

# Grading Syllabus

## SHO GRADE

(5-7 Year Olds)



**INTERNATIONAL BUDO FEDERATION UK**

## SHO GRADE SYLLABUS



### 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)

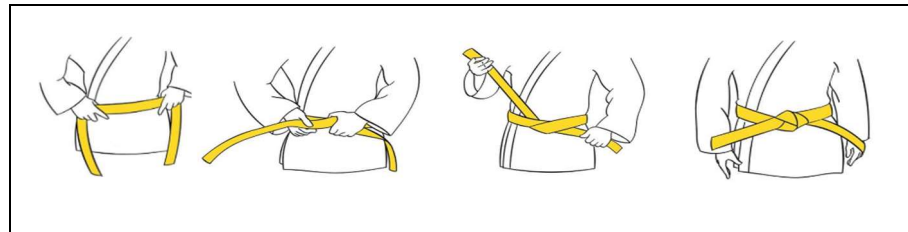
## SHO GRADE SYLLABUS

### SHO 1 (FROM AGE 5)

<b>Rei = Bow</b>	<b>Obi = Belt</b>
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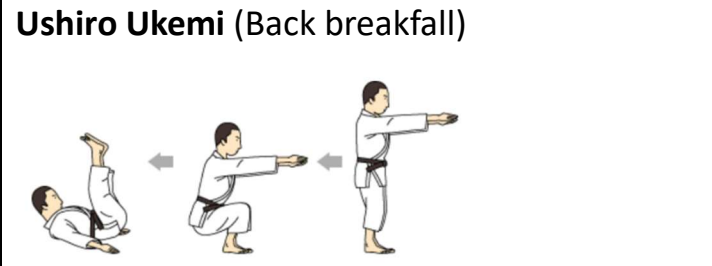
 <p><b>Tachi Rei</b> Standing bow</p>	 <p><b>Za Rei</b> Kneeling bow</p>
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#### How to tie your Obi (belt)



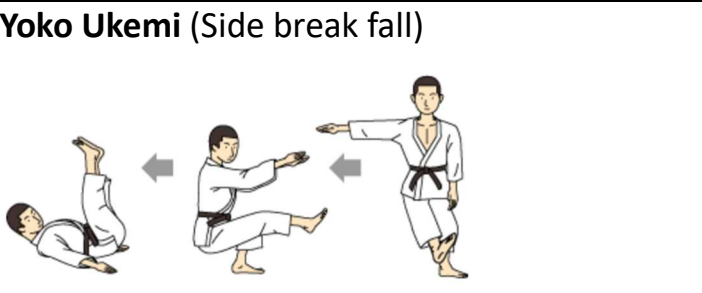
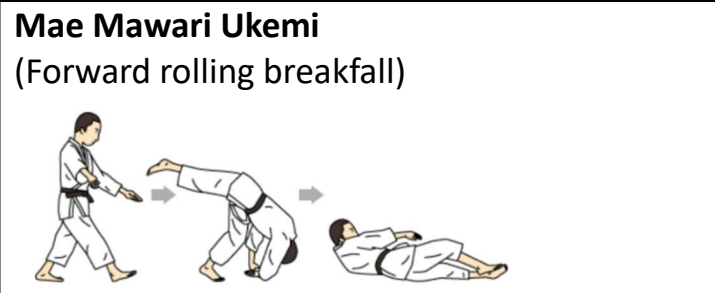
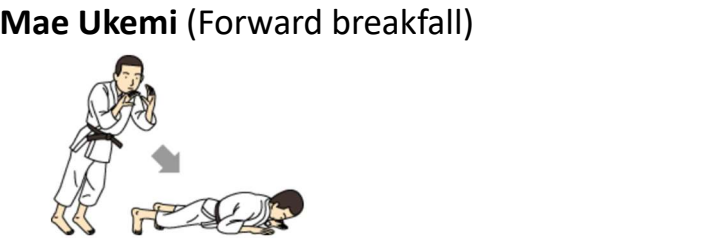
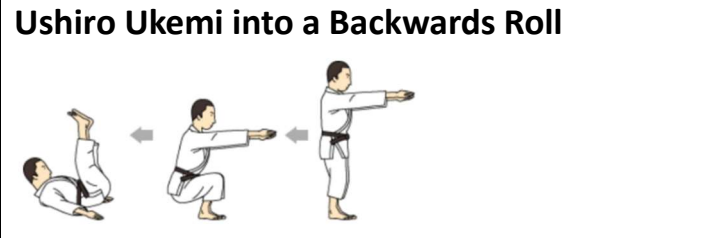
<b>Matte = Stop</b>	<b>Hajime = Start</b>	<b>Ukemi – Breakfalls</b>
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**Ushiro Ukemi (Back breakfall)**



### SHO 2 (FROM AGE 5)

<b>Judogi = Judo Suit</b>	<b>Zori = Flip Flops</b>
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<p><b>Yoko Ukemi (Side break fall)</b></p> 	<p><b>Mae Mawari Ukemi (Forward rolling breakfall)</b></p> 
<p><b>Mae Ukemi (Forward breakfall)</b></p> 	<p><b>Ushiro Ukemi into a Backwards Roll</b></p> 

## SHO GRADE SYLLABUS

### SHO 3 (FROM AGE 6)

<b>Shido</b> = Minor penalty	<b>Ippon</b> = 10 points	<b>Waza-ari</b> = 5 points
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**Arm Roll Yoko Ukemi** - from the side





**Turnover from all fours**



**Forward Shrimp / Backward Shrimp**

### SHO 4 (FROM AGE 6)

<b>Osoto Otoshi</b> (Major outer drop)	<b>Kesa Gatame</b> (Scarf hold)
	

**Osoto Otoshi into Kesa Gatame**

**Escape from Kesa Gatame**

**Turnover into Kesa Gatame**

## SHO GRADE SYLLABUS

### SHO 5 (FROM AGE 7)

**Osaekomi** = Holding / hold down on

**Toketa** = Hold broken

#### **De-Ashi-Barai**

(Advancing foot sweep)



#### **Mune Gatame**

(Chest hold)



#### **De-Ashi-Barai into Mune Gatame**

#### **Escape from Mune Gatame**

### SHO 6 (FROM AGE 7)

**Dojo** = Judo Hall

**Randori** = Free Practice

#### **Uki-Goshi** (Floating hip)



#### **Kuzure-Kesa-Gatame** (Broken scarf hold)



#### **Uki-Goshi into Kuzure-Kesa-Gatame**

#### **Escape from Kuzure Kesa-Gatame**

## SHO GRADE SYLLABUS

### Sho Grade

For ages 5-7 Years

Age for each Grade:

Sho 1 + 2 = Age 5

Sho 3 + 4 = Age 6

Sho 5 + 6 = Age 7

**Transfer of Sho Grade to Mon Grade when 8**

1<sup>st</sup> Mon = Sho 1, Sho 2, Sho 3 & Sho 4

2<sup>nd</sup> Mon = Sho 5

3<sup>rd</sup> Mon = Sho 6

If someone has Sho 1, Sho 2 or Sho 3 the next grade will be 1<sup>st</sup> Mon.

If someone has Sho 4 the next grade will be 2<sup>nd</sup> Mon.

If someone has Sho 5 the next grade will be 3<sup>rd</sup> Mon.

If someone has Sho 6 the next grade will be 4<sup>th</sup> Mon.