

Grading Syllabus

KYU GRADE



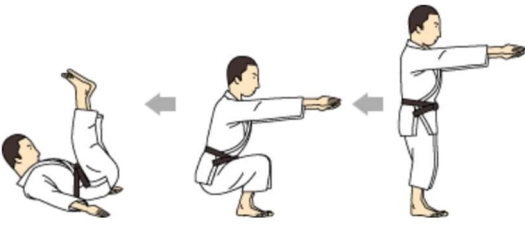


INTERNATIONAL BUDO FEDERATION UK

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)

FUNDAMENTAL SKILLS




Ukemi

<p>Ushiro Ukemi (Back breakfall)</p> 	<p>Yoko Ukemi (Side break fall)</p> 
<p>Mae Mawari Ukemi (Forward rolling breakfall)</p> 	

Tachi-Waza:

<p>Osoto Otoshi (Major outer drop)</p> 	<p>De-Ashi-Barai (Advancing foot sweep)</p> 	<p>Uki-Goshi (Floating hip)</p> 
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Osaekomi-Waza:

<p>Kesa Gatame (Scarf hold)</p> 	<p>Mune Gatame (Chest old)</p> 	<p>Kuzure-Kesa-Gatame (Broken scarf hold)</p> 
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PERFORMANCE SKILLS

<p>Combination Techniques:</p> <ul style="list-style-type: none"> • O-soto-otoshi into Kesa-gatame • De-ashi-barai into Mune-gatame • Uki-goshi into Kuzure-kesa-gatame 	<p>Ne-Waza:</p> <ul style="list-style-type: none"> • Escape from Kesa-gatame by trapping Uke's leg. • Escape from Mune-gatame using a 'bridge and roll' action. • Escape from Kuzure-kesa-gatame using 'sit up and push'.
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Personal Choice

Demonstrate two additional techniques, one tachi-waza and one ne-waza.




Supplementary Knowledge

- Know the meaning of the Japanese words used in this section (see table below).
- Demonstrate the correct wearing of the judogi and tying of the belt.
- Demonstrate the correct procedure for standing and kneeling bows.
- Explain the meaning of the following Japanese words:
 - Dojo
 - Hajime
 - Rei
 - Matte
 - Toketa




Japanese	English Description
De-ashi-barai	Advanced Foot Sweep Throw
Judogi	Judo Uniform
Judoka	Judo player
Kuzure-kesa-gatame	Broken Scarf Hold
Mae mawari ukemi	Forward rolling breakfall
Mune-gatame	Chest Hold
Ne-waza	Groundwork Techniques
Osae-komi-waza	Holding Techniques
O-soto-otoshi	Major Outer Drop Throw
Tachi-waza	Standing Techniques
Uke	The Defensive or Defending Judoka
Uki-goshi	Floating Hip Throw
Ushiro Ukemi	Rear breakfall
Yoko Ukemi	Side breakfall

FUNDAMENTAL SKILLS

Tachi-Waza:

<p>Tai-otoshi (Hand throw body drop)</p> 	<p>Ippon-Seoi-Nage (One arm shoulder throw)</p> 	<p>(O-Uchi-Gari) (Major inner reaping)</p> 
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Osaekomi-Waza:

<p>Yoko-Shiho-Gatame (Side four quarters hold)</p> 	<p>Tate-Shiho-Gatame (Lengthwise four quarters hold)</p> 	<p>Kami-Shiho-Gatame (Upper four quarters hold)</p> 
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PERFORMANCE SKILLS

Combination Techniques:

- O-uchi-gari into Tate-shiho-gatame
- Ippon-seoi-nage into Kami-shiho-gatame
- Tai-otoshi into Yoko-shiho-gatame

Ne-Waza:

- Escape from Kami-shiho-gatame using 'action and re-action'.
- Escape from Tate-shiho-gatame using a 'clamp and roll' action.
- Escape from Yoko-shiho-gatame using 'trap, bridge and roll'.
- Turnover into Kesa-gatame (Uke in "all fours" position).
- Turnover into Mune-gatame (Uke in "all fours" position).
- Turnover into Yoko-shiho-gatame (Uke in prone position).

Kumi-Kata:

- Demonstrate alternatives to the right and left standard grips.
- Demonstrate right versus left grips, double lapel, and high collar grips.

Nage-Komi / Randori:

Demonstration of Nage-komi in light Randori with a cooperative partner.

Personal Choice

Demonstrate two additional techniques, one tachi-waza and one ne-waza.








Supplementary Knowledge

- Know the meaning of all Japanese words used in this section.
- Give two examples of actions against the contest rules.

Japanese	English Description
Ippon-seoi-nage	One Arm Shoulder Throw
Judoka	Judo player
Kami-shiho-gatame	Upper Four Quarters Hold
Kumi-kata	Engagement Position
Mune-gatame	Chest Hold
Nage-komi	Repetitive Throwing
Ne-waza	Groundwork Techniques
Osae-komi-waza	Holding Techniques
O-uchi-gari	Major Inner Reaping Throw
Randori	Free Practice
Tachi-waza	Standing Techniques
Tai-otoshi	Body Drop Throw
Tate-shiho-gatame	Lengthwise Four Quarters Hold
Yoko-shiho-gatame	Side Four Quarters Hold

FUNDAMENTAL SKILLS

Tachi-Waza:

Tsuri-Komi-Goshi (Drawing hip) 	O-Goshi (Major hip) 	Seoi-Otoshi (Shoulder drop) 	Morote-Seoi-Nage (Two handed shoulder throw) 
Ko-Uchi-Gari (Minor inner reaping) 	Ko-Soto-Gake (Minor outer hook) 	Ko-Soto-Gari (Minor outer reaping) 	O-Soto-Gari (Major outer reaping) 

PERFORMANCE SKILLS

Combination Techniques:

- O-uchi-gari into Ko-uchi-gari
- Ko-uchi-gari into O-soto-gari or O-soto-gake
- Ko-uchi-gari into Morote-seoi-nage
- Ippon-seoi-nage into Ko-uchi-gari
- Any technique as combinations with Seoi-otoshi or Ko-uchi-gari.

Counter Techniques:

- O-uchi-gari countered by Tsuri-komi-goshi
- Tai-otoshi countered by Ko-soto-gari or Ko-soto-gake.

Ne-Waza:

- Escape from Kesa-gatame using a 'bridge and roll'.
- Escape into Kesa-gatame from between Uke's legs.
- Escape into Yoko-shiho-gatame from between Uke's legs.
- Execute two different arm rolls into an Osae-komi.
- Turnover from underneath Uke into Tate-shiho-gatame.

Randori:

Demonstration of light Randori with a cooperative partner.

Personal Choice:

Demonstrate two tachi-waza and one ne-waza technique.








Supplementary Knowledge

- Give two examples of actions (not grips) against the contest rules for negative or safety reasons.
- Know the meaning of the Japanese words used in this section.
- Demonstrate the proper procedures for coming onto and leaving the mat for a contest.





Japanese	English Description
Kesa-gatame	Scarf hold
Ko-soto-gake	Minor Outer Hook Throw
Ko-soto-gari	Minor Outer Reaping Throw
Ko-uchi-gari	Minor Inner Reaping Throw
Kumi-kata	Engagement position
Morote-seoi-nage	Two Handed Shoulder Throw
Ne-waza	Groundwork Techniques
O-goshi	Major Hip Throw
O-soto-gari	Major Outer Reaping Throw
Randori	Free Practice
Seoi-otoshi	Shoulder Drop Throw
Tachi-waza	Standing Techniques
Tai-otoshi	Body Drop Throw
Tsuri-komi-goshi	Drawing Hip Throw
Yoko-shiho-gatame	Side four quarters hold

FUNDAMENTAL SKILLS

Tachi-Waza:

Harai-Goshi (Sweeping hip throw) 	Uchi-Mata (Inner thigh) 	Hiza-Guruma (Knee wheel) 	Sasae-Tsuri-Komi-Ashi (Propping drawing ankle) 
Hane-Goshi (Spring hip throw) 	Okuri-Ashi-Barai (Double foot sweep) 	Morote-Eri-Seoi-Nage (Two handed shoulder throw) 	

Kansetsu-Waza:

Ude-Gatame (Arm lock) 	Waki-Gatame (Armpit lock) 	Hiza-Gatame (Knee lock) 	(Juji-Gatame) Cross armlock 
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PERFORMANCE SKILLS

Kansetsu-Waza:

- Demonstrate Juji-gatame using a:
 - sit back entry
 - roll over entry
 - over the shoulder entry
 - entry from beneath

Randori:

Demonstration of attacking, defence, avoidance, and continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a cooperative partner

Personal Choice

Demonstrate four techniques individually and then as a series of combinations and counters.



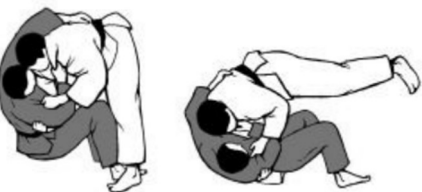



SUPPLEMENTARY KNOWLEDGE

Know the meaning of the Japanese words used in this section.






Japanese	English Description
Hane-goshi	Spring Hip
Harai-goshi	Sweeping Hip
Hiza-gatame	Knee Lock
Hiza-guruma	Knee Wheel
Judoka	Judo player
Juji-gatame	Cross Armlock
Kan-setsu-waza	Joint Techniques
Morote-eri-seoi-nage	Two Handed Lapel Shoulder
Ne-waza	Groundwork Techniques
Randori	Free practice
Renraku-waza	Combination techniques in the opposite direction
Renzoku-waza	Combination techniques in the same or similar direction
Sasae-tsuri-komi-ashi	Propping Drawing Ankle
Tachi-waza	Standing Techniques
Uchi-mata	Inner Thigh
Ude-gatame	Arm Lock
Waki-gatame	Armpit Lock


FUNDAMENTAL SKILLS

Tachi-Waza:

<p>Soto-Maki-Komi (Outside winding throw)</p> 	<p>Tani-Otoshi (Valley drop)</p> 	<p>Yoko-Guruma (Side wheel)</p> 
<p>Tomoe-Nage (Circle throw)</p> 	<p>Yoko-Tomoe-Nage (Side circle throw)</p> 	<p>Uki-Waza (Floating throw)</p> 

Shime-Waza:

<p>Okuri-Eri-Jime (Sliding collar strangle)</p> 	<p>Nami-Juji-Jime (Normal cross strangle)</p> 	<p>Gyaku-Juji-Jime (Reverse cross strangle)</p> 
<p>Koshi-Jime (Hip strangle)</p> 	<p>Kata-Te-Jime (Strangle with one hand)</p> 	

<p>Kansetsu-Waza: Ude-Garami (Entangled armlock)</p> 

PERFORMANCE SKILLS

Combination Techniques:

Ude-garami from Kuzure-kesa-gatame

Ne-Waza:

- Koshi-jime – Uke attempts Seoi-otoshi (dropping attack)
- Kata-te-jime - Uke in “all fours” position
- Nami-juji-jime – Uke underneath (between Tori’s legs)
- Gyaku-juji-jime – Uke on top (between Tori’s legs)
- Okuri-eri-jime – Uke makes Seoi-otoshi (dropping attack)

Randori:

Demonstration of attacking defence, avoidance, and continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a cooperative partner.

PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.









SUPPLEMENTARY KNOWLEDGE

- Know the meaning of the Japanese words used in this section.




Japanese	English Description
Gyaku-juji-jime	Reverse Cross Strangle
Judoka	Judo player
Kaeshi-waza	Counter Techniques
Kata-te-jime	Strangle With One Hand
Koshi-jime	Hip Strangle
Kumi-kata	Engagement Position
Kuzure-kesa-gatame	Broken scarf hold
Nami-juji-jime	Normal Cross Strangle
Ne-waza	Groundwork Techniques
Okuri-eri-jime	Sliding Collar Strangle
Randori	Free Practice
Renraku-waza	Combination techniques in the opposite direction
Renzoku-waza	Combination techniques in the same or similar direction
Seoi-otoshi	Shoulder drop
Shime-waza	Strangle Techniques
Soto-maki-komi	Outside Winding
Tachi-waza	Standing techniques
Tani-otoshi	Valley Drop Throw
Tomoe-nage	Circle Throw
Ude-garami	Entangled Armlock
Uke	The defensive or defending Judoka
Uki-waza	Floating Throw
Yoko-guruma	Side Wheel Throw
Yoko-tomoe-nage	Side Circle Throw

FUNDAMENTAL SKILLS

Tachi-Waza:

<p>Sode-Tsuri-Komi-Goshi (Sleeve lift pull hip)</p> 	<p>Sumi-Gaeshi (Corner throw)</p> 	<p>Yoko-Gake (Side hook)</p> 	<p>Ko-Uchi-Gake-Maki-Komi (Minor inner hook winding)</p> 
<p>Ushiro-Goshi (Rear Hip Throw)</p> 	<p>Ura-Nage (Rear throw)</p> 	<p>Uki-Otoshi (Floating drop)</p> 	<p>Koshi-Guruma Hip Wheel</p> 

Shime-Waza:

<p>Kata-Ha-Jime (Single collar strangle)</p> 	<p>Hadaka-Jime (Naked strangle)</p> 	<p>San-Gaku-Jime</p> 
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PERFORMANCE SKILLS

Tachi-Waza:

Demonstrate any two variations of Sumi-gaeshi.

Ne-Waza:

- San-gaku-jime – complex entry
- San-gaku-gatame – complex entry
- San-gaku-osae-gatame – turnover and hold
- Hadaka-jime – Uke prone position
- Kata-ha-jime – Uke “all fours” position

Randori:

Demonstration of attacking defence, avoidance, and continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a cooperative partner.

PERSONAL CHOICE

- Demonstrate four techniques individually and then as a series of combinations and counters.
- or
- Demonstrate one set of the Nage-no-kata or one set of the Katame-no-kata.

SUPPLEMENTARY KNOWLEDGE

- Know the meaning of the Japanese words used in this section.
- Give three examples of penalties in the competition rules.

Japanese	English Description
Hadaka-jime	Naked Strangle
Kaeshi-waza	Counter Techniques
Kata	Forms
Kata-ha-jime	Single Collar Strangle
Katame-no-kata	Grappling Forms
Koshi-guruma	Hip Wheel Throw
Ko-uchi-gake-maki-komi	Minor Inner Hook Thigh Winding
Kumi-kata	Engagement Position
Nage-no-kata	Throwing Forms
Ne-waza	Groundwork Techniques
Randori	Free Practice
Renraku-waza	Combination Techniques in the Opposite Direction
Renzoku-waza	Combination Techniques in the Same or Similar Direction
San-gaku-gatame	Triangular Hold Down
San-gaku-jime	Triangular Strangle
San-gaku-osae-gatame	Triangular Strangle and Hold Down
Shime-waza	Strangling Techniques
Sode-tsure-komi-goshi	Sleeve Lift Pull Hip Throw
Sumi-gaeshi	Corner Throw
Uki-otoshi	Floating Drop
Ura-nage	Rear Throw
Ushiro-goshi	Rear Hip Throw
Yoko-gake	Side Hook Throw