

Judo Assist

Ireland



Grading Syllabus for KYU GRADES

Information for CLUB GRADERS

1. Skipping of grades is not permitted.
2. No contest required up to and including Green Belt (3rd Kyu) however students must show good ability and understanding in randori for both tachi waza and ne waza.
3. There must be a minimum of three months between promotions and maximum of 3 gradings per year.
4. When presenting for Blue Belt promotion the appropriate number of contest wins must be recorded in advance or a minimum of two wins out of four must be achieved at national grading
5. 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.

WHITE/YELLOW BELT 6th KYU

Please note the senior white/yellow is a six week assessment grade to be completed by all senior students

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

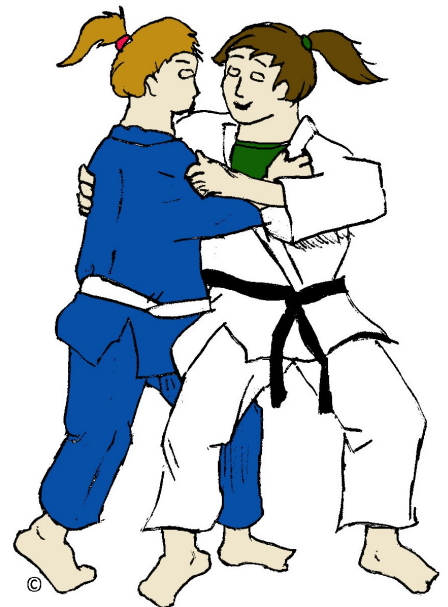
Nage Waza (Throwing Techniques)



O Soto Gari
(Major Outer Reap)



O Uchi Gari
(Major Inner Reap)



Uki Goshi
(Floating Hip Throw)

Osaekomi Waza (Holding Techniques)



Mune Gatame
(Chest Hold)

Demonstrate Escape from Hold

Terminology: Rei - Hajime - Matte

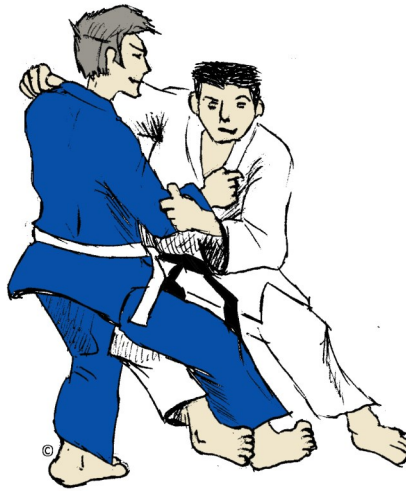
Judo Etiquette: How to Bow Properly

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

Nage Waza (Throwing Techniques)



De Ashi Barai
(Forward Foot sweep)



Ko Uchi Gari
(Small Inner Reap)



O Goshi
(Big Hip Throw)

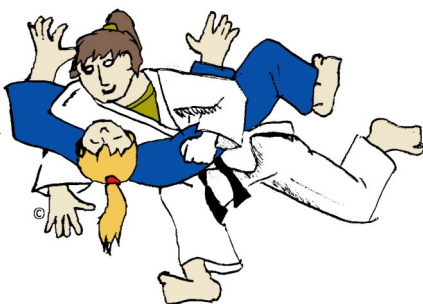


Okuri Ashi Barai
(Forward Foot Sweep)

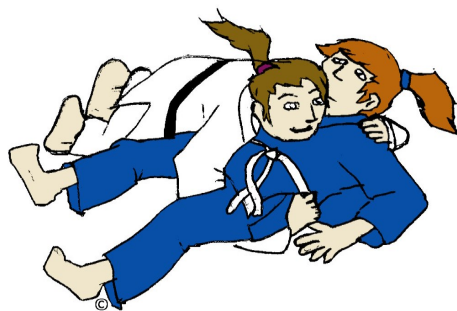


Ippon Seoi Nage
(One Arm Shoulder Throw)

Osaekomi Waza (Holding Techniques) - Shime Waza (Strangling Techniques)



Kuzure Kesa Gatame
(Modified Scarf Hold)



Kuzure / Yoko Shiho Gatame
(Side four corner Hold)



Hadaka Jime
(Rear Naked Strangle)

Demonstrate Escape from Hold

Terminology: Sensei - Judoka

Judo Etiquette: How to leave and enter the mat - **Nage No Kata:** First set

ORAGNGE BELT 4TH KYU

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

Nage Waza (Throwing Techniques)



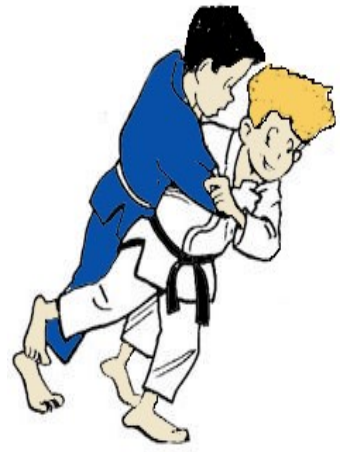
Ko Soto Gake
(Small Outer Hook)



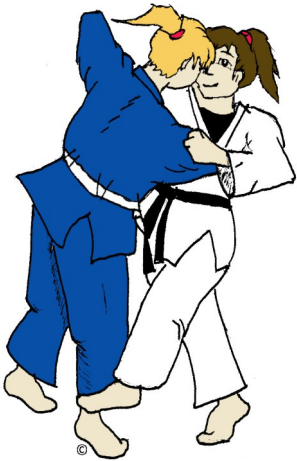
Tai Otoshi
(Body Drop)



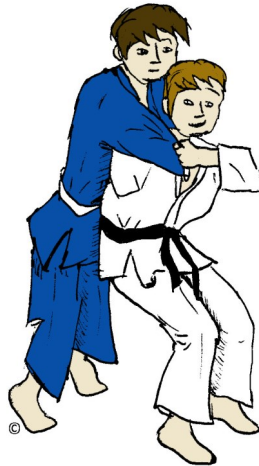
Hiza Guruma
(Knee Wheel)



Harai Goshi
(Hip Sweep)

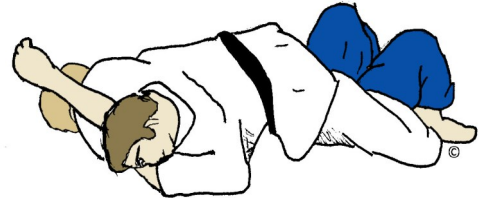


Sasae Tsurikomi Ashi
(Supporting foot Sweep)

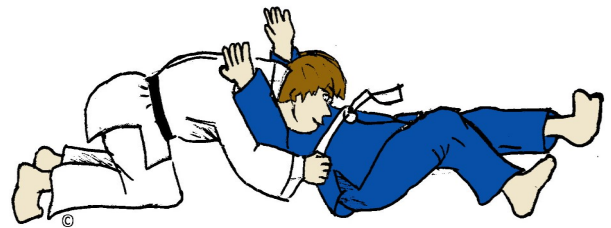


Morote Seoi Nage
(Shoulder Throw)

Osaekomi Waza (Holding Techniques)



Kuzure / Tate Shiho Gatame
(Straight four corner Hold)



Kuzure / Kami Shiho Gatame
(Top four corner Hold)

Shime Waza (Strangling Techniques) - Kensetu Waza (Armlock Techniques)



Okuri Eri Jime
(Sliding Collar Strangle)



Juji Gatame
(Cross Arm Lock)



Ude Garami
(Entangled Arm Lock)

Demonstrate Escape from Holds, Strangles & Armlocks

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

Judo Etiquette: How to Tie Belt Correctly

Nage No Kata: first two sets

GREEN BELT 3rd KYU

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

Nage Waza (Throwing Techniques)



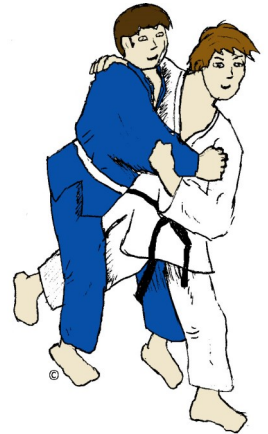
Ko Soto Gari
(Small Outer Reep)



Ashi Guruma
(Leg Wheel)



Sode Tsurikomi Goshi
(Sleeve Hip throw)



Uchi Mata
(Inner Thigh Reep)

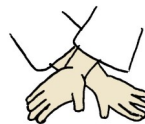


O Guruma
(Major Wheel Throw)



Tsurikomi Goshi
(Lifting Hip Throw)

Shime Waza (Strangling Techniques) Kensetu Waza (Armlock Techniques)



Gyaku Juji Jime
(Cross Strangle)



Ude Gatame
(Arm Lock)

Osaekomi Waza (Holding Techniques)



Ushiro Kesa Gatame
(Reverse Scarf Hold)



Kesa Gatame
(Scarf Hold)



Matura Kesa Gatame
(Pillow Scarf Hold)

Demonstrate: Escape from Guard & Half Guard

Terminology: Roku (6), Nana (7), Hachi (8), Kyu (9), Jyu (10) - Tachi Waza - Ne Waza

Judo Etiquette: How to fold judogi properly - **Nage No Kata:** First three sets

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

Nage Waza (Throwing Techniques)



Hane Goshi
(Hip spring)



Utsuri Goshi
(Changing Hip throw)



Seoi Otoshi
(One Arm Body drop)



Osoto Makikomi
(Big outer winding throw)



Tomo Nage
(Circular Throw)



Tani Otoshi
(Valley Drop)

Osaekomi Waza (Holding Techniques)



Kata Gatame
(Shoulder Hold)

Shime Waza (Strangling Techniques) - Kensetsu Waza (Armlock Techniques)



Royote Jime
(Two hands Strangle)



Nami Juji Jime
(Cross Strangle)



Tsuru Komi Jime
(Strangle)



Waki Gatame
(Arm Lock)

Demonstrate: Turnover from Turtle & Flat Down

Terminology: Kuzushi - Renraku Waza - Kansetsu Waza - Shime Waza

Nage No Kata: First four sets

Brown BELT 1st KYU

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

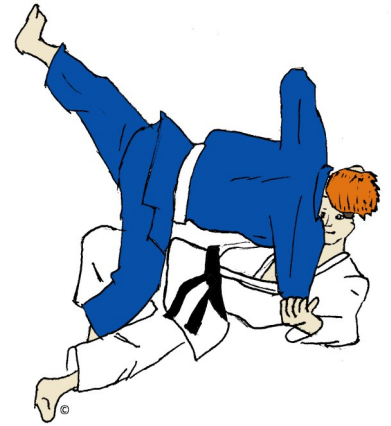
Nage Waza (Throwing Techniques)



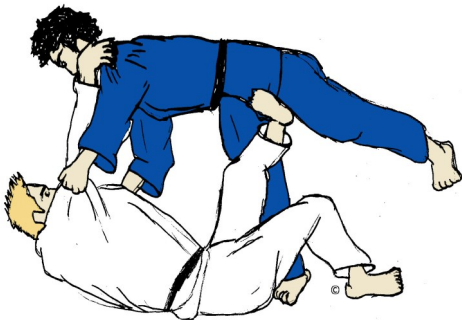
Ura Nage
(Back throw)



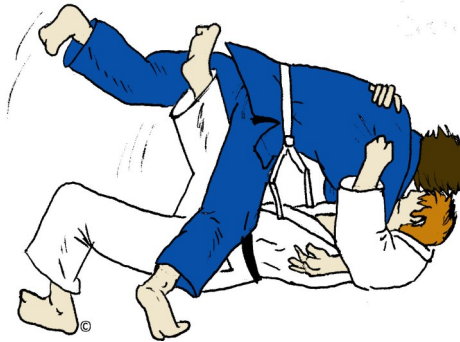
Yoko Guruma
(Side Circle throw)



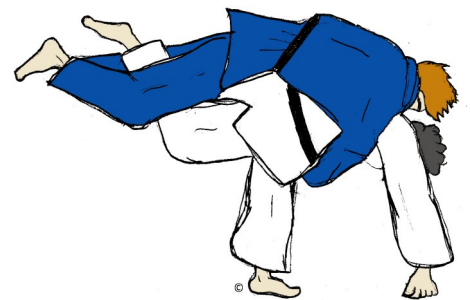
Uki Waza



Yoko Tomoe Nage
(Side circular Throw)



Sumi Gaeshi
(Corner Throw)



Uchi Mata Makikomi
(Inner Thigh Winding Throw)

Shime Waza (Strangling Techniques) - Kensetu Waza (Armlock Techniques)



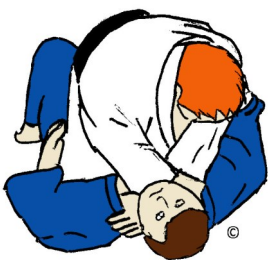
Koshi Jime
(Hip Strangle)



Sankaku Jime
(Leg Strangle)



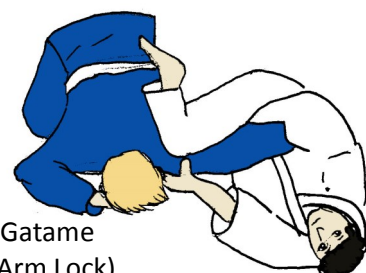
Ashi Gatame
(Leg Lock)



Kata Juji Jime
(Cross Strangle)



Sode Guruma Jime
(Strangle)



Hiza Gatame
(Knee Arm Lock)

Demonstrate: Strangle & Armlocks from Turtle & Flat Down positions

Terminology: Competition Scores - Ippon - Wazari - Shido - Hansokomake - Osaekomi

Nage No Kata: All five sets