

# BRITISH JUDO



## KYU GRADE PROMOTION SYLLABUS

(Revised edition January 2025)

## **INTRODUCTION**

Effective January 2025, this syllabus supersedes all previously published syllabi. This update contains minor technical changes: some techniques have been removed, and the order for some grades has been changed. The total number of techniques assessed has been reduced to increase the quality of the remaining techniques.

The syllabus aims to give players a wide range of technical knowledge whilst emphasising quality over quantity. Combinations, counters, transitions, and quality randori are introduced at key points. There is also an introduction to Kata, emphasising how it relates to learning and the practice of competitive skills.

The syllabus is not just a guide for competition. It's a comprehensive resource that can stand alone for players who are unable to compete due to physical or other issues. It provides the underpinning basics for the contest player and the skills needed for a recreational player to be proficient and better understand judo.

Each belt colour is thematic to some extent, and players should be aware of the themes in general to understand the reasons behind what they are learning.

The syllabus is almost identical between the Mon and Kyu grades to allow easy transfer from Mon to Kyu and assist with mixed-age group coaching where needed. A Kyu grade player would need to complete all three Mon sections in that colour band but assessing them separately and sequentially at different times would be acceptable.

Within the British Judo Association (BJA), there are six Kyu grades. The following belt colours indicate the grades:

|                     |             |                     |            |
|---------------------|-------------|---------------------|------------|
| 6 <sup>th</sup> Kyu | Red Belt    | 3 <sup>rd</sup> Kyu | Green Belt |
| 5 <sup>th</sup> Kyu | Yellow Belt | 2 <sup>nd</sup> Kyu | Blue Belt  |
| 4 <sup>th</sup> Kyu | Orange Belt | 1 <sup>st</sup> Kyu | Brown Belt |

Promotion within the Kyu grades is based on a combination of technical knowledge, understanding, Japanese terminology, and supplementary knowledge. There is no contest requirement in the Kyu Grade syllabus. However, there is a progressively structured Randori element at the higher grades, where at the highest level, Randori is based on open skills.

## **RECOMMENDED COMPETITION / RANDORI PROGRAMME**

- 6th Kyu     Judoka should be proficient in light Randori/Nage-komi/Ukemi sufficient to support entry into red belt events. Enters one red belt event or closed club competition - Level 1 (this can be a pairing of players for an informal contest with a Level 2 coach refereeing).
- 5th Kyu     Judoka should be proficient as above to support their participation in yellow belt competitions. They enter low Kyu grade competitions for yellow belts or participate in inter-club Randori or Level 2 competitions.
- 4th Kyu     Judoka participates in the regular club Randori. Enters low-level Area or equivalent Level 2 competitions or multi-club Randori such as that in county squad training.
- 3rd Kyu     Judoka participates in the above. Judoka enters area competitions or Level 3 equivalent; Judoka takes part in an Area or equivalent Randori/training.

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2nd Kyu Judoka satisfies all the above and enters an Area or equivalent championships - Level 3.

1st Kyu Judoka is competing and participating in a level of Randori that would prepare them to enter their first competitive Dan grading.

#### CONTEST RULES

There is no special provision for knowledge of competition rules (Contest Rules). It is up to the judoka to ensure they are conversant with the current rules before entering a competition.

#### GRADING PROCEDURES

For grades up to and including 4th Kyu, promotion examinations should be completed within the candidate's club and can be examined by the same coach who instructed the candidate.

For promotion to 3rd Kyu and above, promotion examinations may be completed within the club, but candidates may also grade at Inter-club, area promotion examinations, and at any other event such as a Technical Training course. It is good practice that the examiner should be different from the coach.

In many clubs, there are practical issues with coaching and assessing the syllabus. The coach is given considerable leeway in how the assessment is conducted. The randori could be assessed; indeed, it is often best assessed when a whole class is doing the same activity.

With regular study and training, the judoka should be able to complete the syllabus and attain the grade of 1<sup>st</sup> Kyu in approximately three years (the keen judoka may achieve the grade of 1<sup>st</sup> Kyu after two years of diligent study). It is, however, vitally important that they all follow the progressive study of techniques detailed in this syllabus and attempt promotion to the next grade at regular intervals.

All judoka are encouraged to take increasing responsibility for their technical development as they progress through the grades, and it may be necessary for them to undertake supplementary study and training in addition to that available at the judoka's club.

#### IMPORTANT NOTES:

- 1. Candidates can only be graded one grade at a time. (See Fast Tracking and Fast Track Policy in General Information for exceptional circumstances).**
- 2. Although there is no contest requirement in this promotion syllabus, judoka are encouraged to participate in a competition of the appropriate level for their age and experience. Many competitive opportunities can be used to supplement the judoka technical development.**

## GENERAL INFORMATION

#### MINIMUM AGE

Judoka may seek promotion under the Kyu Grade syllabus upon reaching 14 years of age. They are encouraged to seek advice from their coach on this matter.

**Junior judoka holding the grade of 1st Kyu, aged 14, can collect promotion points towards their Dan grade in point-scoring competitions but cannot enter Dan gradings**

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**until age 15. As specified in the Dan Grade Syllabus, 15 is also the minimum age to register for promotion to 1st Dan.**

### **AUTHORITY TO GRADE**

The following may conduct examinations in accordance with the Association's Memorandum, Articles, and byelaws. They must have either a valid coach or examiner's card, hold full current individual membership, have attended the appropriate technical grading module, and be the only people authorised to submit a completed Grade Registration Sheet.

#### **NOVICE TO 5TH KYU**

BJA Level 1 coach - **see note below**

#### **NOVICE TO 1<sup>ST</sup> KYU**

BJA Level 2 Coach - **see note below**

BJA Level 3 Coach

BJA Senior Examiner

**NOTE:** Level 1 and Level 2 coaches that qualify after January 2013 must attend the appropriate Technical Grading module to grade judoka.

### **ADMINISTRATION**

All candidates must hold a current full BJA Individual Membership. This membership number will be recorded on the Grade Registration Sheet or registering the grade online or on The Dojo. Grading test success is registered at BJA Head Office within 28 days by completing the Grade Registration Sheet following the instructions on the sheet.

### **GRADING FEES**

The BJA charges a grade registration fee of £20 (includes a £5 rebate paid to the club deducted at source) for all gradings (including transfers). This fee is used to administer and develop the BJA's grading schemes and must be forwarded to the BJA along with the completed Grade Registration Sheet or paid online.

The BJA recognises that grading organisers may require a surcharge to the £20 grading fee to cover additional costs such as venue hire, examiner's expenses, etc. The BJA recommends a maximum surcharge of £5.00 but recognises that grading organisers may charge more depending on circumstances.

The grading organiser should retain any surcharge and not send it to the BJA.

### **TIME REQUIREMENTS AND FREQUENCY OF PROMOTIONS**

#### **NOVICE UP TO AND INCLUDING 5<sup>TH</sup> KYU**

Candidates may be promoted by one Kyu grade per calendar month.

#### **PROMOTION TO 4<sup>TH</sup> KYU AND ABOVE**

Candidates may be promoted by one Kyu grade every three calendar months. The number of attempts to gain promotion is unlimited.

### **NOTES ON THE TECHNICAL REQUIREMENTS**

Techniques must be demonstrated in an appropriate practical context. The exam process will become more in-depth as the candidate progresses through the grades and acquires more knowledge and understanding of Judo.

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The terminology included in the earlier grades ensures that the candidate is conversant with, for example, the principal terms used in refereeing.

From 4<sup>th</sup> Kyu and above, there is no specific Ukemi requirement. The candidate may, however, be required to act as Uke and must be able to demonstrate the level of Ukemi needed for the grade.

All demonstrations will be presented formally, static or on the move, to the candidate's preferred side. All techniques will be demonstrated once only. The examiner may ask for further demonstrations and test that the candidate understands the fundamental principles involved in the application of the technique, Kuzushi (balance breaking), Tsukuri (positioning), Kake (application of force) and Kime (control).

Techniques and applications must be demonstrated in an appropriate practical context, including attacking opportunity, best grip, and movement.

The examiner may test the candidate on any items from previous grades already passed.

Examination candidates must wear clean judogi and maintain a high standard of personal hygiene. Hair that is long enough to impede their partner must be secured back.

No metallic or hard object, including body piercings, may be worn. Rings must be removed; it is not sufficient to cover them with adhesive tape.

Candidates are to be conversant with the contest rules, particularly prohibited acts.

Male and Female candidates may be examined together, as can candidates of different ages and physiques.

All judoka must have a record of contest activity on at least two occasions, which is recorded in their BJA Record Book under "Record of Judo Events Attended" (signed by a BJA official or coach) before entering their first competitive Dan grading.

To enter the Dan grading and be promoted, judoka must be at least 15. The Senior Examiners running the Dan grading will randomly check Record Books during the booking-in process.

Although there are no specified requirements, the candidate must understand and observe the simple regulations and terminology governing Randori, including the correct method for signalling submission.

The grading assessment can be carried out in many ways, examples listed below:

- Holding a formal grading session where the judoka is tested on all grading requirements.
- Assessing over a period of sessions until all grading requirements have been satisfied.
- Continuous assessment of the judoka during the period of instruction until the assessor/coach is satisfied that the judoka has demonstrated all the grading requirements.

If all requirements, including time in grade, have been satisfied, the promotion is valid from the date in the Record Book, not from when the BJA office receives the grade registration sheet. However, if the requirements have not been satisfied, the BJA office may declare the grade invalid.

Formal notification to the candidate of successful promotion can be carried out in many ways, examples listed below:

- Signing of Record Book and presentation to the judoka.

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- Formal presentation of BJA certificate at the end of class after the grade is registered with BJA and the certificate received.
- Formal presentation of the new coloured belt at the end of class.

**PERSONAL CHOICE**

There is an element of personal choice for each grade. This element has been included to encourage originality and assist the judoka in developing a personal style suitable for their physique and personality.

**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

A limited amount of supplementary knowledge is required, mainly emphasising the use of correct Japanese terminology. For promotion to all grades, candidates must know the common English names and meanings of all Japanese terminology used for the grade and, where appropriate, must be able to discuss with the examiner the reasons for their choice of technique, grip, etc.

**CONVERSION FROM THE FORMER 9 KYU GRADE SYLLABUS**

Judoka, graded under the former 9 Kyu Grade Promotion Syllabus, will have their grade converted according to the following table. There is no charge for this conversion, which may be completed before the first grading attempt under this syllabus. The Judoka's Record Book may be updated by anyone with the authority to grade as previously specified on pages 2 and 3.

| <i>Old 9 Kyu Syllabus</i> |   | <i>Current 6 Kyu Syllabus</i>     |
|---------------------------|---|-----------------------------------|
| —                         |   | 6 <sup>th</sup> Kyu (Red Belt)    |
| 9 <sup>th</sup> Kyu       | } | 5 <sup>th</sup> Kyu (Yellow Belt) |
| 8 <sup>th</sup> Kyu       |   | }                                 |
| 7 <sup>th</sup> Kyu       |   |                                   |
| 6 <sup>th</sup> Kyu       | } | 3 <sup>rd</sup> Kyu (Green Belt)  |
| 5 <sup>th</sup> Kyu       |   |                                   |
| 4 <sup>th</sup> Kyu       | } | 2 <sup>nd</sup> Kyu (Blue Belt)   |
| 3 <sup>rd</sup> Kyu       |   |                                   |
| 2 <sup>nd</sup> Kyu       | } | 1 <sup>st</sup> Kyu (Brown Belt)  |
| 1 <sup>st</sup> Kyu       |   |                                   |

**CONVERSION FROM THE MON GRADE SYLLABUS**

Judoka of 14 years of age and above who hold a Mon grade may, if they wish, convert to the relevant Kyu grade. The following table will be used for all Mon grade conversions. It may appear that the Mon grade is converting to a lower level of examination; however, this is to cover the equivalent range of techniques required.

Players holding a Mon grade must be converted to the relevant Kyu grade on reaching 18. The coach must enter the conversion in the judoka's Record Book and inform the BJA office by letter, email, or Grade Registration Sheet of this conversion – there is no fee.

Judoka, who do not have 3 Mon tabs and wish to convert to a Kyu grade of the same belt colour as their Mon grade, are permitted to fast-track. For example, a 16<sup>th</sup> Mon Brown belt one tab can take both the 17<sup>th</sup> and 18<sup>th</sup> Mon assessments and then convert to 1<sup>st</sup> Kyu.

The coach would put on the Grade Registration Sheet FROM GRADE 16<sup>th</sup> Mon TO GRADE 1<sup>st</sup> Kyu – the fee would be the standard grade registration fee of £20.

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| Mon Grade | Kyu Grade  | Mon Grade | Kyu Grade  |
|-----------|------------|-----------|------------|
| 1st Mon   | Novice     | 10th Mon  | to 4th Kyu |
| 2nd Mon   | Novice     | 11th Mon  | to 4th Kyu |
| 3rd Mon   | to 6th Kyu | 12th Mon  | to 3rd Kyu |
| 4th Mon   | to 6th Kyu | 13th Mon  | to 3rd Kyu |
| 5th Mon   | to 6th Kyu | 14th Mon  | to 3rd Kyu |
| 6th Mon   | to 5th Kyu | 15th Mon  | to 2nd Kyu |
| 7th Mon   | to 5th Kyu | 16th Mon  | to 2nd Kyu |
| 8th Mon   | to 5th Kyu | 17th Mon  | to 2nd Kyu |
| 9th Mon   | to 4th Kyu | 18th Mon  | to 1st Kyu |

**QUALITY CONTROL**

Club gradings may be subject to visits from the Area Director of Examiners (ADofE) or BJA staff to support and ensure a consistent application of the examination criteria. These visits will be selected to sample a percentage of the clubs within the area. The BJA may appoint other authorised officials to carry out this responsibility. BJA technical staff may visit area and club gradings to ensure consistent application of the exam criteria.

**CANDIDATES FROM IJF/EJU MEMBER ORGANISATIONS**

It is acknowledged that many Judoka from other countries reside in the UK and are joining the BJA. If they hold a grade in an association that is a member of the International Judo Federation (IJF) or European Judo Union (EJU), then that grade is accepted by the BJA. Examiners must convert the colour belt from the original association to the higher BJA grade. For example, an IJF Kyu Blue belt would become a BJA 2<sup>nd</sup> Kyu.

The standard grade registration fee of £20 applies. If the judoka has no proof of grade, see fast-tracking below.

**TRANSFER FROM NON-BJA ORGANISATIONS**

In a similar way to the process for recognising IJF/EJU judoka, candidates from non-BJA organisations (including independent organisations) that have joined the BJA may convert from the colour held in the previous organisation to the colour appropriate to the BJA grade.

However, they must undertake the examination of all the previous grades, which can be done by examining a percentage of the syllabus deemed suitable by the examiner. If the examiner is satisfied that the candidate has demonstrated the knowledge and understanding appropriate to the grade being converted, he can add the candidate's name to the Grade Registration Sheet, annotating the "From Grade" block as initials of the previous organisation, e.g., British Judo Council (BJC). The standard grade registration fee of £20 applies. If the judoka has no proof of grade, see fast-tracking below.

**FAST-TRACKING**

Any judoka that has no record of grade for reasons such as lost Record Book achieved grade before BJA computer records, returning to judo after a long absence, etc., may be assessed by the ADofE or a BJA staff member to re-join the grading scheme at the

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appropriate grade commensurate with prior technical knowledge. The BJA may appoint an authorised official to carry out this responsibility.

A Judoka who has completed a formal beginner's course, such as a club introductory course, can be promoted up to a maximum of 5th Kyu in their first grading. This must be a formal course with a minimum of 12 hours of instruction. Completion of the course must be specified on the Grade Registration Sheet.

#### **FAST-TRACKING POLICY IN EXCEPTIONAL CIRCUMSTANCES**

The British Judo Association (BJA) recognises that all judoka have varying levels of capacity for learning, depending on a vast range of factors, including age, ability, experience, and frequency of judo instruction. To provide a credible and fair grading scheme, individuals authorised to conduct grading examinations for Mon and Kyu grades following the syllabus instructions may, under exceptional circumstances, apply to deviate from the syllabus time requirements or frequency of promotions to promote a candidate. They are to follow the process as detailed below:

- The individual proposing to conduct the promotion examination must seek prior approval from the BJA Gradings Officer by e-mail or letter.
- They must explain the extenuating circumstances, the candidate's age, and the grading history, including grades achieved and the date awarded.
- The application must also confirm that the candidate has, in their opinion, the necessary skills to complete the syllabus requirements for the grade that is being recommended. All applications will be subject to random verification on a sampling basis by a commission-appointed official to maintain an audit trail.
- The BJA Gradings Officer will make a decision set by earlier precedents.
- The BJA Gradings Officer will inform the individual proposing to conduct the promotion examination of the final decision, which will be copied to BJA Head office.
- On receipt of approval, the individual proposing to conduct the promotion examination may then conduct the assessment and submit the grade Registration Sheet with BJA Gradings Officer authorisation.
- In addition to the grading fee, an additional administration charge of £10.00 per candidate must be submitted with a grade registration sheet.
- When entering the new grade in the Record Book, the coach must enter "Authorised Fast Track Promotion" and the date in the space where no grade is recorded.

**NOTE:** The BJA is committed to ensuring that all judoka are of the correct grade following their ability, and it is considered poor practice for judoka to be held back in a lower grade to obtain an advantage in certain levels of competition.

#### **GRADINGS FOR ADAPTIVE JUDOKA**

The grading syllabus aims to help coaches provide a safe, enjoyable, and stimulating learning environment where players of all abilities feel confident and motivated to reach their potential.

The coach/examiner and judoka should work together, and in the practical section, where a technique is not possible due to any restriction or limitation the judoka has, then the coach/examiner and the judoka should replace the technique with a substitute technique more appropriate but within the grading criteria e.g.

If the exam states two throws and two hold-downs, it may be more appropriate to have only four hold-downs. For the verbal part of the exam, the judoka can pass on the information required to the examiner by any suitable means.



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There is no pass or fail; the examination process can take minutes or several days. When the examiner is satisfied that the candidate has completed the grade requirements, the promotion is registered with the BJA and recorded in the candidate's Record Book.

Where techniques are substituted to demonstrate their skill and knowledge, the intention is to reach the same standard by alternative equivalent means. The purpose is not to lower the standard to be demonstrated but to allow some flexibility in reaching the standard indicated by the grade the judoka aims to achieve.

The coach and/or examiner are given a great deal of discretion. The grading scheme is flexible and can accommodate all needs, and all mainstream documentation should be utilised.

Although it is generally considered best practice that a different person should examine the judoka than the coach, it is acknowledged that the candidate's coach is best placed to determine the judoka's ability and the best time to carry out the exam.

#### **SUMMARY:**

Following a process of collaboration and consultation between the coach, assessor, judoka, and, in some cases, the parent, the mainstream grading scheme can be used for all disabled judoka. When a judoka cannot carry out a published part of the exam, this can be substituted for a technique more appropriate to that judoka's needs.

These instructions aim to assist coaches in making reasonable syllabus adjustments and remove barriers to progress where appropriate. Naturally, it must be accepted that, in the same way as a mainstream judoka, there will eventually be a point in the disabled judoka chosen pathway where it is impossible to progress any further in the same way that all judoka, at some stage, reach their progression limit.

#### **ADDITIONAL RESOURCES AND INFORMATION**

The BJA is developing additional resources to support candidates seeking promotion. These resources will be available to purchase or download from the BJA website ([Grading Resources—British Judo](#)). Any queries or requests for further information should be addressed to the BJA at the address below.

British Judo Head Office  
University of Wolverhampton – Walsall Campus  
Gorway Road  
Walsall  
West Midlands  
WS1 3BD

## **NOVICE – 6TH KYU**

### **WHITE TO RED BELT**

#### **FUNDAMENTAL SKILLS**

##### **UKEMI:**

- Ushiro Ukemi
- Yoko Ukemi
- Mae Mawari Ukemi (3 Versions)

##### **TACHI-WAZA:**

- O-soto-otoshi
- De-ashi-barai
- Uki-goshi

##### **OSAEKOMI-WAZA:**

- Kesa-gatame
- Mune-gatame
- Kuzure-kesa-gatame

#### **PERFORMANCE SKILLS**

##### **TRANSITION INTO NE-WAZA:**

- O-soto-otoshi into Kesa-gatame
- De-ashi-barai into Mune-gatame
- Uki-goshi into Kuzure-kesa-gatame

*The judoka may substitute any osae-komi-waza to transition from the tachi-waza listed effectively.*

##### **NE-WAZA:**

- Escape from Kesa-gatame by trapping Uke's leg.
- Escape from Mune-gatame using a 'bridge and roll' action.
- Escape from Kuzure-kesa-gatame using 'sit up and push'.

#### **PERSONAL CHOICE**

- Demonstrate two additional techniques, one tachi-waza and one ne-waza.

*The judoka can choose which techniques to demonstrate and demonstrate them to the left or right using any suitable grip.*

#### **SUPPLEMENTARY JUDO KNOWLEDGE**

- Explain the meaning of the Japanese terminology used in this section (see table below).
- Demonstrate the correct wearing of the judogi and tying of the belt.
- Demonstrate the correct procedure for standing and kneeling bows.
- In which country was Judo devised?
- Who was the founder of modern Judo?
- What is the Judo Code?
- Explain the meaning of the following Japanese words:
  - Dojo
  - Hajime
  - Rei
  - Tori
  - Judogi
  - Mate
  - Randori
  - Uke
  - Zori
  - Osae-komi
  - Toketa

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| <b>JAPANESE</b>    | <b>ENGLISH DESCRIPTION</b>        |
|--------------------|-----------------------------------|
| Deashi-barai       | Advanced Foot Sweep Throw         |
| Dojo               | Judo Hall                         |
| Hajime             | Begin                             |
| Judogi             | Judo Uniform                      |
| Judoka             | Judo player                       |
| Kuzure-kesa-gatame | Broken Scarf Hold                 |
| Mae mawari ukemi   | Forward Rolling Breakfall         |
| Mate               | Wait / Stop                       |
| Mune-gatame        | Chest Hold                        |
| Ne-waza            | Groundwork Techniques             |
| Osae-komi          | Hold Down                         |
| Osae-komi-waza     | Holding Techniques                |
| Osoto-otoshi       | Major Outer Drop Throw            |
| Randori            | Free Practice                     |
| Rei                | Standing Bow                      |
| Tachi-waza         | Standing Techniques               |
| Tori               | The Offensive or Attacking Judoka |
| Toketa             | Hold broken                       |
| Uke                | The Defensive or Defending Judoka |
| Uki-goshi          | Floating Hip Throw                |
| Ushiro Ukemi       | Rear Breakfall                    |
| Yoko Ukemi         | Side Breakfall                    |
| Zori               | Judo Footwear                     |

## **6<sup>TH</sup> KYU – 5<sup>TH</sup> KYU**

### **RED TO YELLOW BELT**

#### **FUNDAMENTAL SKILLS**

##### **UKEMI:**

- Mae Ukemi

##### **TACHI-WAZA:**

- Tai-otoshi
- Ippon-seoi-nage
- Ouchi-gari

##### **OSAEKOMI-WAZA:**

- Yoko-shiho-gatame
- Tate-shiho-gatame
- Kami-shiho-gatame

#### **PERFORMANCE SKILLS**

##### **TRANSITION INTO NE-WAZA:**

- Tai-otoshi into Yoko-shiho-gatame
- Ippon-seoi-nage into Kami-shiho-gatame
- Ouchi-gari into Tate-shiho-gatame

*The judoka may substitute any osae-komi-waza to transition from the tachi-waza listed effectively.*

##### **NE-WAZA:**

- Escape from Kami-shiho-gatame using 'action and re-action'
- Escape from Tate-shiho-gatame using a 'clamp and roll' action
- Escape from Yoko-shiho-gatame using 'trap, bridge and roll' action
- Turnover into Kesa-gatame (Uke in "all fours" position)
- Turnover into Mune-gatame (Uke in "all fours" position)
- Turnover into Yoko-shiho-gatame (Uke in face-down prone position)

##### **KUMI-KATA:**

- Demonstrate the right and left standard grips
- Demonstrate right against left grips, double lapel, and high collar grips

*Kumi-kata is required for this grade; the judoka must demonstrate the standard grips and alternatives.*

##### **NAGE-KOMI / RANDORI:**

- Demonstration of Nage-komi in light randori with a cooperative partner

*Nage-komi is required for this grade, which is demonstrated through a light Randori demonstration lasting approximately two minutes.*

*In this demonstration, each judoka alternates throwing their partner. While repetition is permitted, the assessor seeks a wide array of techniques showcased, ideally demonstrating proficiency on both the right and left sides. Emphasising versatility and skill remains paramount during this demonstration.*

#### **PERSONAL CHOICE**

- Demonstrate two additional techniques, one tachi-waza and one ne-waza.

*The judoka can choose which techniques to demonstrate and demonstrate them to the left or right using any suitable grip.*

#### **SUPPLEMENTARY JUDO KNOWLEDGE**

- Explain the meaning of the Japanese terminology used in this section (see table below).

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- Give two examples of actions against the contest rules.
- Demonstrate a sound knowledge of the Judo Moral Code.

| JAPANESE          | ENGLISH DESCRIPTION           |
|-------------------|-------------------------------|
| Ippon-seoi-nage   | One Arm Shoulder Throw        |
| Kami-shiho-gatame | Upper Four Quarters Hold      |
| Kumi-kata         | Engagement Position           |
| Mae Ukemi         | Front Breakfall               |
| Mune-gatame       | Chest Hold                    |
| Nage-komi         | Repetitive Throwing           |
| O-uchi-gari       | Major Inner Reaping Throw     |
| Randori           | Free Practice                 |
| Tai-otoshi        | Body Drop Throw               |
| Tate-shiho-gatame | Lengthwise Four Quarters Hold |
| Yoko-shiho-gatame | Side Four Quarters Hold       |

## **5<sup>TH</sup> KYU – 4<sup>TH</sup> KYU (YELLOW TO ORANGE BELT)**

### **FUNDAMENTAL SKILLS**

#### **TACHI-WAZA:**

- Tsuru-komi-goshi
- O-goshi
- Seoi-otoshi
- Morote-seoi-nage
- Kouchi-gari
- Kosoto-gake
- Kosoto-gari
- Osoto-gari

### **PERFORMANCE SKILLS**

#### **COMBINATION TECHNIQUES:**

- Ouchi-gari into Kouchi-gari
- Kouchi-gari into Osoto-gari or Osoto-gake
- Kouchi-gari into Morote-seoi-nage
- Ippon-seoi-nage into Kouchi-gari
- Any technique as a combination with Seoi-otoshi or Kouchi-gari.

#### **COUNTER TECHNIQUES:**

- Ouchi-gari countered by Tsuru-komi-goshi
- Tai-otoshi countered by Kosoto-gari or Kosoto-gake.

#### **NE-WAZA:**

- Escape from Kesa-gatame using a 'bridge and roll'.
- Move into Kesa-gatame from between Uke's legs.
- Move into Yoko-shiho-gatame from between Uke's legs.
- Arm roll with Uke approaching from the front.
- Arm roll with Uke approaching from behind.
- Turnover from underneath Uke into Tate-shiho-gatame.

#### **RANDORI:**

- Randori demonstration with a cooperative partner.

*Randori to be demonstrated 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.

*For the personal choice element, techniques must be demonstrated in an appropriate practical situation, including attacking opportunity, best grip, and appropriate movement. Demonstrate them as a combination, a counter, and a transition into Ne-waza.*

### **SUPPLEMENTARY JUDO KNOWLEDGE**

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

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

| <b>JAPANESE</b>   | <b>ENGLISH DESCRIPTION</b> |
|-------------------|----------------------------|
| Kosoto-gake       | Minor Outer Hook Throw     |
| Kosoto-gari       | Minor Outer Reaping Throw  |
| Kouchi-gari       | Minor Inner Reaping Throw  |
| Morote-seoi-nage  | Two-Handed Shoulder Throw  |
| Ogoshi            | Major Hip Throw            |
| Osoto-gari        | Major Outer Reaping Throw  |
| Seoi-otoshi       | Shoulder Drop Throw        |
| Tai-otoshi        | Body Drop Throw            |
| Tsuri-komi-goshi  | Drawing Hip Throw          |
| Yoko-shiho-gatame | Side four quarters hold    |

**4<sup>TH</sup> KYU – 3<sup>RD</sup> 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**

| <b>JAPANESE</b>       | <b>ENGLISH DESCRIPTION</b>                              |
|-----------------------|---|
| 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-tsure-komi-ashi | Propping Drawing Ankle                                  |
| Uchi-mata             | Inner Thigh   |
| Ude-gatame            | Straight Armlock  |
| Waki-gatame           | Armlock applied with the armpit.                        |

**3<sup>RD</sup> KYU – 2<sup>ND</sup> KYU**  
**GREEN TO BLUE BELT**

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Soto-maki-komi
- Tani-otoshi
- Yoko-guruma
- Tomoe-nage
- Yoko-tomoe-nage
- Uki-waza

**SHIME-WAZA:**

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

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

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

**KANSETSU-WAZA:**

- Ude-garami

**PERFORMANCE SKILLS**

**COMBINATION TECHNIQUES:**

- Ude-garami from Kuzure-kesa-gatame

**NE-WAZA:**

- Koshi-jime – Uke attempts Seoi-otoshi (dropping attack)
- Kata-te-jime - Uke in "all fours" position
- Nami-juji-jime – Uke underneath (between Tori's legs)
- Gyaku-juji-jime – Uke on top (between Tori's legs)
- Okuri-eri-jime – Uke makes Seoi-otoshi (dropping attack)

**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. It is expected that the player will select appropriate techniques that will allow for the demonstration of more advanced combinations and counters.*

**SUPPLEMENTARY JUDO KNOWLEDGE**

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

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

| <b>JAPANESE</b>    | <b>ENGLISH DESCRIPTION</b>                              |
|--------------------|---|
| Gyaku-juji-jime    | Reverse Cross Strangle                                  |
| Kaeshi-waza        | Counter Techniques                                      |
| Kata-te-jime       | Strangle with One Hand                                  |
| Kata-juji-jime     | Half Cross Handed Strangle                              |
| Koshi-jime         | Strangle using the hip                                  |
| Kuzure-kesa-gatame | Broken scarf hold                                       |
| Nami-juji-jime     | Normal Cross Strangle                                   |
| Okuri-eri-jime     | Sliding Collar Strangle                                 |
| Renraku-waza       | Combination techniques in the opposite direction        |
| Renzoku-waza       | Combination techniques in the same or similar direction |
| Seoi-otoshi        | Shoulder drop   |
| Shime-waza         | Strangle Techniques                                     |
| Soto-maki-komi     | Outside Winding   |
| Tani-otoshi        | Valley Drop Throw                                       |
| Tomoe-nage         | Circle Throw  |
| Ude-garami         | Entangled Armlock                                       |
| Uki-waza           | Floating Throw  |
| Yoko-guruma        | Side Wheel Throw  |
| Yoko-tomoe-nage    | Side Circle Throw                                       |

## **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

When demonstrating Ura-nage, it is crucial to prioritise safety. Completing the complete throw is not necessary; instead, focus on showcasing the technique's effectiveness. To enhance safety measures, consider using a landing mat during the demonstration.

##### **SHIME-WAZA:**

- Kata-ha-jime
- Hadaka-jime
- San-gaku-jime
- San-gaku-jime
- San-gaku-jime
- San-gaku-gatame
- San-gaku-osae-gatame

#### **PERFORMANCE SKILLS**

##### **TACHI-WAZA:**

- Demonstrate any two variations of Sumi-gaeshi.
- Ushiro-goshi as a counter to Harai-goshi
- Sumi-gaeshi as a combination with Uchi-mata
- Counter Koshi-guruma with Ura-nage

##### **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. *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.*

*The techniques must be demonstrated in a practical situation, including attacking opportunity, best grip, and appropriate movement. The judoka must select 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-tsuri-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   |

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

**APPENDIX 1 – TERMINOLOGY**

| <b>JAPANESE</b>          | <b>ENGLISH DESCRIPTION</b>                               |
|--------------------------|--|
| De-ashi-barai            | Advanced Foot Sweep Throw                                |
| Dojo                     | Judo Practice Hall                                       |
| Gyaku-juji-jime          | Reverse Cross Strangle                                   |
| Hadaka-jime              | Naked Strangle   |
| Hajime                   | Begin - Referee's Command to Start a Judo Contest        |
| Hane-goshi               | Spring Hip Throw   |
| Hansoku-make             | Disqualification   |
| Harai-goshi              | Sweeping Hip Throw                                       |
| Hiki-wake                | Referee's Announcement of a Draw at the end of a Contest |
| Hiza-guruma              | Knee Wheel Throw   |
| Ippon                    | Complete Point   |
| Ippon-seoi-nage          | One Arm Shoulder Throw                                   |
| Judogi                   | Judo Uniform   |
| Judoka                   | Judo Player  |
| Juji-gatame              | Cross Armlock  |
| Kaeshi-waza              | Counter Techniques                                       |
| Kami-shiho-gatame        | Upper Four Quarters Hold                                 |
| Kata-ha-jime             | Single Collar Strangle                                   |
| Kata-te-jime             | Strangle With One Hand                                   |
| Kesa-gatame              | Scarf Hold   |
| Koshi-guruma             | Hip Wheel Throw  |
| Ko-soto-gake             | Minor Outer Hook Throw                                   |
| Ko-soto-gari             | Minor Outer Reaping Throw                                |
| Ko-uchi-gake-maki-komi   | Minor Inner Hook Thigh Winding Throw                     |
| Ko-uchi-gari             | Minor Inner Reaping Throw                                |
| Ko-uchi-gake             | Minor Inner Hook Throw                                   |
| Kumi-kata                | Engagement Position                                      |
| Kuzure-kami-shiho-gatame | Broken Upper Four Quarters Hold                          |
| Kuzure-kesa-gatame       | Broken Scarf Hold  |
| Kuzure-tate-shiho-gatame | Broken Lengthwise Four Quarters Hold                     |
| Mae mawari ukemi         | Forward Rolling Breakfall                                |
| Morote-eri-seoi-nage     | Two Handed Lapel Shoulder Throw                          |
| Morote-seoi-nage         | Two Handed Shoulder Throw                                |
| Mune-gatame              | Chest Hold   |
| Nage-komi                | Repetitive Throwing                                      |
| Nami-juji-jime           | Normal Cross Strangle                                    |
| Ne-waza                  | Groundwork Techniques                                    |

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

|                       |   |
|-----------------------|---|
| Obi                   | Belt  |
| O-goshi               | Major Hip Throw   |
| Okuri-ashi-barai      | Double Foot Sweep Throw                                 |
| Okuri-eri-jime        | Sliding Collar Strangle                                 |
| Osae-komi             | Hold Down   |
| Osae-komi-waza        | Holding Techniques                                      |
| O-soto-otoshi         | Major Outer Drop Throw                                  |
| O-uchi-gari           | Major Inner Reaping Throw                               |
| Randori               | Free Practice   |
| Rei                   | Bow   |
| Renraku-waza          | Combination Techniques in the Opposite Direction        |
| Renzoku-waza          | Combination Techniques in the Same or Similar Direction |
| San-gaku-jime         | Triangular Strangle                                     |
| San-gaku-osae-gatame  | Triangular Strangle and Hold Down                       |
| Sasae-tsure-komi-ashi | Propping Drawing Ankle Throw                            |
| Seoi-otoshi           | Shoulder Drop Throw                                     |
| Shido                 | Light Penalty (Minor Infringement)                      |
| Sode-tsure-komi-goshi | Sleeve Lift Pull Hip Throw                              |
| Soto-maki-komi        | Outside Winding Throw                                   |
| Sumi-gaeshi           | Corner Throw  |
| Tachi-rei             | Standing Bow  |
| Tachi-waza            | Standing Techniques                                     |
| Tai-otoshi            | Hand Throw Body Drop Throw                              |
| Tani-otoshi           | Valley Drop Throw                                       |
| Tate-shiho-gatame     | Lengthwise Four Quarters Hold                           |
| Toketa                | Hold Broken   |
| Tomoe-nage            | Circle Throw  |
| Tori                  | The Offensive or Attacking Judoka                       |
| Tsure-komi-goshi      | Drawing Hip Throw                                       |
| Uchi-mata             | Inner Thigh Throw                                       |
| Ude-garami            | Entangled Armlock                                       |
| Ude-gatame            | Arm Lock  |
| Uke                   | The Defensive or Defending Judoka                       |
| Uki-goshi             | Floating Hip Throw                                      |
| Uki-otoshi            | Floating Drop Throw                                     |
| Uki-waza              | Floating Throw  |
| Ura-nage              | Rear Throw  |
| Ushiro Ukemi          | Rear Breakfall  |
| Ushiro-goshi          | Rear Hip Throw  |
| Waza-ari              | Almost a Full Point                                     |

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

|                        |                                  |
|------------------------|----------------------------------|
| Waza-ari-awasete-ippon | Complete Point from Two Waza-Ari |
| Yoko Ukemi             | Side Breakfall                   |
| Yoko-gake              | Side Hook Throw                  |
| Yoko-guruma            | Side Wheel Throw                 |
| Yoko-shiho-gatame      | Side Four Quarters Hold          |
| Yoko-tomoe-nage        | Side Circle Throw                |
| Za-rei                 | Kneeling Bow                     |
| Zori                   | Judo Footwear                    |

**NOTE:** The English description of the Japanese is not the literal translation.