

# BRITISH JUDO



## MON GRADE PROMOTION SYLLABUS TECHNICAL CONTENT: 6<sup>TH</sup> MON – 9<sup>TH</sup> MON

(Revised edition October 2024)

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

**6<sup>TH</sup> MON – 7<sup>TH</sup> MON**

(Age Recommendation 8-11yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Kouchi-gari
- Tsuru-komi-goshi
- O-goshi

**PERFORMANCE SKILLS**

**TACHI-WAZA:**

- Ouchi-gari into Kouchi-gari
- Kouchi-gari into Osoto-gari or Osoto-gake
- Ouchi-gari countered by Tsuru-komi-goshi.

**NE-WAZA:**

- Escape from Kesa-gatame using 'bridge and roll'.
- Move into Kesa-gatame from between Uke's legs.

**RANDORI:**

- Demonstration of light 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.*

**PERSONAL CHOICE**

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

- Give two examples of actions against the contest rules.
- Name three items from the judo moral code.
- Explain the meaning of the Japanese words:
  - Waza-ari-awasete-ippou
- Explain the meaning of all the Japanese terminology used in this section.
- Demonstrate the proper procedures for entering and leaving the mat for a contest.

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<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Kouchi-gari	Minor Inner Reaping Throw
O-goshi	Major Hip Throw
Tsuru-komi-goshi	Drawing Hip Throw
Waza-ari-awasete-ippou	Almost Ippou
Yoko-shiho-gatame	Side four quarters hold

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**MON GRADE PROMOTION SYLLABUS**

**7TH MON – 8TH MON**

(Age Recommendation 8-11yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Kosoto-gari
- Kosoto-gake
- Morote-seoi-nage

**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.  
*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.*

**PERSONAL CHOICE**

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

- Name three items from the judo moral code.
- Explain the meaning of all the Japanese terminology used in this section.
- Explain the meaning of the Japanese words:
  - Shido
  - Hansoku-make
- Demonstrate the Referee's signals for:
  - Mate
  - Osaekomi
  - Toketa
  - Adjusting the judogi.
- Give two examples of actions (not grips) against the contest rules for negative and safety reasons.

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<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Kosoto-gake	Minor Outer Hook Throw
Kosoto-gari	Minor Outer Reaping Throw
Morote-seoi-nage	Two-Handed Shoulder Throw
Shido	Minor infringement
Hansoku-make	Disqualification

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**MON GRADE PROMOTION SYLLABUS**

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

(Age Recommendation 8-11yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Osoto-gari
- Seoi-otoshi

**PERFORMANCE SKILLS**

**TACHI-WAZA:**

- Ippon-seoi-nage into Kouchi-gari
- Any techniques, as combinations with:
  - Seoi-otoshi
  - Kouchi-gari

**NE-WAZA:**

- Arm roll with Uke approaching from the front.
- Arm roll with Uke approaching from behind.

**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.*

**PERSONAL CHOICE**

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

*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**

- Name three items from the judo moral code.
- Explain the meaning of all the Japanese terminology used in this section.
- Explain the meaning of the Japanese word:
  - Hiki-wake
- Give two examples of grips against the contest rules for negative or safety reasons.

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<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Osoto-gari	Major Outer Reaping Throw
Seoi-otoshi	Shoulder Drop Throw
Hiki-wake	Draw (a drawn contest)