

# Grading Syllabus

## MON GRADE



**INTERNATIONAL BUDO FEDERATION UK**

# Club Rules

- Arrive early for your class
- Respect your clubmates and your coaches
- Rei (Bow) when entering and leaving the Dojo
- Ask permission from a coach before joining or leaving the mat
- Visit the toilet BEFORE the class begins
- No footwear on the mat
- Footwear must be worn off the mat.
- Judo Suits (Gi's) must be clean at the beginning of a class.
- Girls must wear a T-shirt under their Judo Gi (must be white at comp's)
- Hands and feet should be cleaned before the class.
- Players need to have short finger and toenails.
- Long hair must be tied back with metal free hair bands; No hard or sharp objects are to be worn (hair clips etc.).
- Jewellery/watches to be removed before a class.
- No food or drinks allowed on the mat area (including chewing gum)
- Players must have a valid, in date Judo Licence.
- All drink bottles should be laid on their sides at the edge of the mat.
- Tidy away your mess (drink bottles, sweet wrappers etc)

## Grading - Earning your tabs

There are 3 tabs per belt, a maximum of 1 tab can be awarded in each grading.

**1 TAB**

<p><b>Ushiro Ukemi (Back breakfall)</b></p>	<p><b>Osoto Otoshi (Major outer drop)</b></p>	<p><b>Kesa Gatame (Scarf hold)</b></p>
<ul style="list-style-type: none"> <li>• Osoto Otoshi into Kesa Gatame</li> </ul>	<ul style="list-style-type: none"> <li>• Escape from Kesa Gatame</li> </ul>	

**2 TABS**

<p><b>Yoko Ukemi (Side break fall)</b></p>	<p><b>De-Ashi-Barai (Advancing foot sweep)</b></p>	<p><b>Mune Gatame (Chest hold)</b></p>
<ul style="list-style-type: none"> <li>• De-Ashi-Barai into Mune Gatame</li> </ul>	<ul style="list-style-type: none"> <li>• Escape from Mune Gatame</li> </ul>	

<p><b>Tachi Rei</b> Standing bow</p>	<p><b>Za Rei</b> Kneeling bow</p>
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**3 TABS**

<p><b>Mae</b></p> <p><b>Mawari Ukemi (Forward rolling breakfall)</b></p>	<p><b>Uki-Goshi (Floating hip)</b></p>	<p><b>Kuzure-Kesa-Gatame (Broken scarf hold)</b></p>
<ul style="list-style-type: none"> <li>• Uki-Goshi into Kuzure-Kesa-Gatame</li> </ul>	<ul style="list-style-type: none"> <li>• Escape from Kuzure Kesa-Gatame</li> </ul>	

<p><b>Tying The Obi (Tying the belt)</b></p>					

Rei = Bow

Hajime = Start

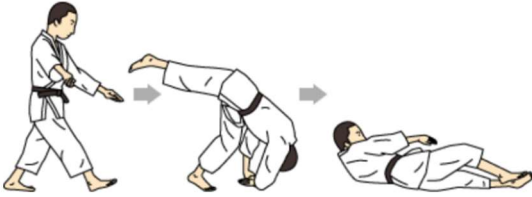


Matte = Stop

Osaekomi = Holding Toketa = Hold broken




Dojo = Judo Hall

Randori = Free Practice




**1 TAB**

<p><b>Mae Mawari Ukemi</b> (Forward rolling breakfall – Over your partner on all fours)</p> 	<p><b>Tai-otoshi</b> (Hand throw body drop)</p> 	<p><b>Yoko-Shiho-Gatame</b> (Side four quarters hold)</p> 
<ul style="list-style-type: none"> <li>• <b>Tai-Otoshi into Yoko-Shiho-Gatame</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Escape from Yoko-Shiho-Gatame</b></li> <li>• <b>Turnover into Yoko-Shiho-Gatame</b></li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Migi Shizentai</b> - Right standing grip</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Hidari Shizentai</b> - Left standing grip</li> </ul>	

**2 TABS**

<p><b>Mae Mawari Ukemi</b> (Forward rolling breakfall – to standing position)</p> 	<p><b>Ippon-Seoi-Nage</b> (One arm shoulder throw)</p> 	<p><b>Kami-Shiho-Gatame</b> (Upper four quarters hold)</p> 
<ul style="list-style-type: none"> <li>• <b>Ippon-seoi-nage into Kami-shiho-gatame</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Kami-shiho-gatame escape</b></li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Turnover into Kesa-gatame</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Alternative right and left grips</b></li> </ul>	

**3 TABS**




<p><b>Mae Ukemi</b> (Forward breakfall)</p> 	<p><b>(O-Uchi-Gari)</b> (Major inner reaping)</p> 	<p><b>Tate-Shiho-Gatame</b> (Lengthwise four quarters hold)</p> 
<ul style="list-style-type: none"> <li>• <b>O-uchi-gari into Tate-shiho gatame</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Tate-shiho gatame escape</b></li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Turnover into Mune-gatame</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Demonstrate other grips</b></li> </ul>	

**Osaekomi-waza** = Hold down  
**Kumi-kata** = Gripping




**Tachi-waza** = Standing technique  
**Nage-komi** = Throwing

**Ukemi** = Breakfall





**1 TAB**

<p><b>Ko-Uchi-Gari</b> (Minor inner reaping)</p> 	<p><b>Tsuri-Komi-Goshi</b> (Drawing hip)</p> 	<p><b>O-Goshi</b> (Major hip)</p> 
<ul style="list-style-type: none"> <li>• Escape through legs to Kesa-gatame</li> </ul>	<ul style="list-style-type: none"> <li>• Escape from Kesa-gatame</li> </ul>	
<ul style="list-style-type: none"> <li>• O-uchi-gari into Ko-uchi-gari</li> </ul>	<ul style="list-style-type: none"> <li>• Ko-uchi-gari into O-soto-gari</li> </ul>	
<ul style="list-style-type: none"> <li>• O-uchi-gari countered by Tsuru-komi-goshi</li> </ul>		

**2 TABS**

<p><b>Ko-Soto-Gari</b> (Minor outer reaping)</p> 	<p><b>Ko-Soto-Gake</b> (Minor outer hook)</p> 	<p><b>Morote-Seoi-Nage</b> (Two handed shoulder throw)</p> 
<ul style="list-style-type: none"> <li>• Through legs into Yoko-shiho-gatame</li> </ul>	<ul style="list-style-type: none"> <li>• Turn over to Tate-shiho-gatame</li> </ul>	
<ul style="list-style-type: none"> <li>• Ko-uchi-gari to Morote-seoi-nage</li> </ul>	<ul style="list-style-type: none"> <li>• Tai-otoshi countered by Ko-soto-gake</li> </ul>	

**3 TABS**

<p><b>Seoi-Otoshi</b> (Shoulder drop)</p> 	<p><b>O-Soto-Gari</b> (Major outer reaping)</p> 
<p><b>Arm Roll - from the side</b></p> 	<p><b>Double arm roll</b></p> 
<ul style="list-style-type: none"> <li>• Ippon-seoi-nage to Ko-uchi-gake</li> </ul>	<ul style="list-style-type: none"> <li>• Seoi-otoshi Combinations</li> </ul>

**Uke** = Person being attacked

**Waza-ari-awasete-ippou** = Two waza-ari score ippou





**Hiki-wake** = Draw

**Tori** = Person doing the attack





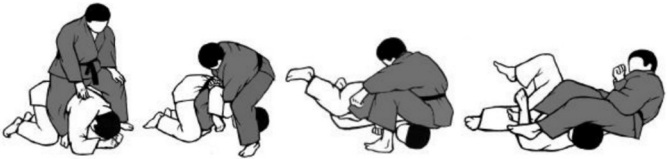

**Shido** = Minor penalty

**Hansoku-make** = Disqualification






**1 TAB**

<p><b>Harai-Goshi</b> (Sweeping hip throw)</p> 	<p><b>Uchi-Mata</b> (Inner thigh)</p> 	<p><b>Ude-Gatame</b> (Arm lock)</p> 	<p><b>Waki-Gatame</b> (Armpit lock)</p> 
<p>• Ko-uchi-gake Combinations</p>			

**2 TABS**

<p><b>Hiza-Guruma</b> (Knee wheel)</p> 	<p><b>Sasae-Tsuri-Komi-Ashi</b> (Propping drawing ankle)</p> 	<p><b>Hiza-Gatame</b> (Knee lock)</p> 	<p><b>(Juji-Gatame)</b> Cross armlock</p> 
<p><b>Juji-Gatame Turnover</b></p> 		<p><b>Juji-Gatame Reverse Roll</b></p> 	

**3 TABS**

<p><b>Hane-Goshi</b> (Spring hip throw)</p> 	<p><b>Okuri-Ashi-Barai</b> (Double foot sweep)</p> 	<p><b>Morote-Eri-Seoi-Nage</b> (Two handed shoulder throw)</p> 
<p><b>Shoulder Roll To Juji-Gatame</b></p> 		<p><b>Juji-Gatame From Beneath</b></p> 

**Kansetsu-waza** = armlocks

**Kumi-kata** = gripping

**Kaeshi-waza** = counters

**Renzoku-waza** = combinations in the same direction

**Renraku-waza** = combinations in different directions



**1 TAB**

<p><b>Kumi-Kata (Right Against Right)</b> (Engagement position)</p>	<p><b>Yoko-Guruma (Side wheel)</b></p>
<p><b>Tani-Otoshi (Valley drop)</b></p>	<p><b>Ude-Garami (Entangled armlock)</b></p>
<ul style="list-style-type: none"> <li>• Kuzure-kesa-gatame to Ude-garami</li> </ul>	







**2 TABS**

<p><b>Tomoe-Nage (Circle throw)</b></p>	<p><b>Yoko-Tomoe-Nage (Side circle throw)</b></p>	<p><b>Kumi-Kata (right against left)</b></p>	
<p><b>Gyaku-Juji-Jime (Reverse cross strangle)</b></p>	<p><b>Nami-Juji-Jime (Normal cross strangle)</b></p>	<p><b>Okuri-Eri-Jime (Sliding collar strangle)</b></p>	







**3 TABS**

<p><b>Uki-Waza (Floating throw)</b></p>	<p><b>Soto-Maki-Komi (Outside winding throw)</b></p>
<p><b>Koshi-Jime (Hip strangle)</b></p>	<p><b>Kata-Te-Jime (Strangle with one hand)</b></p>

**1 TAB**






<p><b>Ura-Nage</b> (Rear throw)</p> 	<p><b>Uki-Otoshi</b> (Floating drop)</p> 	<p><b>Kata-Te-Ashi-Koshi-Jime</b> (Single hand leg hip strangle)</p> 
<p><b>Koshi-Guruma</b> Hip Wheel</p> 	<p><b>Kata-Ha-Jime</b> (Single collar strangle)</p> 	<p><b>Kata-Ha-Jime (With Roll)</b></p> 

**2 TABS**

<p><b>Ushiro-Goshi</b> (Rear Hip Throw)</p> 	<p><b>Sumi-Gaeshi</b> (Corner throw)</p> 	<p><b>Yoko-Gake</b> (Side hook)</p> 
<p><b>Ryo-Hiza-Seoi-Otoshi</b> (Two knee shoulder drop)</p> 	<p><b>Hadaka-Jime</b> (Naked strangle)</p> 	<p><b>Hadaka-Jime Prone Position</b></p> 



**3 TABS**

<p><b>Sode-Tsuri-Komi-Goshi</b> (Sleeve lift pull hip)</p> 	<p><b>Kata-Guruma</b> (Shoulder wheel)</p> 	<p><b>Ko-Uchi-Gake-Maki-Komi</b> (Minor inner hook winding)</p> 
<p><b>Sumi-Gaeshi (from belt)</b></p> 	<p><b>Sumi-Gaeshi (cross grip)</b></p> 	<p><b>San-Gaku-Jime</b> (two entries required)</p> 