstrate them as a combination, a counter, and a transition into Ne-waza.*

**SUPPLEMENTARY KNOWLEDGE**

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

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<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Harai-goshi	Sweeping Hip
Kan-setsu-waza	Joint Techniques
Uchi-mata	Inner Thigh
Ude-gatame	Straight Armlock
Waki-gatame	Armlock applied with the armpit.

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

**10<sup>TH</sup> MON – 11<sup>TH</sup> MON**

**GREEN BELT 1 TAB TO GREEN BELT 2 TABS**  
(Age Recommendation 11-15yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Hiza-guruma
- Sasae-tsuru-komi-ashi

**KAN-SETSU-WAZA:**

- Juji-gatame
  - Sit back entry
  - Rollover entry
- Hiza-gatame

**PERFORMANCE SKILLS**

**TACHI-WAZA:**

- Kouchi-gari into Morote-seoi-nage
- Tai-otoshi countered by Kosoto-gake or Kosoto-gari

**NE-WAZA:**

- Move into Yoko-shiho-gatame from between Uke's legs.
- Turnover from underneath Uke into Tate-shiho-gatame

**RANDORI:**

- Demonstration of Randori with a cooperative partner.

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<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Hiza-gatame	Armlock applied with the knee
Hiza-guruma	Knee Wheel
Juji-gatame	Cross Armlock
Kan-setsu-waza	Joint Techniques
Sasae-tsuru-komi-ashi	Propping Drawing Ankle

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

**11<sup>TH</sup> MON – 12<sup>TH</sup> MON**

**GREEN BELT 2 TAB TO GREEN BELT 3 TABS**

(Age Recommendation 11-15yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Hane-goshi
- Okuri-ashi-barai
- Morote-eri-seoi-nage

**KAN-SETSU-WAZA:**

- Juji-gatame
  - Entry over the shoulder
  - Entry from beneath

**RANDORI:**

- Demonstration of Randori with a cooperative partner.

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*During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters.*

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**SUPPLEMENTARY KNOWLEDGE**

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<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Hane-goshi	Spring Hip
Juji-gatame	Cross Armlock
Morote-eri-seoi-nage	Two-Handed Lapel Shoulder
Okuri-ashi-barai	Foot Sweep