



INTERNATIONAL MARTIAL ARTS
FEDERATION
- EUROPE -

BRANCH – GREAT BRITAIN

Judo Grading Syllabus

for

Seniors

6th Kyu

to

3rd Dan

6th Kyu (White belt) to 5th Kyu (Yellow belt)

Morote Seoi Nage	Two handed shoulder throw
O Uchi Gari	Major inner reaping
Uki Goshi	Floating hip throw
Kata Gatame	Shoulder hold
Yoko Shiho Gatame	Side four quarters hold
Kami Shiho Gatame	Upper four quarters hold
Gyaku Juji Jime	Reverse cross strangle
Nami Juji Jime	Normal cross strangle
Juji Gatame	Cross armlock
Ude Garamme	Entangled armlock
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

5th Kyu (Yellow belt) to 4th Kyu (Orange belt)

Deashi Harai	Advancing foot sweep
Ippon Seoi Nage	One handed shoulder throw
Tani Otoshi	Valley drop
Tai Otoshi	Body drop
Kazuri Kesa Gatame	Broken scarf hold
Kazuri Kami Shiho Gatame	Broken upper four quarters
Mune Gatame	Chest hold
Kata Ha Jime	Single wing strangle
Okuri Eri Jime	Sliding collar strangle
Ude Gatame	Straight armlock
Hiza Gatame	Armlock with knee
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
	Sensei Teacher

4th Kyu (Orange belt) to 3rd Kyu (Green belt)

1 st Set of the Nage-No-Kata	Kata of throws, Left and Right handed	
Harai Goshi	Sweeping loin throw	
Ko Uchi Gari	Minor inner reaping	
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	
Hadaka Jime	Naked strangle	
Sode Guruma Jime	Sleeve wheel strangle	
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	
1 Counter technique	O Goshi countered by Tani Otoshi	
Terminology	Yuko	5 points advantage
	Kei Koku	7 points against
	Kiken Gachi	Win by withdrawal
	Tatame	Mat
	Rei	Bow

3rd Kyu (Green belt) to 2nd Kyu (Blue belt)

1 st & 2 nd Set of the Nage-No-Kat	Kata of throws, Left and right handed	
Ashi Guruma	Leg wheel	
Uchi Mata	Inner thigh throw	
Ko Soto Gari	Minor outer reaping	
Koshi Guruma	Hip wheel	
Kata Juji Jime	Half cross strangle	
Waki Gatame	Armpit arm lock	
Kansetsu Waza applied from Osaekomi		
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 Seoi Nage	
	Tai Otoshi countered by Ko Soto Gari	
1 Escape from a hold down	Kesa Gatame	
Terminology	Yoshi	Carry on
	Sore Made	Finish
	Hike Wake	Draw
	Judogi	Judo suit
	Zori	Judo shoes

2nd Kyu (Blue belt) to 1st Kyu (Brown belt)

1st and 2nd & 3rd Set of the Nage-No-Kata

O Tsuru Goshi

Okura Ashi Harai

Hane Goshi

Kata Guruma

Ushiro Kesa Gatame

Kazuri Yoko Shiho Gatame

3 Turnovers

3 Combination techniques

3 Counter techniques

2 Escapes from named hold downs

Terminology

Kata of Throws

Lifting hip throw

Sliding foot sweep

Springing hip throw

Shoulder wheel throw

Reverse scarf hold

Broken side four quarters hold

Tomoe Nage into Tate Shiho Gatame

Hikikomi Gaeshi into Kami Shiho Gatame

Tai Otoshi into Juji Gatame

Harai Goshi countered by Utsuri Goshi

O Goshi countered by Ushiro Goshi

Koshi Guruma countered by Te Guruma

Kami Shiho Gatame

Yoko Shiho Gatame

Kuzushi

Hansoku Make

Yusie Gachi

Tsukuri

Waza-ari Awasete Ippon

Breaking balance

Disqualification

Win by superiority

Entering for throw

2 near points make

Ippon

1st Kyu (Brown belt) to 1st Dan (Black belt)

Nage No Kata

Maki Komi and variations

O Guruma

Sasae Tsuru Komi Ashi

Sumi Gaeshi

Te Guruma

Utsuri Goshi

Ushiro Goshi

Osaekomi - Waza (5 techniques) on an active opponent

3 Turnovers into groundwork - named

3 Combination techniques - named

3 Counter techniques - named

Basic Self-defence

A written paper on the benefits of Judo

Prepare a class plan and take a class of mixed ability – to be done before the grading

Terminology - selected words

Kata of Throws

Winding throw

Major wheel

Propping ankle throw

Corner reversal throw

Hand Wheel

Changing hip throw

Rear hip throw

1st Dan to 2nd Dan

Nage-No-Kata	Kata of throws
Katame - No - Kata	Kata of groundwork
Selection of any throws from previous sections - minimum of 10	
Variations of a number of techniques asked by the examiner	
Te - Waza	4 techniques on the move
Koshi - Waza	4 techniques on the move
Ashi - Waza	4 techniques on the move
Ma Suteme - Waza	4 techniques on the move
Yoko Suteme - Waza	4 techniques on the move
Shime - Waza	4 techniques applied from a randori situation
Kansetsu - Waza	4 techniques applied from a randori situation
Osae Komi - Waza	4 techniques on an active opponent
Henka - Waza	4 techniques on the move
Renraku - Waza	4 techniques on the move
Turn over techniques	4 techniques into either osaekomi / shime or kansetsu - waza

Advanced Self-defence

Prepare a class plan for an advanced class and take the class - to be done before the grading.

2nd Dan to 3rd Dan

Nage - No - Kata	Kata of throws
Katame - No - Kata	Kata of groundwork
Gonoson-No-Kata	Kata of counters
Selection of any throws from previous sections - minimum of 10	
Variations of a number of techniques asked by the examiner	
Te - Waza	5 techniques on the move
Koshi - Waza	5 techniques on the move
Ashi - Waza	5 techniques on the move
Ma Suteme - Waza	5 techniques on the move
Yoko Suteme - Waza	5 techniques on the move
Shime - Waza	5 techniques applied from a randori situation
Kansetsu - Waza	5 techniques applied from a randori situation
Osae Komi - Waza	5 techniques on an active opponent
Henka - Waza	5 techniques on the move
Renraku - Waza	5 techniques on the move
Turn over techniques	5 techniques into either osaekomi / shime or kansetsu - waza

Advanced Self-defence

Prepare a class plans for adult and childrens classes and take the classes – to be done before the grading.

General

To be eligible to grade from yellow belt and upwards, the following criteria **must** be adhered to:

1. From White to Orange, the candidate **must** have a line up of at least 3 contests and **win 1 of them**
2. From Orange to Green the candidate **must** have a line up of at least 4 contests and **win 2 of them**
3. From Green to 1st Dan the candidate **must** have a line up of at least 5 contests and **win 3 of them**

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 **must show proper control**

Techniques from previous sections **WILL** be asked

For 2nd Dan examinations the Judoka must hold a recognised **Club Coach Certificate**

For 3rd Dan examinations the Judoka must hold a recognised **Senior Club Coach Certificate.**

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