



INTERNATIONAL MARTIAL ARTS
FEDERATION
- EUROPE -

BRANCH – GREAT BRITAIN

Judo Grading Syllabus

for

Juniors

Novice

to

Junior 1st Dan (Black belt)

Novice to White belt

Ukemi	Breakfalls	
Chugaeri	Rolling breakfall	
O Soto Gari	Major outer reaping	
O Goshi	Major hip throw	
Kesa Gatame	Scarf hold	
Kuzushi	Breaking balance	
Terminology	Ippon	10 points advantage
	Rei	Bow
	Sensei	Teacher
	Matte	Stop
	Dojo	Judo practice hall

White belt to Yellow belt

Morote Seoi Nage	Two handed shoulder throw	
O Uchi Gari	Major inner reaping	
Uki Goshi	Floating hip throw	
Kata Gatame	Shoulder hold	
Yoko Shiho Gatame	Side four quarters hold	
Kami Shiho Gatame	Upper four quarters hold	
Holding on an active opponent		
1 Turnover into a hold		
1 Combination technique	Ko Uchi Gari into O Uchi Gari	
Terminology	Waza-ari	7 point advantage
	Chui	5 points against
	Osokomi	Holding
	Toketa	Hold broken
	Obi	Belt

Yellow belt to Orange belt

Deashi Harai	Advancing foot sweep	
Ippon Seoi Nage	One handed shoulder throw	
Tani Otoshi	Valley drop	
Tai Otoshi	Body drop	
Kazuri Kesa Gatame	Broken scarf hold	
Mune Gatame	Chest hold	
Escape from between opponent's legs		
2 Turnovers into holds		
2 Combination techniques	Ko Uchi Gari into Ippon Seoi Nage	
	O Uchi Gari into Ko Uchi Gari	
Terminology	Koka	3 point advantage
	Randori	Free practice
	Sono Mama	Freeze, don't move
	Hantei	Decision from judges
	Kata	Formal demonstration

Orange belt to Green belt

1st Set of the Nage-No-Kata

Harai Goshi

Ko Uchi Gari

Seoi Otoshi

Tomoe Nage

Yoko Tomoe Nage

Tate Shiho Gatame

Makura Kesa Gatame

2 Holds on an active opponent

3 Turnovers into holds

3 Combination throws

1 Counter technique

Terminology

Kata of throws, Left & Right handed

Sweeping loin throw

Minor inner reaping

Shoulder drop

Stomach throw

Side stomach throw

Lengthways four quarters hold

Pillow hold

O Uchi Gari into Tai Otoshi

Seoi Nage into Ko Uchi Gari

O Goshi into Harai Goshi

O Goshi countered by Tani Otoshi

Yuko 5 points advantage

Kei Koku 7 points against

Kiken Gachi Win by withdrawal

Tatame Mat

Rei Bow

Green belt to Blue belt

1st & 2nd Set of the Nage No Kata

Ashi Guruma

Uchi Mata

Ko Soto Gari

Koshi Guruma

Juji Gatame

Waki Gatame

Okura Eri Jime

3 Turnovers into holds

3 Holds on an active opponents

3 Combination techniques

2 Counter techniques

1 Escape from a named hold down

Terminology

Kata of throws, Left and Right handed

Leg wheel

Inner thigh throw

Minor outer reaping

Hip wheel Throw

Cross arm lock

Armpit arm lock

Sliding collar strangle

O Uchi Gari into Morote Seoi Nage

O Uchi Gari into Uchi Mata

O Soto Gari into Harai Goshi

O Uchi Gari countered by Morote Seoi Nage

Tai Otoshi countered by Ko Soto Gari

Kesa Gatame

Yoshi Carry on

Sore Made Finish

Hike Wake Draw

Judogi Judo suit

Zori Judo shoes

Blue belt to Brown belt

1st, 2nd & 3rd Set of the Nage No Kata

O Tsuru Goshi

Okura Ashi Harai

Hane Goshi

Kata Guruma

Ushiro Kesa Gatame

Kazuri Yoko Shiho Gatame

Nami Juji Jime

Gyaku Juji Jime

Kata Juji Jime

Ude Garamme

3 Turnovers

3 Combination techniques

3 Counter techniques

2 Escapes from named hold downs

Terminology

Kata of Throws, Left and Right handed

Lifting hip throw

Sliding foot sweep

Springing hip throw

Shoulder wheel throw

Reverse scarf hold

Broken side four quarters hold

Normal cross strangle

Reverse cross strangle

Half cross strangle

Figure of four arm lock

Tomoe Nage into Tate Shiho Gatame

Hikikomi Gaeshi into Kami Shiho Gatame

Tai Otoshi into Juji Gatame

Harai Goshi countered by Utsuri Goshi

O Goshi countered by Ushiro Goshi

Koshi Guruma countered by Te Guruma

Kami Shiho Gatame

Yoko Shiho Gatame

Kuzushi

Hansoku Make

Yusie Gachi

Tsukuri

Waza-ari Awasete Ippon

Breaking balance

Disqualification

Win by superiority

Entering for throw

2 near points make

Ippon

Brown belt to 1st Dan

Nage No Kata

Maki Komi and variations

O Guruma

Sasae Tsuru Komi Ashi

Sumi Gaeshi

Te Guruma

Ushiro Goshi

Utsuri Goshi

Osaekomi Waza (5 techniques) on an active opponent

3 Turnovers into groundwork - named

3 Combination techniques - named

3 Counter techniques - named

Basic Self-defence

Terminology - selected words

Left and Right handed

Winding throw

Major wheel

Propping ankle throw

Corner reversal throw

Hand Wheel

Rear hip throw

Changing hip throw

General

To be eligible to grade from White belt and upwards, the following criteria **must** be adhered to:

1. From White to Orange, the candidate **must** have a line up of at least 3 contests and **win 1 of them**
2. From Orange to Green the candidate **must** have a line up of at least 4 contests and **win 2 of them**
3. From Green to 1st Dan the candidate **must** have a line up of at least 5 contests and **win 3 of them**

Once the candidate is eligible to grade the following will apply:

The grading will be in two parts: (a) **Shiai** (contest)

(b) **Techniques and terminology**

The result of the grading will depend on the marks obtained in **both** sections

All techniques will show **proper control**

Techniques from previous sections **WILL** be asked

Gradings for novices to White belt will now be at the discretion of the instructors and will be done on a normal club night