



Grading Syllabus for MON GRADES

v1.3 2024

INSTRUCTIONS TO CLUB GRADERS

Grading System for Mon Grades 1 to 14

1. Skipping of grades is not permitted.
2. No contest required, but judoka, in addition to passing their theory, must also show good ability in randori for both tachi waza and ne waza.
3. There must be a minimum of six months between promotions.
4. When a judoka reaches their 16th year they transfer to the senior KYU system.
5. In the case of a junior brown (14th 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.
10. At each grading, spot checking of previous grades must be carried out to help promote revision and retention of information.



Content & photos are all covered by copyright © Judo Assist Ireland CLG 2024
Graphic Artist - Cathal Ryan

Mon Syllabus reviewed in 2024 v1.3

WHITE/RED BELT 1st 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/White BELT 2nd 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

RED BELT 3rd 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 on the mat

WHITE/YELLOW BELT 4th 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: If socks or tee shirt have to be worn—they must be white

YELLOW BELT 5th MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

Nage Waza (Throwing Techniques)

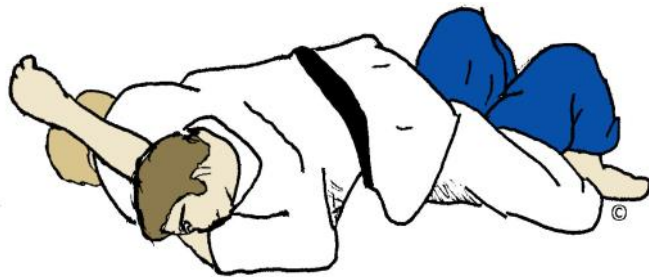


Ko Soto Gake
(Small Outer Hook)



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

YELLOW/ORANGE BELT 6th MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

Nage Waza (Throwing Techniques)



Sasae Tsuru Komi Ashi
(Supporting foot Sweep)



Morote Seoi Nage
(Shoulder Throw)

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

ORGANGE/GREEN BELT 7th MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

Nage Waza (Throwing Techniques)



Ko Soto Gari
(Small Outer Reep)



Harai Goshi
(Hip Sweep)

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

ORGANGE/GREEN BELT 8th MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

Nage Waza (Throwing Techniques)



Uchi Mata
(Inner Thigh Reep)



Sode Tsuru Komi Goshi
(Sleeve 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 BELT 9th MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

Nage Waza (Throwing Techniques)

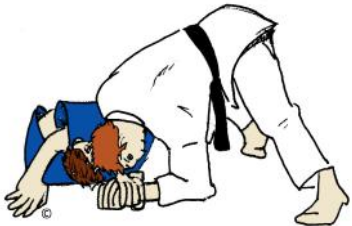


Hane Goshi
(Hip spring)



Tsuru Goshi
(Lifting Hip Throw)

Osaekomi Waza (Holding Techniques)



Kata Gatame

Throwing Combinations

Tai Otoshi to Ko uchi Gari

Demonstrate Escape from Hold

Terminology: Kansetsu Waza - Shime Waza

GREEN/BLUE BELT 10th MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

Nage Waza (Throwing Techniques)



Seoi Otoshi
(One Arm Body drop)



Osoto Makikomi
(Big outer winding throw)

Counter Techniques

O Soto Gari - O Soto Gari

Demonstrate Escape from Hold

Terminology: Kuzushi - Renraku Waza

BLUE BELT 11th MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

Nage Waza (Throwing Techniques)



Tani Otoshi
(Valley Drop)



Ashi Guruma
(Leg Wheel)

Throwing Combinations

Tai Otoshi to Ko uchi Gari
+
Candidates choice

Demonstrate Escape from Hold

Terminology: Ukemi - Kuma Kata

BLUE/BROWN BELT 12th MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

Nage Waza (Throwing Techniques)



Yoko Tomoe Nage
(Side circular Throw)



Sumi Gaeshi
(Corner Throw)

Counter Techniques

Ippon Seoi nage - Tani Otoshi
+
Candidates choice

Demonstrate Escape from Hold

Terminology: Kubi - Kata - Ude - Mune - Koshi - Te - Ashi (body parts)

PURPLE BELT 13th MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

Nage Waza (Throwing Techniques)



Tomo Nage
(Circular Throw)



Uki Waza
(Floating Throw)

Shime Waza (Strangle Techniques)



Hadaka Jime
(Rear Naked Strangle)

Nage no Kata First Set - Te Waza

Demonstrate Escape from Hold

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

BROWN BELT 14th MON

Ukemi / Breakfalls - Full Breakfalls + Assess landing from throws

Nage Waza (Throwing Techniques)



Yoko Guruma
(Side Circle throw)



Uchi Mata Makikomi
(Inner Thigh Winding Throw)

Kensetsu Waza (Armlock Techniques)



Juji Gatame
(Cross Arm Lock)

Nage no Kata Second Set - Goshi Waza

Demonstrate Escape from Hold

Terminology: Shido - Hansokomake - Osaekomi