



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

Ippon Seoi Nage	One handed shoulder throw	
O Uchi Gari	Major inner reaping	
Tai Otoshi	Body drop	
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

Morote Seoi Nage	Two handed shoulder throw	
Tani Otoshi	Valley drop	
Ko Uchi Gari	Minor inner reaping	
Uki Goshi	Floating hip throw	
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

Deashi Harai

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

Advancing foot sweep

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

Seiza

Formal Kneeling Posture

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

1 st , 2 nd & 3 rd Set of the Nage No Kata	Kata of Throws, Left and Right handed	
O Tsuru Goshi	Lifting hip throw	
Okura Ashi Harai	Sliding foot sweep	
Hane Goshi	Springing hip throw	
Kata Guruma	Shoulder wheel throw	
Ushiro Kesa Gatame	Reverse scarf hold	
Kazuri 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	
2 Escapes from named 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

Brown belt to 1st Dan

Nage No Kata	Left and Right handed
Selection of any throws from previous sections - minimum of 5	
Variations of a number of techniques asked by the examiner	
Te - Waza	3 techniques on the move
Koshi - Waza	3 techniques on the move
Ashi - Waza	3 techniques on the move
Ma Suteme - Waza	3 techniques on the move
Yoko Suteme - Waza	3 techniques on the move
Shime - Waza	3 techniques applied from a randori situation
Kansetsu - Waza	3 techniques applied from a randori situation
Osae Komi - Waza	3 techniques on an active opponent
Henka - Waza	3 techniques on the move
Renraku - Waza	3 techniques on the move
Turn over techniques	3 techniques into either osaekomi / shime or kansetsu - waza
Basic Self-defence	
Terminology - selected words	

General

To be eligible to grade from White belt and upwards, the candidate **must** have attended a minimum of 16 sessions between gradings.

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

Candidates for Junior 1st Dan must be between 14 and 16 years of age, and be recommended by their Senior Instructor or Chief Instructor.

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