

GRANGE JUDO CLUB



Junior Syllabus

Novice to Brown Belt

Novice to White belt

This grading will be carried out on a normal club night as and when the instructors feel that the candidate is ready.

To obtain their White belt the candidate will have at least 2 contests and show the following techniques:

Ukemi

Chugaeri

O Soto Gari

O Goshi

Kesa Gatame

Kuzushi

Breakfalls

Rolling breakfall

Major outer reaping

Major hip throw

Scarf hold

Breaking balance

Terminology

Ippon

Rei

Sensei

Matte

Dojo

10 points advantage

Bow

Teacher

Stop

Judo practice hall



Ukemi - Side



Ukemi - Back



Chugaeri - Rolling



O Soto Gari



O Goshi



Kesa Gatame



Kuzushi



White belt to Yellow belt

Ippon Seoi Nage

O Uchi Gari

Tai Otoshi

Kata Gatame

Yoko Shiho Gatame

Kami Shiho Gatame

One handed shoulder throw

Major inner reaping

Body drop

Shoulder hold

Side four quarters hold

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

Chui

Osokomi

Toketa

Obi

7 point advantage

5 points against

Holding

Hold broken

Belt



Ippon Seonage



O Uchi Gari



Tai Otoshi



Kata Gatame



Yoko Shiho Gatame



Kami Shiho Gatame

Yellow belt to Orange belt

Morote Seoi Nage

Tani Otoshi

Ko Uchi Gari

Uki Goshi

Kuzuri Kesa Gatame

Mune Gatame

Two handed shoulder throw

Valley drop

Minor inner reaping

Floating hip throw

Broken scarf hold

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

Randori

Sono Mama

Hantei

Kata

3 point advantage

Free practice

Freeze, don't move

Decision from judges

Formal demonstration



Morote Seonage



Tani Otoshi 1



Tani Otoshi 2



Ko Uchi Gari



Uki Goshi



Kazuri Kesa Gatame



Mune Gatame

Orange belt to Green belt

1st Set Nage-No-Kata

Harai Goshi	Sweeping loin throw
De Ashi Harai	Advancing foot sweep
Seoi Otoshi	Shoulder drop
Tomoe Nage	Stomach throw
Yoko Tomoe Nage	Side stomach throw
Tate Shiho Gatame	Lengthways four quarters hold
Makura Kesa Gatame	Pillow hold

2 Holds on an active opponent

3 Turnovers into holds

3 Combination throws

O Uchi Gari into Tai Otoshi
Seoi Nage into Ko Uchi Gari
O Goshi into Harai Goshi
O Goshi countered by Tani Otoshi

1 Counter technique

Terminology

Yuko	5 points advantage
Kei Koku	7 points against
Kiken Gachi	Win by withdrawal
Tatame	Mat
Seiza	Formal kneeling posture



Harai Goshi



De Ashi Harai



Seoi Otoshi



Tomoe Nage



Yoko Tomoe Nage



Tate Shiho Gatame



Makura Kesa Gatame

Green belt to Blue belt

1st 2 Sets of the Nage No Kata

Ashi Guruma
Uchi Mata
Ko Soto Gari
Koshi Guruma
Juji Gatame
Waki Gatame
Okura Eri Jime

Leg wheel
Inner thigh throw
Minor outer reaping
Hip wheel Throw
Cross arm lock
Armpit arm lock
Sliding collar strangle

3 Turnovers into holds

3 Holds on an active opponents

3 Combination techniques

O Uchi Gari into Morote Seoi Nage
O Uchi Gari into Uchi Mata
O Soto Gari into Harai Goshi

2 Counter techniques

O Uchi Gari countered by Morote SeoiNage
Tai Otoshi countered by Ko Soto Gari

1 Escape from a hold down

Kesa Gatame

Terminology

Yoshi
Sore Made
Hike Wake
Judogi
Zori

Carry on
Finish
Draw
Judo suit
Judo shoes



Ashi Guruma



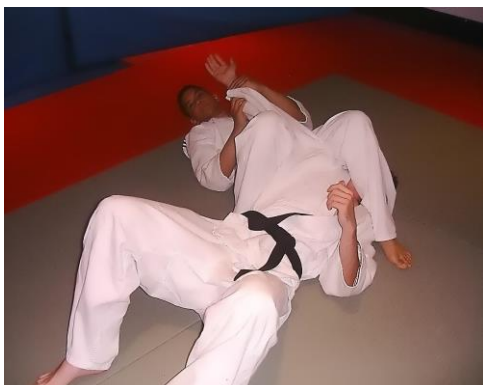
Uchi Mata



Ko Soto Gari



Koshi Guruma



Juji Gatame



Waki Gatame



Okura Eri Jime

Blue belt to Brown belt

1st 3 Sets of the Nage No Kata

O Tsuru Goshi	Lifting hip throw
Okura Ashi Harai	Sliding foot sweep throw
Hane Goshi	Springing hip throw
Kata Guruma	Shoulder wheel throw
Ushiro Kesa Gatame	Reverse scarf hold
Kuzuri Yoko Shiho Gatame	Broken side four quarters hold
Nami Juji Jime	Normal cross strangle
Gyaku Juji Jime	Reverse cross strangle
Kata Juji Jime	Half cross strangle
Ude Garame	Figure of four arm lock

3 Turnovers

3 Combination techniques

Tomoe Nage into Tate Shiho Gatame
Hikikomi Gaeshi into Kami Shiho Gatame
Tai Otoshi into Juji Gatame

3 Counter techniques

Harai Goshi countered by Utsuri Goshi
O Goshi countered by Ushiro Goshi
Koshi Guruma countered by Te Guruma

Escapes from hold downs

Kami Shiho Gatame
Yoko Shiho Gatame

Terminology

Kuzushi	Breaking balance
Hansoku Make	Disqualification
Yusie Gachi	Win by superiority
Tsukuri	Entering for throw
Waza-ari Awasete Ippon	2 near points make Ippon



O Tsuru Goshi



Okura Ashi Harai



Hane Goshi



Kata Guruma



Ushiro Kesa Gatame



Kuzure Yoko Shiho
Gatame



Name Juji Jime



Gyaku Juji Jime



Kata Juji Jime



Ude Garame

GRANGE JUDO CLUB

Affiliated to

International Martial Arts Federation - Europe -

