

# BRITISH JUDO



## MON GRADE PROMOTION SYLLABUS TECHNICAL CONTENT: 12<sup>TH</sup> MON – 15<sup>TH</sup> MON

(Revised edition January 2025)

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

**12<sup>TH</sup> MON – 13<sup>TH</sup> MON**

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

(Age Recommendation 11-15yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Tani-otoshi
- Yoko-guruma

**KAN-SETSU-WAZA:**

- Ude-garami

**PERFORMANCE SKILLS**

**NE-WAZA:**

- Ude-garami from Kuzure-kesa-gatame

**RANDORI:**

- Demonstrate attacking and defending 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.*

**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. At this stage, the judoka should exhibit an understanding of judo principles and the ability to adapt to diverse opponents and situations.*

*Combinations and counters can be either Tachi-waza, Ne-waza (transitions) or a combination of both.*

**SUPPLEMENTARY KNOWLEDGE**

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

---

<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Kuzure-kesa-gatame	Modified Scarf Hold
Tani-otoshi	Valley Drop Throw
Ude-garami	Entangled Armlock
Yoko-guruma	Side Wheel Throw

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

**13<sup>TH</sup> MON – 14<sup>TH</sup> MON**

**BLUE BELT 1 TAB TO BLUE BELT 2 TABS**

(Age Recommendation 11-15yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Tomoe-nage
- Yoko-tomoe-nage

**SHIME-WAZA:**

- Okuri-eri-jime
- Kata-juji-jime
- Nami-juji-jime
- Gyaku-juji-jime

**PERFORMANCE SKILLS**

**SHIME-WAZA:**

- Nami-juji-jime – Uke underneath (between Tori's legs)
- Gyaku-juji-jime – Uke on top (between Tori's legs)
- Okuri-eri-jime – Uke attempts a Seoi-otoshi (or other) dropping attack.

Shime-waza must be demonstrated in a controlled manner, giving special attention to the safety of Uke.

**RANDORI:**

- Demonstrate attacking and defending 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.*

**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. At this stage, the judoka should exhibit an understanding of judo principles and the ability to adapt to diverse opponents and situations. Combinations and counters can be either Tachi-waza, Ne-waza (transitions) or a combination of both.*

**SUPPLEMENTARY KNOWLEDGE**

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

---

<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Gyaku-juji-jime	Reverse Cross Strangle
Kata-juji-jime	Half Cross Strangle
Nami-juji-jime	Normal Cross Strangle
Okuri-eri-jime	Sliding Collar Strangle
Seoi-otoshi	Shoulder Drop
Tomoe-nage	Circle Throw
Yoko-tomoe-nage	Side Circle Throw

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

**14<sup>TH</sup> MON – 15<sup>TH</sup> MON**

**BLUE BELT 2 TABS TO BLUE BELT 3 TABS**

(Age Recommendation 11-15yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Uki-waza
- Soto-maki-komi

**SHIME-WAZA:**

- Koshi-jime
- Kata-te-jime

**PERFORMANCE SKILLS**

**SHIME-WAZA:**

- Koshi-jime - Uke has attempted a "dropping attack."
- Kata-te-jime - Uke in "all fours" position

Shime-waza must be demonstrated in a controlled manner, giving special attention to the safety of Uke.

**RANDORI:**

- Demonstrate attacking and defending 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.*

**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. At this stage, the judoka should exhibit an understanding of judo principles and the ability to adapt to diverse opponents and situations. Combinations and counters can be either Tachi-waza, Ne-waza (transitions) or a combination of both.*

**SUPPLEMENTARY KNOWLEDGE**

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

---

JAPANESE	ENGLISH DESCRIPTION
Kata-te-jime	Strangle with One Hand
Koshi-jime	Strangle using the hip
Shime-waza	Strangle Techniques
Soto-maki-komi	Outside Winding
Uki-waza	Floating Throw