

# Judo Assist

Ireland



## Grading Syllabus for MON GRADES

### INSTRUCTIONS TO CLUB GRADERS

Grading System for Mon Grades 1 to 12

1. Skipping of grades is not permitted.
2. No contest required but judoka, as well as passing the theory, must show good ability in randori for both tachi waza and ne waza.
3. There must be a minimum of three months between promotions.
4. When a judoka reaches their 16th year they transfer to the senior KYU system keeping the same colour belt e.g. a junior green belt will be a senior green (3rd KYU) and at the next grading can fight for promotion or can accumulate contests wins to promoted to senior blue (2nd KYU).
5. In the case of a junior brown (12th Mon) at age 16 , they can fight in the senior grading against blue belts (2nd KYU) or compete in contest against senior blue belts and if they win the required two fights and pass the theory exam they will be promoted to senior brown (1st KYU) .
6. The club grader is responsible for accounting to the office with correctly completed grading forms and fees within two weeks of the grading. All licence books must be checked for valid membership before Grading commences
7. Only registered club graders can sign the appropriate grade in the licence books.
8. Please note that although Strangles & Arm Locks are included in the Mon Syllabus, they should be taught under strict supervision & at the discretion of the Club Coach.
9. Ukemi (break fall) is a very important part of Judo & should be taught to children as soon as possible, continually practiced and continually reassessed at every grading exam.



## WHITE/RED BELT 1<sup>st</sup> MON

Ukemi / Breakfalls - Sitting Backward Break-falls + Assess landing from throw

### Nage Waza (Throwing Techniques)



O Soto Gari  
(Major Outer Reap)



O Uchi Gari  
(Major Inner Reap)

### Osaekomi Waza (Holding Techniques)



Mune Gatame  
(Chest Hold)

### Demonstrate Escape from Hold

**Terminology:** Rei - Hajime - Matte

**Judo Etiquette:** How to Bow Properly

**Club Rule No 1:** Always listen when coach is talking

## RED BELT 2<sup>nd</sup> MON

Ukemi / Breakfalls - Standing Backward Break-falls + Assess landing from throw

### Nage Waza (Throwing Techniques)



De Ashi Barai  
(Forward Foot sweep)



Uki Goshi  
(Floating Hip Throw)

### Osaekomi Waza (Holding Techniques)



Kuzure Kesa Gatame  
(Modified Scarf Hold)

### Demonstrate Escape from Hold

**Terminology:** Sensei - Judoka

**Judo Etiquette:** How to leave and enter the mat

**Club Rule No 2:** You must ask permission to leave the mat

## WHITE / YELLOW BELT 3<sup>rd</sup> MON

Ukemi / Breakfalls - Rolling Break-falls + Assess landing from throw

Nage Waza (Throwing Techniques)



Ko Uchi Gari  
(Small Inner Reap)



O Goshi  
(Big Hip Throw)

Osaekomi Waza (Holding Techniques)



Kuzure / Yoko Shiho Gatame  
(Side four corner Hold)

**Demonstrate Escape from Hold**

**Terminology:** Dojo - Tatami

**Judo Etiquette:** How to Tie Belt Correctly

**Club Rule No 3:** No shoes or sock on the mat

## YELLOW BELT 4<sup>th</sup> MON

Ukemi / Breakfalls - Side Break-falls + Assess landing from throw

Nage Waza (Throwing Techniques)



Okuri Ashi Barai  
(Forward Foot Sweep)



Ippon Seoi Nage  
(One Arm Shoulder Throw)

Osaekomi Waza (Holding Techniques)



Kuzure / Kami Shiho Gatame  
(Top four corner Hold)

**Demonstrate Escape from Hold**

**Terminology:** Obi - Judogi

**Judo Etiquette:** How to Tie Belt Correctly

**Club Rule No 4:** Must Have Fun



## YELLOW/ORANGE BELT 5<sup>th</sup> MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

Nage Waza (Throwing Techniques)

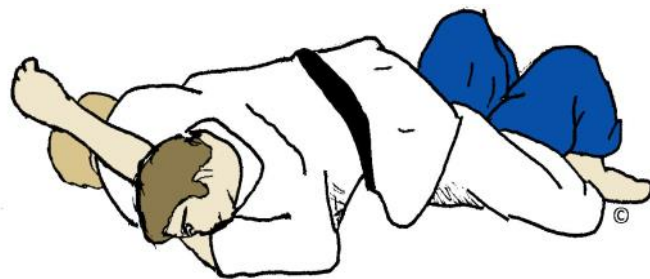


Ko Soto Gake  
(Small Outer Hook)



Tai Otoshi  
(Body Drop)

Osaekomi Waza (Holding Techniques)



Kuzure / Tate Shiho Gatame  
(Straight four corner Hold)

**Demonstrate Escape from Hold**

**Terminology:** Ichi (1), Ni (2), San (3), Yon (4), Go (5)

**Judo Etiquette:** How to Tie Belt Correctly

**Club Rule No 5 :** Always have clean hands and feet when coming to judo

## ORANGE BELT 6<sup>th</sup> MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

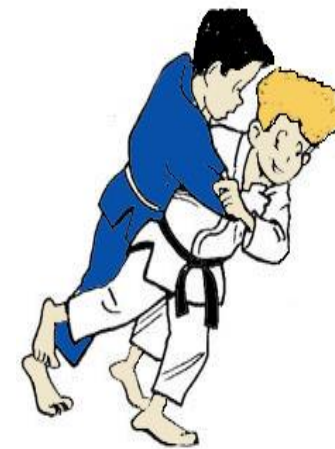
Nage Waza (Throwing Techniques)



Sasae Tsurikomi Ashi  
(Supporting foot Sweep)



Morote Seoi Nage  
(Shoulder Throw)



Harai Goshi  
(Hip Sweep)

Osaekomi Waza (Holding Techniques)



Ushiro Kesa Gatame  
(Reverse Scarf Hold)

**Demonstrate Escape from Hold**

**Terminology:** Roku (6), Nana (7), Hachi (8), Kyu (9), Jyu (10)

**Judo Etiquette:** How to fold judogi properly

**Club Rule No 6:** Always have long hair tied back when doing judo

## ORANGE/GREEN BELT 7<sup>th</sup> MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

### Nage Waza (Throwing Techniques)



Ko Soto Gari  
(Small Outer Reep)



Ashi Guruma  
(Leg Wheel)



Sode Tsurikomi Goshi  
(Sleeve Hip throw)

### Osaekomi Waza (Holding Techniques)



Kesa Gatame  
(Scarf Hold)

### Demonstrate Escape from Hold

**Terminology:** Tachi Waza - Ne Waza

**Club Rule No 7 :** Hands and feet nails should always be cut short

## GREEN BELT 8<sup>th</sup> MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

### Nage Waza (Throwing Techniques)



Uchi Mata  
(Inner Thigh Reep)



O Guruma  
(Major Wheel Throw)



Tsurikomi Goshi  
(Lifting Hip Throw)

### Osaekomi Waza (Holding Techniques)



Matura Kesa Gatame  
(Pillow Scarf Hold)

### Demonstrate Escape from Hold

**Terminology:** Randori - Shiai

**Club Rule No 8:** Always have respect for others

## GREEN/BLUE BELT 9<sup>th</sup> MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

### Nage Waza (Throwing Techniques)



Hane Goshi  
(Hip spring)

Utsuri Goshi  
(Changing Hip throw)

Seoi Otoshi  
(One Arm Body drop)

### Shime Waza (Strangle Techniques)



Hadaka Jime  
(Rear Naked Strangle)

### Kansetsu Waza (Armlock Techniques)



Juji Gatame  
(Cross Arm Lock)

**Demonstrate Escape from Hold**

**Terminology:** Kansetsu Waza - Shime Waza

**Club Rule No 7 :** Hands and feet nails should always be cut short

## BLUE BELT 10<sup>th</sup> MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

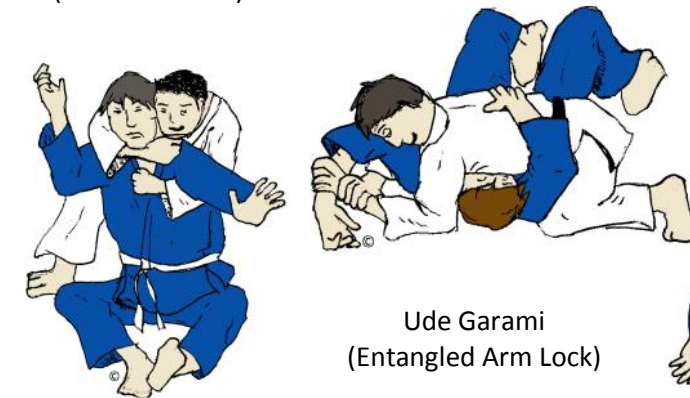
### Nage Waza (Throwing Techniques)



Tomo Nage  
(Circular Throw)

Tani Otoshi  
(Valley Drop)

Osoto Makikomi  
(Big outer winding throw)



Okuri Eri Jime  
(Sliding Collar Strangle)

Ude Garami  
(Entangled Arm Lock)



Kata Gatame  
(Shoulder Hold)

**Demonstrate Escape from Hold**

**Terminology:** Kuzushi - Renraku Waza

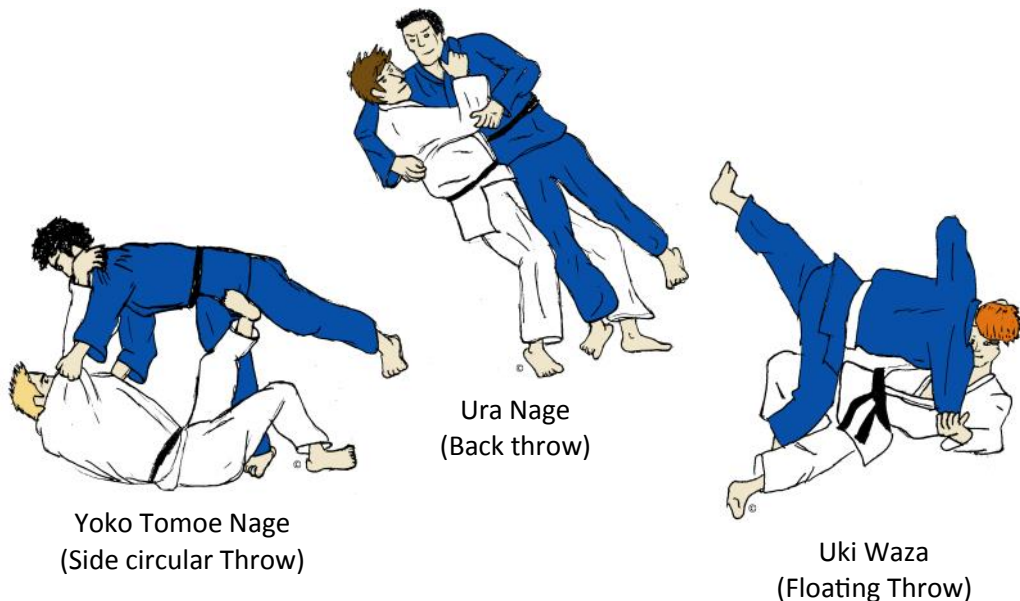
**Kata:** First set of Nage No Kata



## BLUE/BROWN BELT 11<sup>th</sup> MON

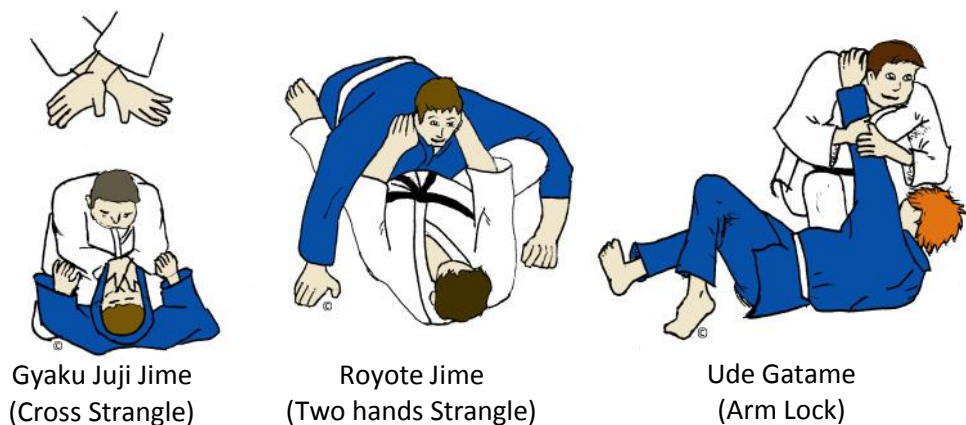
Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

### Nage Waza (Throwing Techniques)



### Shime Waza (Strangle Techniques)

### Kensetsu Waza (Armlock Techniques)



### Demonstrate Escape from Hold

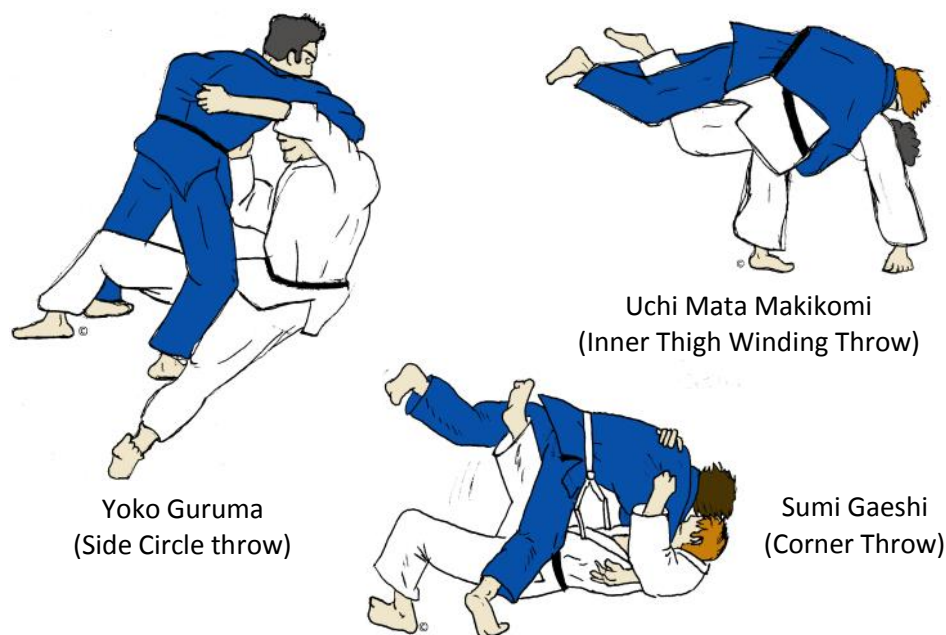
**Terminology:** Competition Scores - Ippon (full point), Wazari (half point)

**Kata:** First Two sets of Nage No Kata

## BROWN BELT 12<sup>th</sup> MON

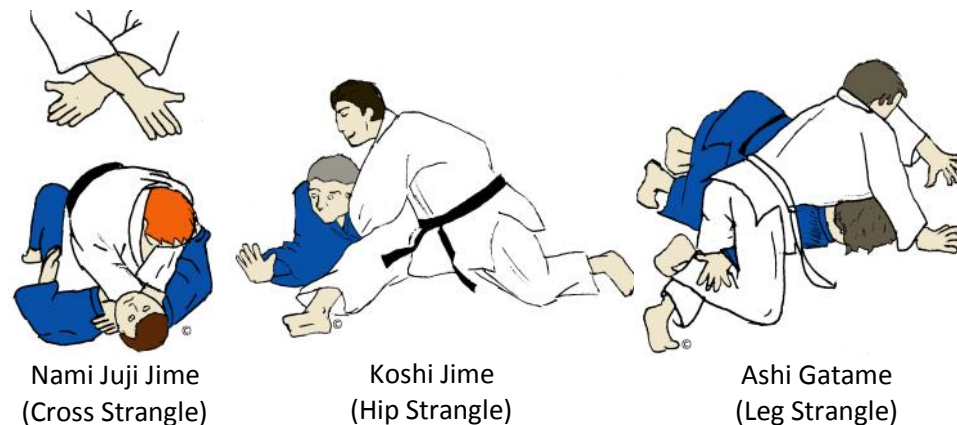
Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

### Nage Waza (Throwing Techniques)



### Shime Waza (Strangle Techniques)

### Kensetsu Waza (Armlock Techniques)



### Demonstrate Escape from Hold

**Terminology:** Shido - Hansokomake - Osaekomi

**Kata:** First Three sets of Nage No Kata