

# BRITISH JUDO



## KYU GRADE PROMOTION SYLLABUS: TECHNICAL CONTENT: 2<sup>ND</sup> KYU – 1<sup>ST</sup> KYU

(Revised edition September 2024)

**2<sup>ND</sup> KYU – 1<sup>ST</sup> KYU**  
**BLUE BELT TO BROWN BELT**

**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
- San-gaku-gatame
- San-gaku-osae-gatame

**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 attack, defence, avoidance, and continuous attacking performance skills with a cooperative partner in tachi-waza and ne-waza in randori.
- *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. 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. The judoka must select appropriate techniques that will allow for the demonstration of more advanced combinations and counters.*

**or**

- Demonstrate one set of the Nage-no-kata **or** one set of the Katame-no-kata.

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

**BRITISH JUDO ASSOCIATION**  
**KYU GRADE PROMOTION SYLLABUS**

**SUPPLEMENTARY JUDO KNOWLEDGE**

- Explain the meaning of the Japanese terminology used in this section (see table below).
- Give three examples of penalties in the competition rules.

<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Hadaka-jime	Naked Strangle
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
Nage-no-kata	Throwing Forms
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
Sode-tsure-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