

JUDO

Grading Syllabus

Novice to 6th Mon

HELLO!

DEAR JUDOKA,

Judo is a sport which came from a Japanese martial art called Ju-jitsu; it is practised by millions of kids around the world. You are entering a special Olympic sport that has a long history.

Your judo coach and club will share new and exciting knowledge with you.

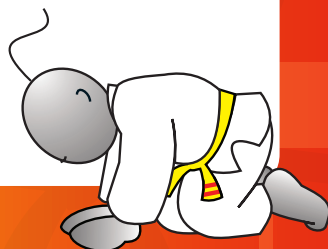
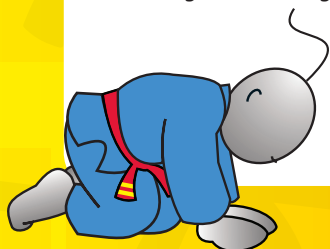
This book will help you understand many of the things you will be learning. At first it will be all new to you, new people, new language, new customs and plenty of new movements to practice. Don't worry if you don't understand everything at first, all of us started as novices. Your coach and friends at the judo club will help you on your way.

This book is where you will record your progress as you learn all these new skills. You will be able to collect stickers each week at your club as you work towards your next grade. Soon you will be practicing throws and holds like an Olympic star!

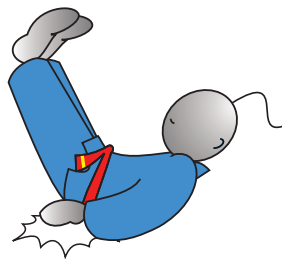
Judo involves movements and actions that can cause injury to you and others. It's important to practice judo safely in your club. If you are ever in doubt about how to carry on or if a technique is safe for you, you should speak to your judo coach.

Are you ready? You are going to have a lot of fun.

LETS GO! REI! HAJIME!



THE SYLLABUS



In this section of your book, you will find all the techniques you need to know to grade from novice to 6th Mon. Tori (the attacker) will always be in a blue suit.

GRADING

THE SYLLABUS

If you are aged between 8 and 17 years you can grade up 1 mon every calendar month.

WAZA!

TECHNIQUES

For each mon you will need to learn both groundwork (newaza) and standing (tachiwaza) techniques. Often you will need to be able to link these together in a combination.

THEORY!

PERSONAL CHOICE

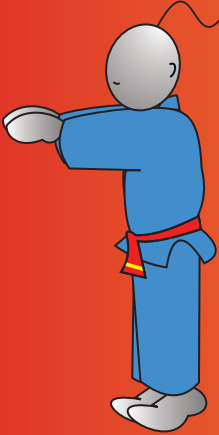
At a grading you will also be asked some theory questions (you can find the answers in this book) and to demonstrate your favourite techniques.



TECHNIQUES

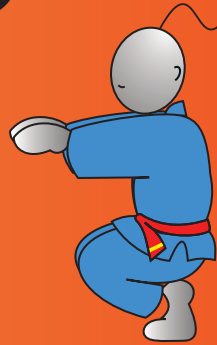
Ushiro Ukemi

1



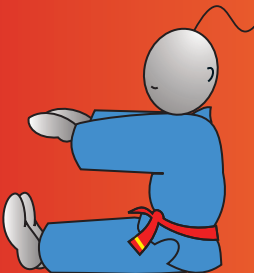
Breakfalls are called Ukemi in Japanese. Ushiro Ukemi is a rear breakfall.

2



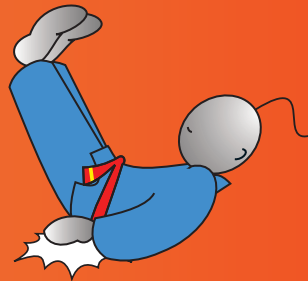
Hold your arms up, and crouch down on your heels.

3



Keeping your chin tucked in, sit down and roll backwards, keeping your back rounded.

4

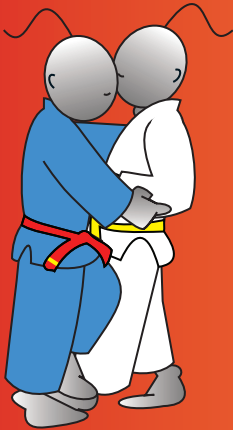


As you roll backwards, hit the mat with both hands. Use the palms of your hands.



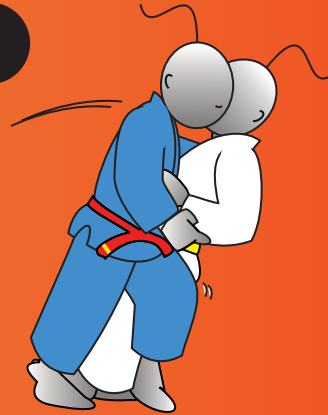
Osoto-otoshi

1



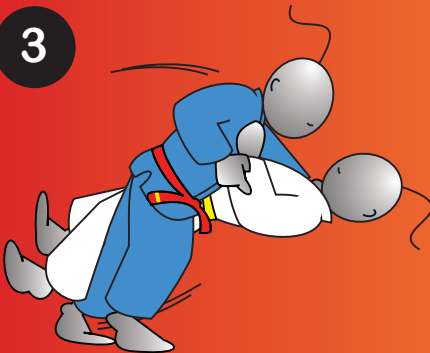
Take hold of your partner's sleeve and lapel. Your partner is called Uke in Japanese.

2



Take a small step to the side of Uke, then swing your attacking leg past Uke's knee.

3



Bring your leg backwards against Uke's calf, putting your foot firmly on the floor.

4

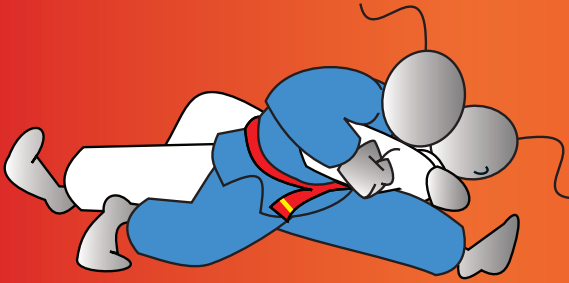


Drive Uke backwards keeping control and allowing Uke to breakfall.



TECHNIQUES

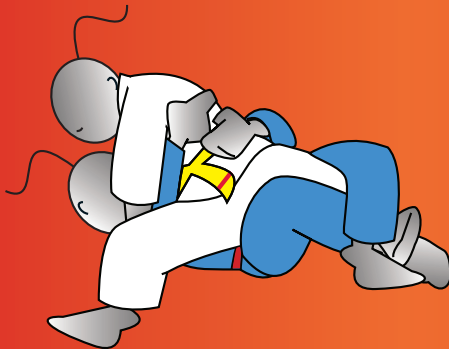
Kesa-gatame



Sit beside your partner and wrap your arm around their neck holding their jacket and sleeve.

Tuck Uke's arm tightly under yours and spread your legs into a 'T' position.

Kesa-gatame escape



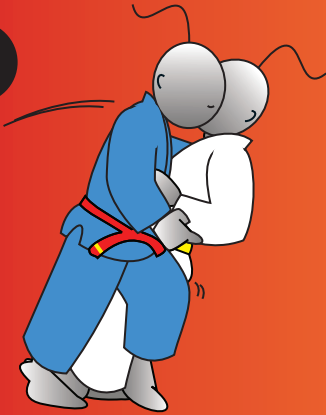
You can escape from any hold by trapping your partner's legs, with your own.

To escape, grab Uke around their waist and move towards your partner. Catch their leg with your legs.



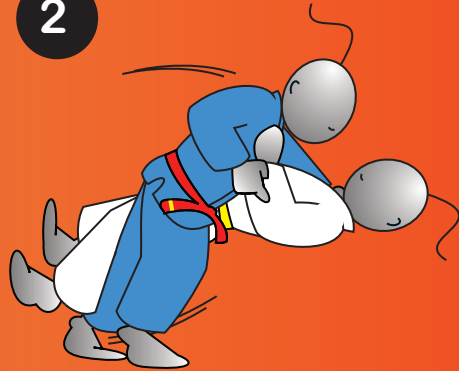
Osoto-otoshi to Kesa-gatame

1



This is a combination of a throw and a hold down. Start by throwing with Osoto-otoshi.

2



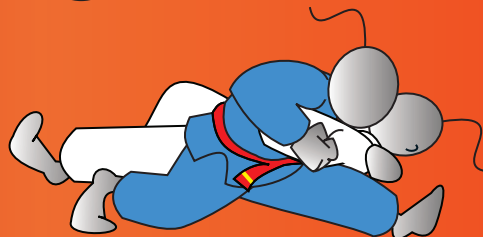
If you are not sure how to do Osoto-otoshi, look back to the previous page.

3



As Uke hits the ground, pull their arm upwards, opening up a space for you to move into.

4



Slide into a sitting position beside Uke, slipping your arm around Uke's neck.



TECHNIQUES

For your 1st Mon you will need to do the following:

Personal Choice



Demonstrate two of your favourite techniques.
You can choose which techniques you would like to show, and you can demonstrate them to either the left or the right. Remember to use the suitable grip. If you are unsure about this - ask your sensei (judo coach).

Terminology

Translate the following Japanese words and explain what they mean:

Rei = Bow

Hajime = Start

Matte = Break

Judo Knowledge

Answer the following question:

Q: In which country was judo devised?

A: Judo comes from Japan.

TORI AND UKE

Do you know the difference between Tori and Uke?
Both Tori and Uke are of equal importance.

TORI

Tori is the person
DOING
the attack.

UKE

Uke is the person
BEING
attacked.

A good Tori
should lead
the attack and
support their
partner as
they fall.

A good Uke
should allow
their partner
to throw them
and be able to
break fall.



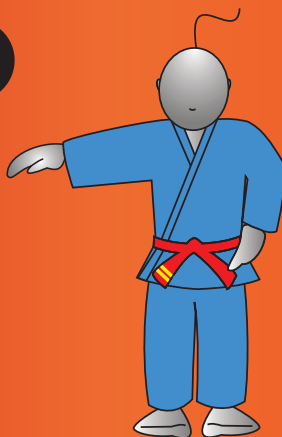


TECHNIQUES

Yoko Ukemi

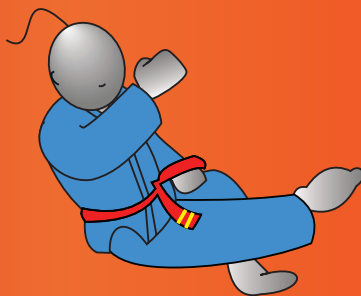
This is a side breakfall. Begin by lifting your arm to get some momentum.

1



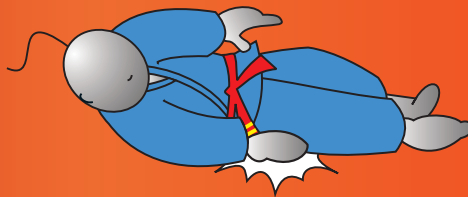
Swing your arm and leg to one side and sit down on your side.

2



Keep your chin tucked in as you fall. And don't forget to break fall with your palm on the mat.

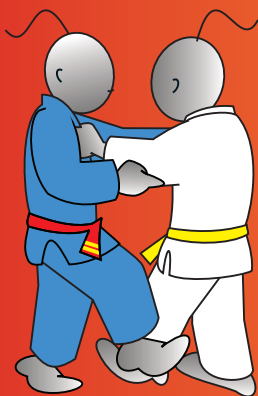
3





De-ashi-barai

1



Pull on the sleeve to make Uke take a step forwards. As Uke steps sweep Uke's foot.

2



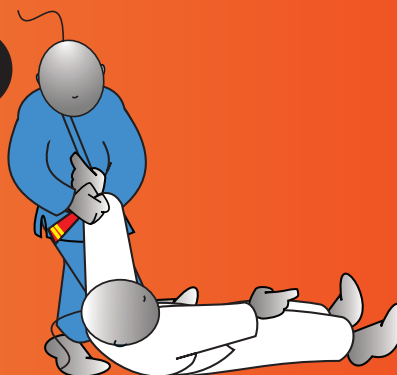
Use the sole of your foot to sweep Uke's leg sideways.

3



Lift with both your collar and sleeve as you sweep.

4

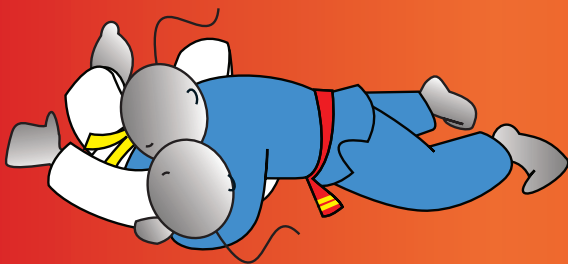


Hold onto the sleeve as Uke falls to help reduce impact.



TECHNIQUES

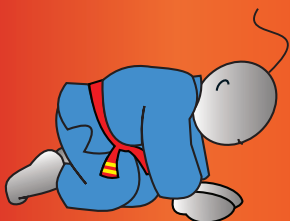
Mune-gatame



Place your chest over your partner's. Clamp them to you by gripping under their neck and arm.

Keep your body over Uke and use your legs for stability.

Za-rei



Za-rei is a kneeling bow. You will do this at the start and end of each session.

Tachi-rei

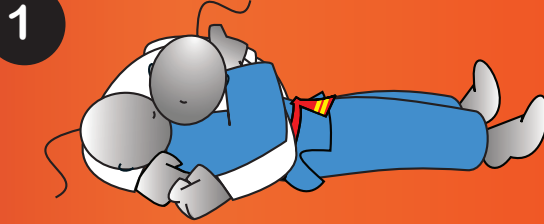


Tachi-rei is a standing bow. You should bow to your partner before each practise.

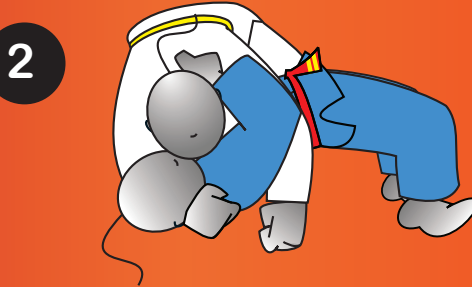


Escape from Mune-gatame

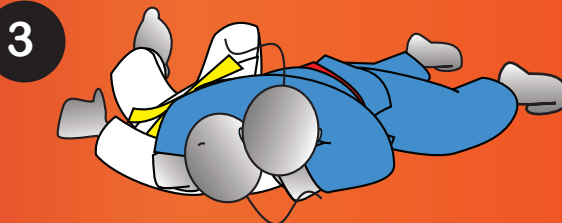
Here is how to escape from Mune-gatame using the bridge and roll action.



Grab hold of Uke tightly, bridge and move towards your partner to push them off you.



Now roll over the top of Uke and apply Mune-gatame yourself.

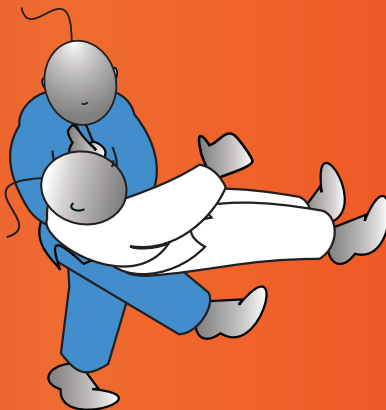




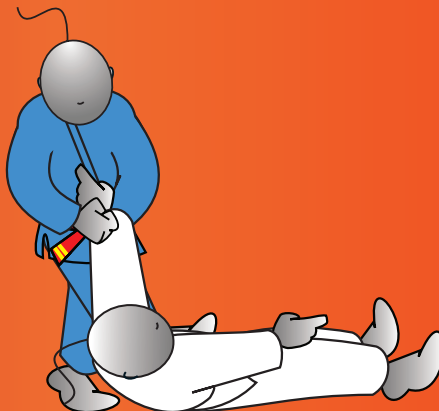
TECHNIQUES

De-ashi-barai into Mune-gatame

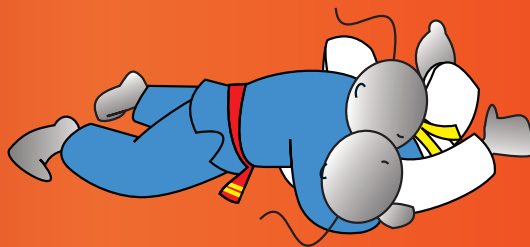
After you throw with De-ashi-barai follow up with the hold Mune-gatame.

1

Keep hold of Uke's sleeve as they land and stop them from rolling onto their front.

2

Quickly slip into Mune-Gatame. Make sure your chest is in contact with Uke's chest.

3



THEORY

For your 2nd Mon you will need to do the following:

Personal Choice



Demonstrate two of your favourite techniques. You can choose which techniques you would like to show, and demonstrate them to either the left or the right. Remember to use the suitable grip. If you are unsure about this - ask your sensei.

Terminology

Know the English translations for all the Japanese terminology used in this section and also know the following words and meanings:

Osae-komi = Holding
Toketa = Hold broken
Randori = Free Practice

Judo Knowledge

Answer the following question:

Q: Who founded modern judo?

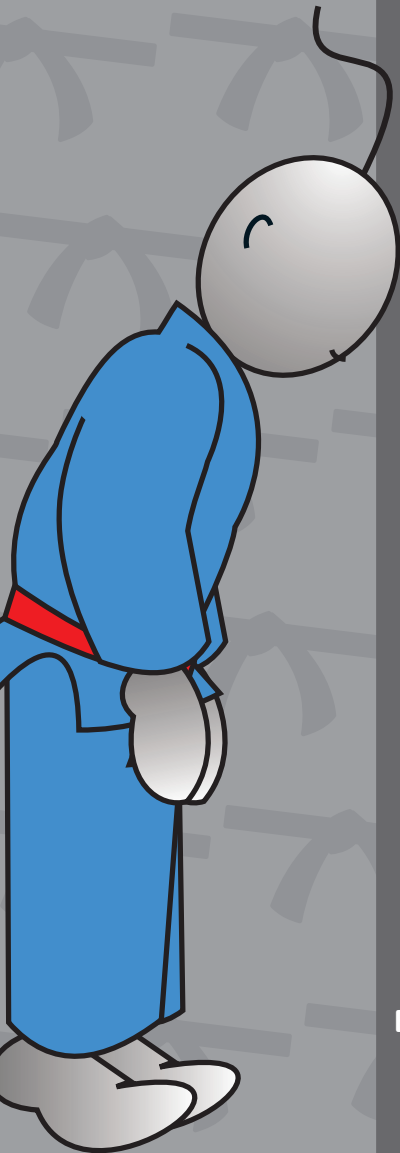
A: Jigoro Kano founded judo.

Q: What is the judo code?

Find out the answer on the next page!

JUDO CODE

Jigoro Kano invented this moral code for judoka to follow



COURTESY

Be polite to other people

COURAGE

Face difficulty without fear

FAIRPLAY

Be a good sport, play by the rules

HONOUR

Fairness in beliefs and actions

MODESTY

Be without vanity or boastfulness

RESPECT

Regard for others

SELF-CONTROL

Control over yourself and actions

FRIENDSHIP

Be a good friend, be helpful and kind

HYGIENE

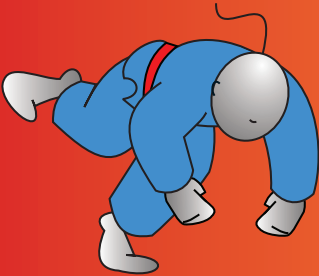
Wear a clean judogi. No shoes on the mat. Zoris worn off the mat.



TECHNIQUES

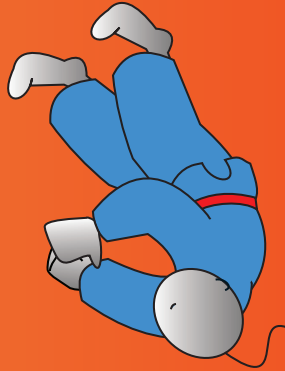
Mae Mawari Ukemi (1)

1



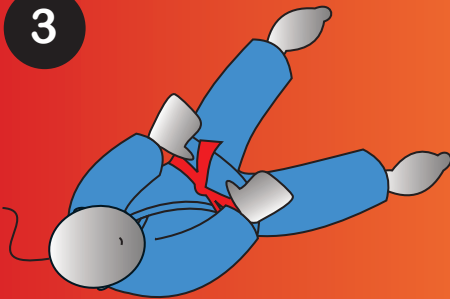
As you begin the roll, keep your chin tucked in. Roll over one shoulder.

2



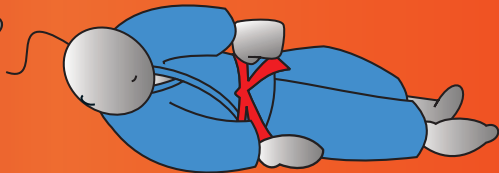
Keep the rolling movement smooth by rounding your back.

3



Complete the roll by bringing your legs over and finishing laying slightly on one side.

4



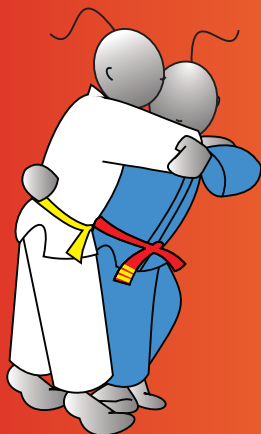
As you come to the end of the roll, slap the mat with the palm of your hand to reduce the impact.



TECHNIQUES

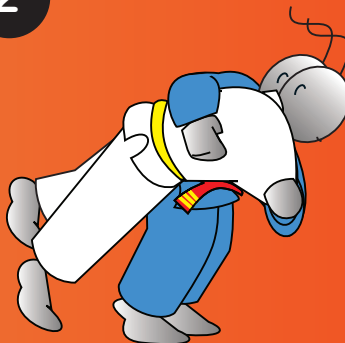
Uki-goshi

1



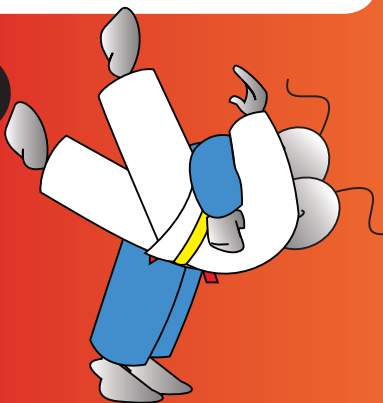
Let go of your lapel grip and hug Uke around the waist. Turn in and pin Uke to your hip.

2



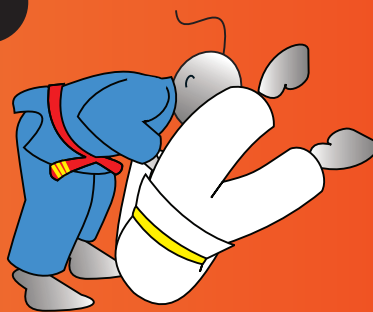
Twist to your left to lift your partner off the ground.

3



Keep pulling on the sleeve to rotate your partner onto their back.

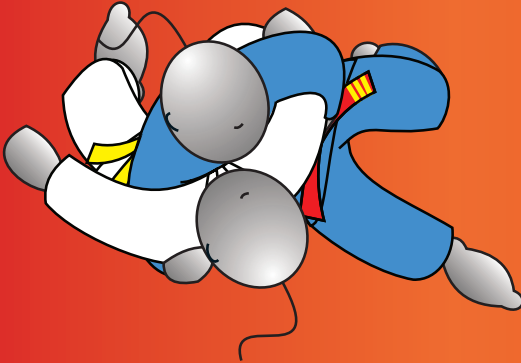
4



Finish the throw, supporting your partner. Uke should remember to breakfall as they land.



Kuzure-kesa-gatame



This hold is very similar to Kesa-gatame.

Hold under Uke's arm instead of around Uke's neck.

How to tie your belt



Place the middle of your belt on your belly button.



Wrap it around your body, twice and follow the pictures above.



This is how it should look when you are finished!

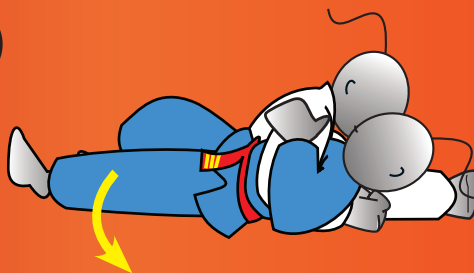


TECHNIQUES

Escape from Kuzure-kesa-gatame

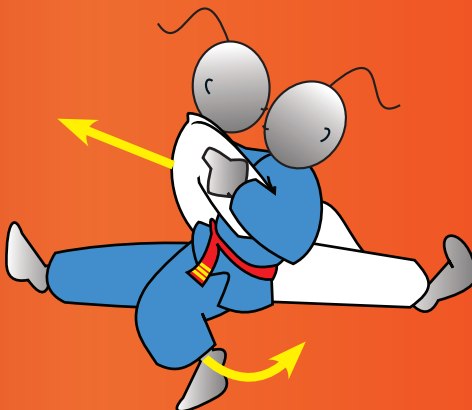
Here is another way to escape from Kuzure Kesa-gatame. Begin by moving in a circle.

1



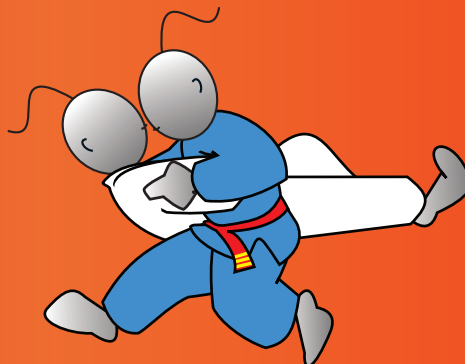
When Uke's body is in line with yours push strongly and sit up as quickly as you can.

2



Keep pushing Uke backwards and move your legs around to finish in a holding position.

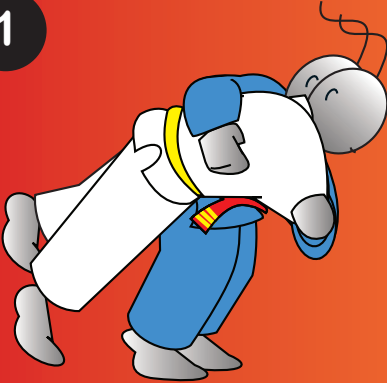
3





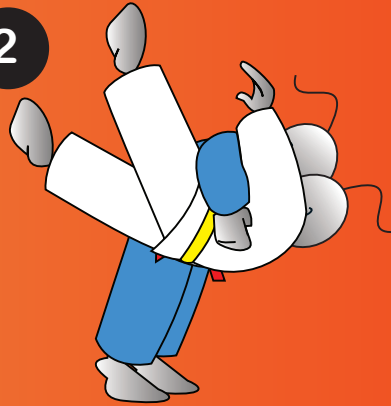
Uki-goshi into Kuzure-kesa-gatame

1



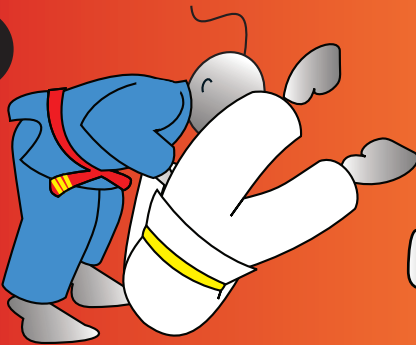
After you have thrown with Uki-goshi you can follow up into Kuzure-kesa-gatame.

2



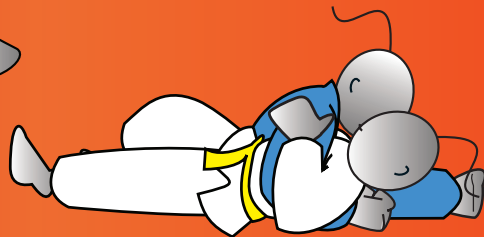
First throw your partner with Uki-goshi as shown on a previous page.

3



As Uke lands, go down onto one knee, slide your arm under their arm and sit through.

4



Keep hold of your grip on Uke's sleeve, pulling their arm up tightly under your own.



THEORY

For your 3rd Mon you will need to do the following:

Personal Choice



Demonstrate two of your favourite techniques.
You can choose which techniques you would like to show, and demonstrate them to either the left or the right. Remember to use the suitable grip. If you are unsure about this - ask your sensei.

Terminology

Know the English translations for all the Japanese terminology used in this section and also:

Dojo = Judo Hall

Zori = Flip Flops

Judogi = Judo Suit

Judo Knowledge

Be able to tie your obi (judo belt) correctly and demonstrate how you should wear a judogi (judo suit). Take a look at the page opposite - is this how your judogi looks?

THE JUDOKA

Do you know how to wear your judogi?

JUDOGI

This is Japanese for judo suit, made up of a jacket and trousers.

JUDOKA

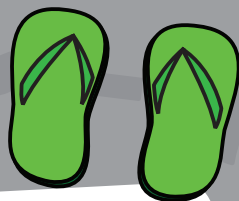
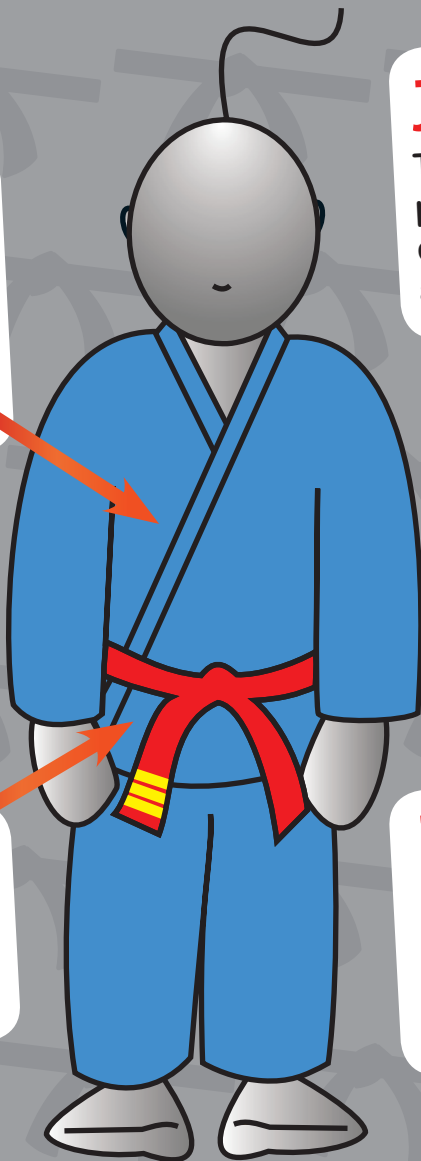
That's you! A person who does judo is a judoka.

OBI

This means belt. Keep it tied tightly!

ZORI

Don't forget to take your judo flip flops with you!

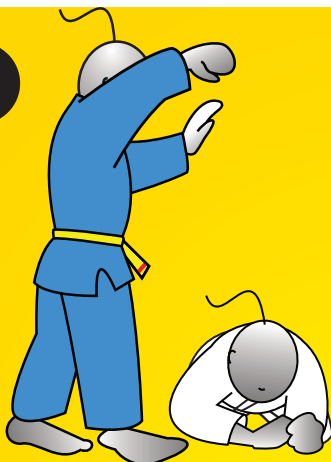




TECHNIQUES

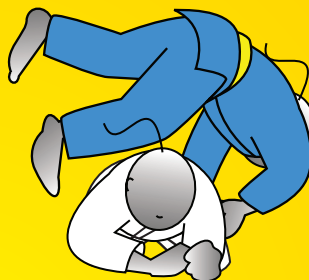
Mae Mawari Ukemi (2)

1



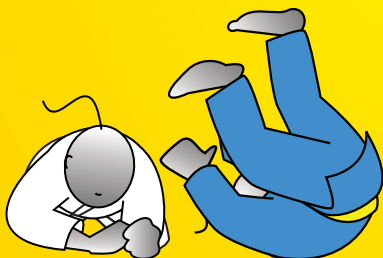
This is the same breakfall as you learnt for your 3rd Mon, but this time you roll over Uke.

2



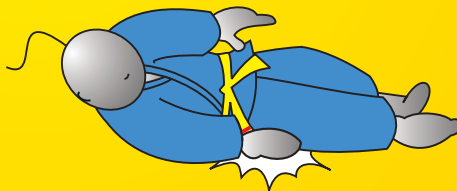
Use your arm to guide you as your roll over one shoulder.

3



Now complete the roll, keeping the movement fluid. Keep your chin tucked in at all times.

4

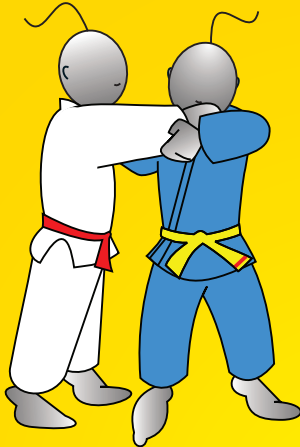


Hit the mat, with the palm of your hand to reduce impact as you land.



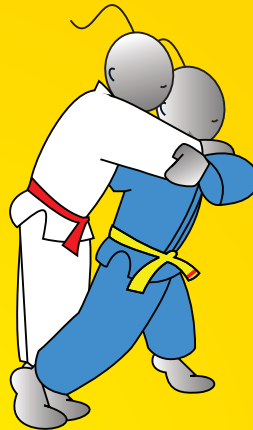
Tai-otoshi

1



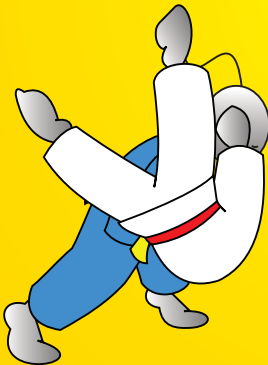
Pull your partner off balance and towards you. As you do take a small step towards Uke.

2



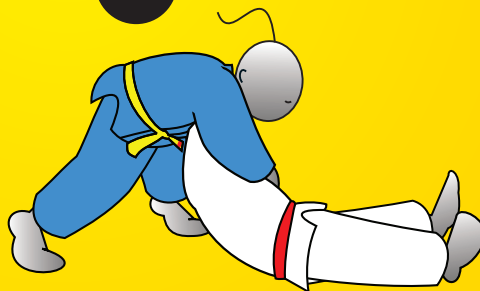
Swing your support leg around and step your other leg across Uke's pathway.

3



Pull your partner's sleeve to make them fall over your outstretched leg.

4

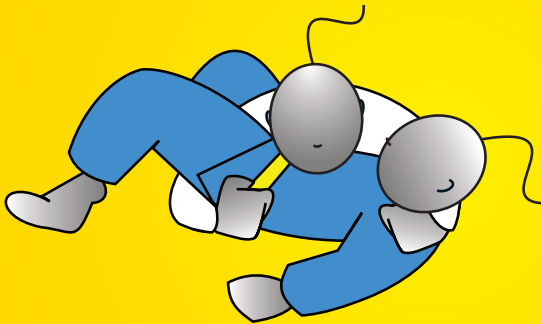


Keep good balance as you throw supporting Uke's fall by pulling upwards with the sleeve.



TECHNIQUES

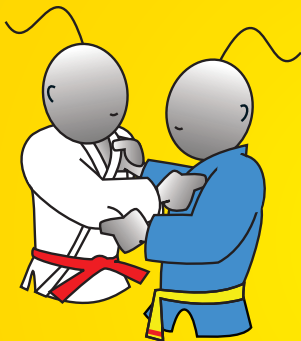
Yoko-shiho-gatame



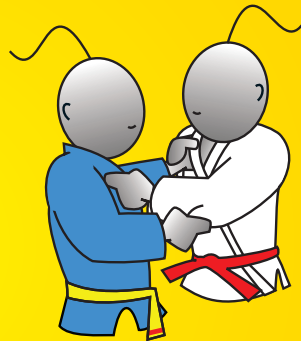
Kneel at your partner's side. Place one arm around the neck.

The other arm should grip through the legs and onto the belt.

Right and Left standing posture and grip



This is **Migi-Shizentai**. The right hand holds the lapel, the left the sleeve.

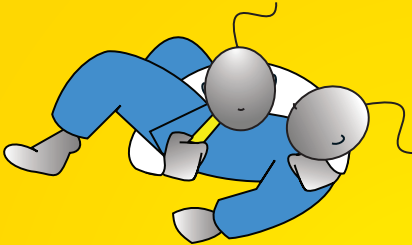


This is **Hidari-shizentai**. The left hand takes the lapel, the right the sleeve.



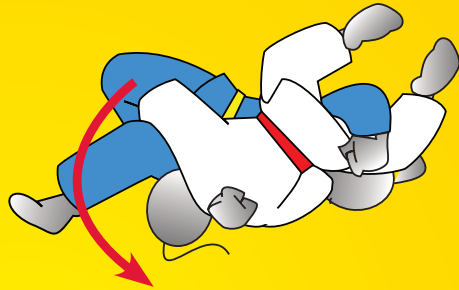
Escape from Yoko-shiho-gatame

1



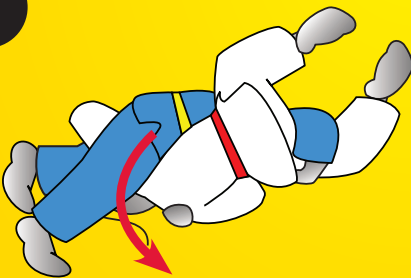
To escape from Yoko-shiho-gatame you will need to be able to bridge and roll.

2



Grab the back of Uke's jacket and push up with your legs. With your other hand, grab the inside leg.

3



Keep rolling over, using your legs for power while controlling with your hands.

4



You should end up on top, holding down your partner.

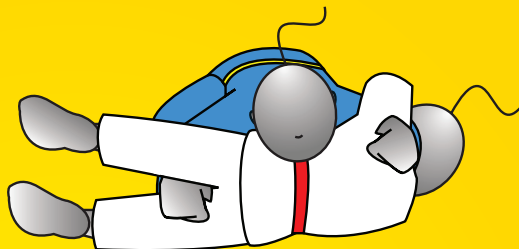


TECHNIQUES

Turnover into Yoko-shiho-gatame

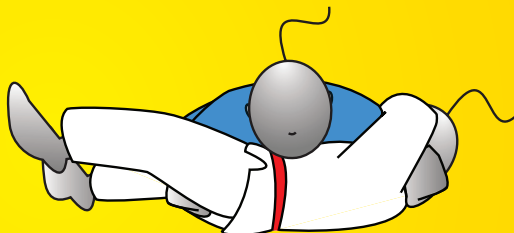
Start with Uke flat on the floor. Reach under one arm and with your other arm reach under the inside of Uke's leg.

1



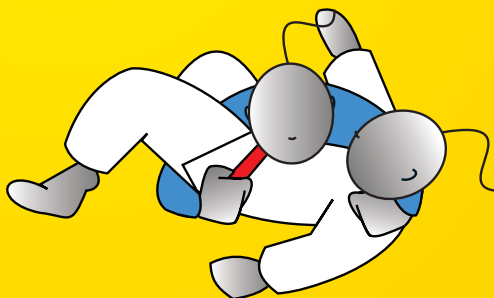
Pull both grips towards you while pushing Uke over onto their back.

2



Now apply your own hold down: Yoko-shiho-gatame.

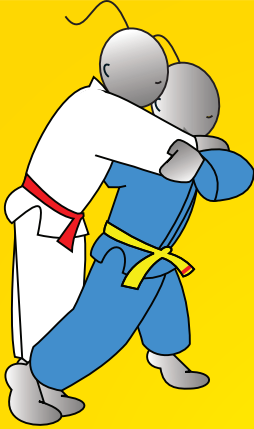
3





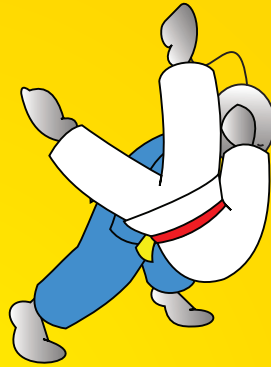
Tai-otoshi into Yoko-shiho-gatame

1



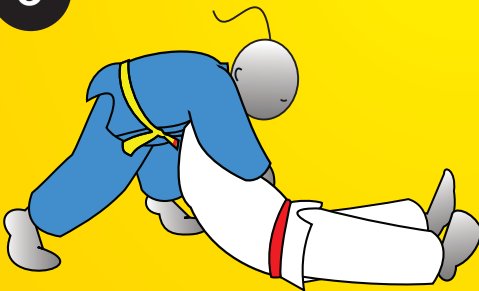
After you have thrown Uke with Tai-otoshi you can follow up with Yoko-shiho-gatame.

2



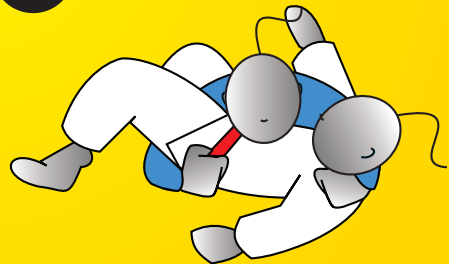
Begin, by throwing with Tai-otoshi as shown on the previous page.

3



As Uke lands on the mat, drop down on one knee by Uke's side.

4



Grip around the neck and through the legs onto the belt to hold with Yoko-shiho-gatame.



THEORY

For your 4th Mon you will need to do the following:

Personal Choice



Select and demonstrate two tachi-waza (standing techniques) and one osae-komi-waza (hold down) from the BJA Syllabus. Although you may chose any technique in the Syllabus, it is recommended that you use techniques suitable to your level.

Terminology

Know the English translations for all the Japanese terminology used in this section.

Judo Knowledge

You will also be tested on your knowledge of the judo moral code. You can check this on a previous page in this book.

“REI!”

Do you know when you should bow in judo?



WHAT DOES “REI” MEAN?

Rei means to bow in Japanese. It is pronounced “Ray.” Listen up because your sensei (judo coach) will say it before and at the end of each session and when he does you should bow. You should also bow when you enter the dojo (judo hall), when you step on the tatami (judo mat) for the first time and before and after each judo class.

WHY DO WE BOW?

We bow in judo to show respect to our partner. Judo comes from Japan, where traditionally people bow to each other rather than shaking hands as we do in Great Britain. There are two types of bows: a kneeling bow called Za-rei and a standing bow, known as Tachi-rei in Japanese.

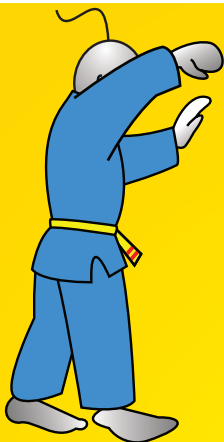




TECHNIQUES

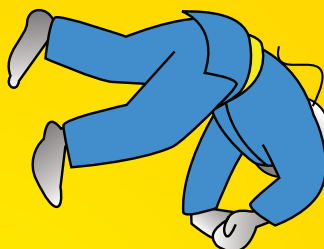
Mae Mawari Ukemi (3)

1



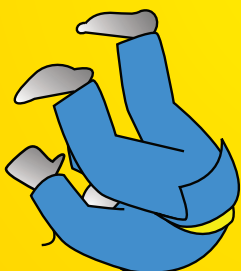
This is almost the same forward rolling breakfall as shown before. Start from standing.

2



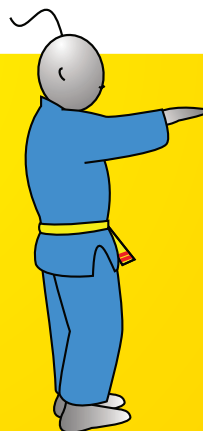
Keep your chin tucked in and roll over one shoulder.

3



But this time, you should keep enough speed as you roll, so that you can breakfall and....

4

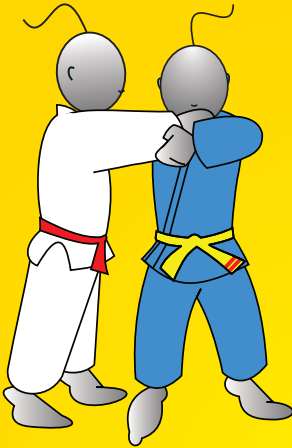


.... finish the breakfall in a standing position.



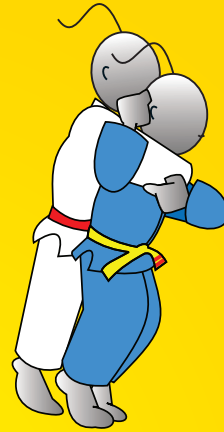
Ippon-seoi-nage

1



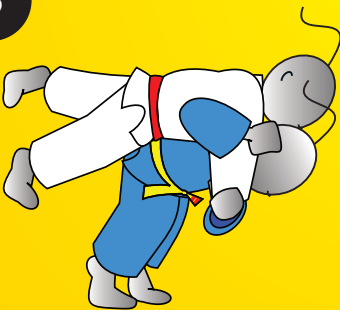
Pull your partner onto their toes and take a small step forward.

2



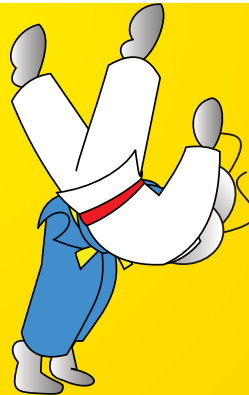
Let go of your lapel grip and swing your arm under Uke's bicep as you turn in.

3



Bend your knees and then straighten them to lift Uke.

4

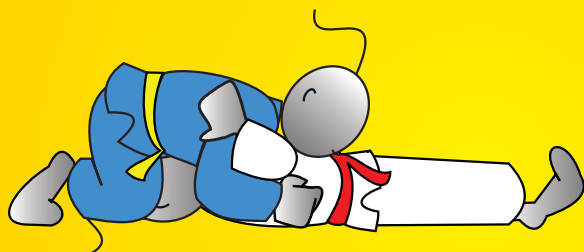


Roll your partner over your hips and towards the mat in front of you.



TECHNIQUES

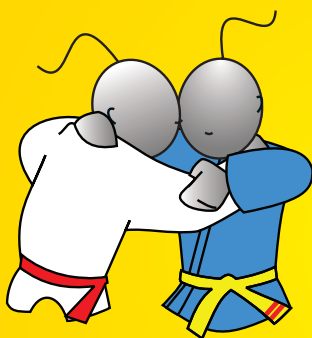
Kami-shiho-gatame



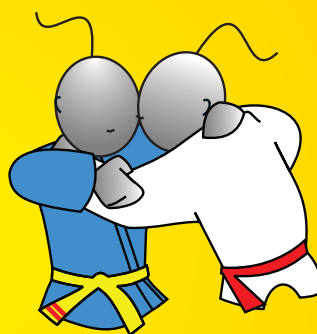
Kneel with your knees either side of Ukes head. Reach under both arms and onto the belt.

You can either keep your legs tucked up or straight out behind you.

Alternative right and left grips



This right handed grip uses a high collar grip, instead of the usual lapel grip.

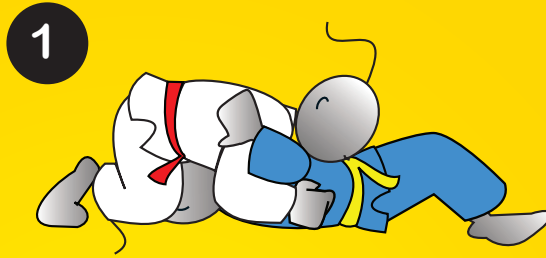


This left handed grip uses a high collar grip, instead of the usual lapel grip.

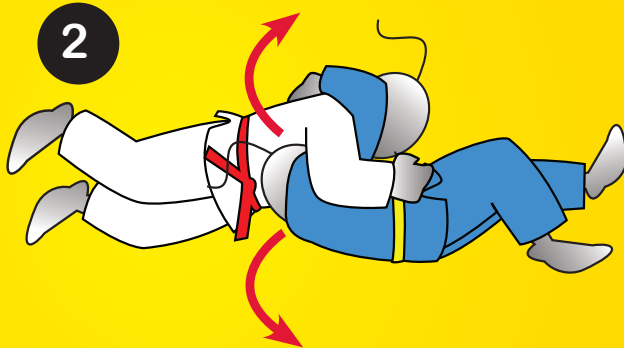


Escape from Kami-shiho-gatame

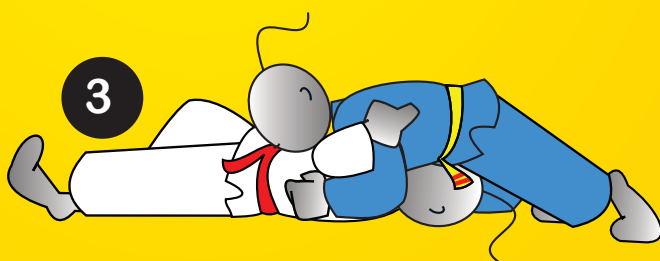
To escape from Kami-shiho-gatame you can try to surprise your partner.



First rock one way. When you feel Uke react, quickly switch direction.



Keep rolling Uke over until you have gained a hold down yourself.

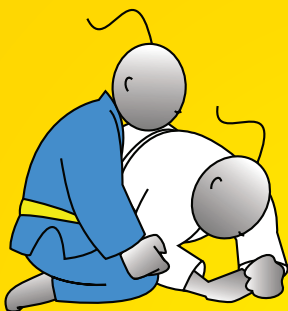




TECHNIQUES

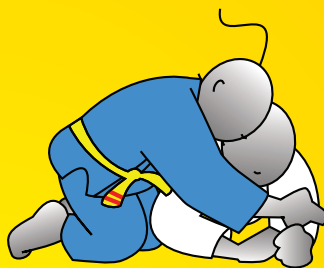
Turnover into Kesa-gatame

1



This is a turn-over to do when Uke is on all fours. Kneel to the side of your partner.

2



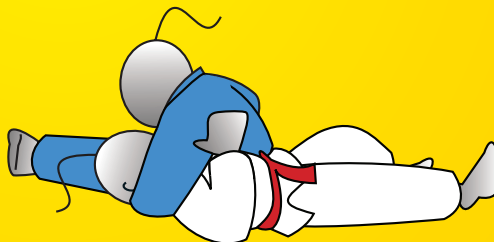
Reach under your partner's stomach with one arm, and under their neck with the other.

3



Grab the far arm and pull it towards you. At the same time push Uke over using your chest.

4

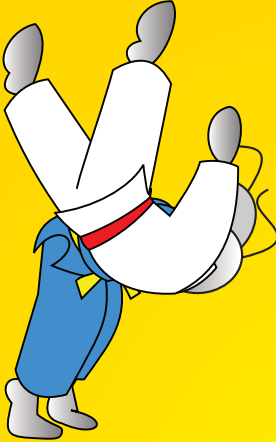


Once Uke rolls over, slip into Kesa-gatame.



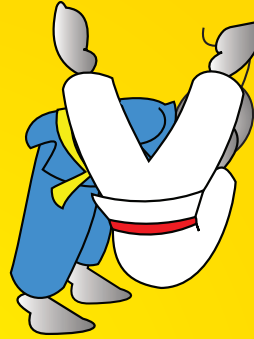
Ippon-seoi-nage into Kami-shiho-gatame

1



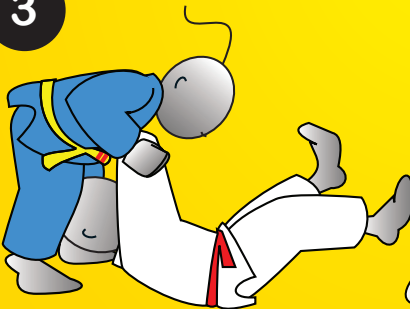
After you have thrown Uke with Ippon-seoi-nage continue into Kami-shiho-gatame.

2



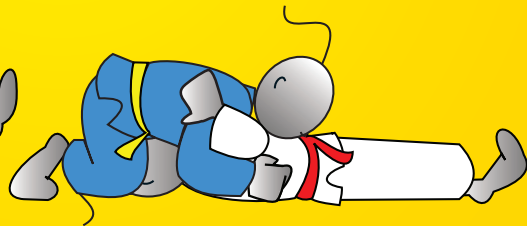
Begin, by throwing with Ippon-seoi-nage as shown on a previous page.

3



As Uke lands, stay near Uke's head and go down on one knee, beside Uke's head.

4



Reach under Uke's arms to lock up the upper body in a Kami-shiho-gatame.



THEORY

For your 5th Mon you will need to do the following:

Personal Choice



Select and demonstrate two tachi-waza (standing techniques) from the BJA Syllabus. You can demonstrate your favourite waza to either the right or left with any suitable grip.

Terminology

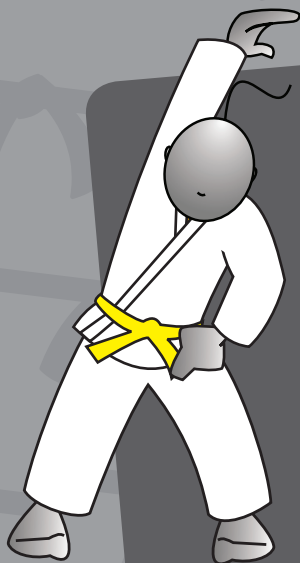
Know the English translations for all the Japanese terminology used in this section.

Judo Knowledge

You will be tested on the judo moral code. Do you know it off by heart? If you are unsure go back a few pages to check.

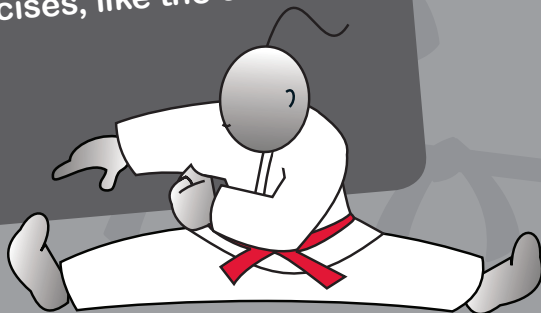
WARM UP!

Make sure you do a warm up before you start judo.



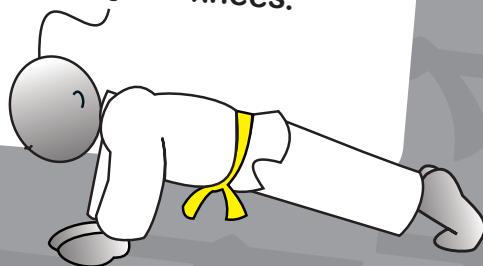
FLEXIBILITY!

Before each judo session make sure your muscles are warmed up. It will really help your judo if you are flexible! So can you touch your toes? Try some exercises, like the ones on this page.



EXERCISES!

After you have stretched, have a go at some exercises to make you fitter and stronger. How many sit-ups and press-ups can you do? Go on - give it a go! See if you can do a few more each week. If you find it too difficult, you can do the press-ups from your knees.



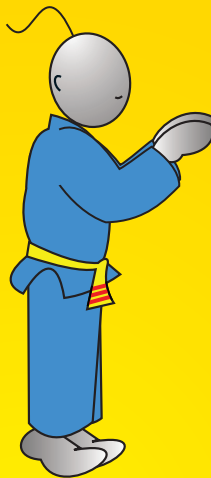


TECHNIQUES

Mae Ukemi

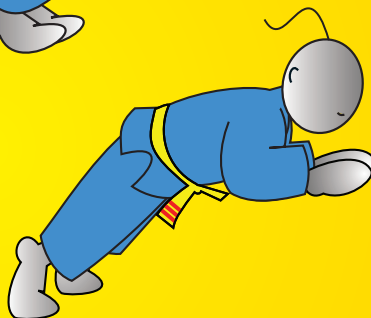
As you fall forwards place both your arms in front of you.

1



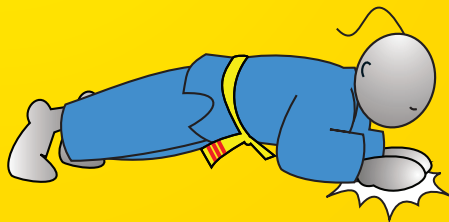
Keep your elbows bent and palms facing the mat. As you fall forward keep your toes bent.

2



Keep your whole body straight and as you hit the ground slap the mat.

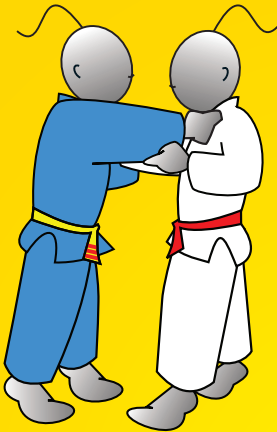
3





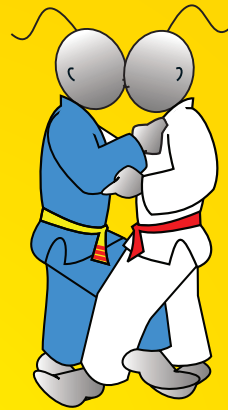
O-uchi-gari

1



Pull your partner's lapel to get them to step forwards and lose balance.

2



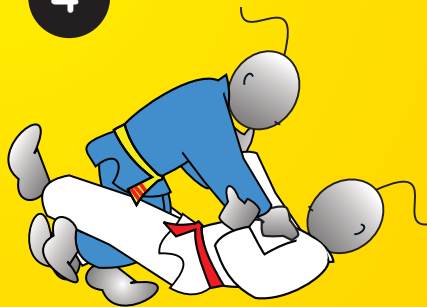
Hook your leg through Uke's. The back of your leg should touch Uke's calf.

3



Reap your partner's leg towards you, lifting their leg off the mat.

4

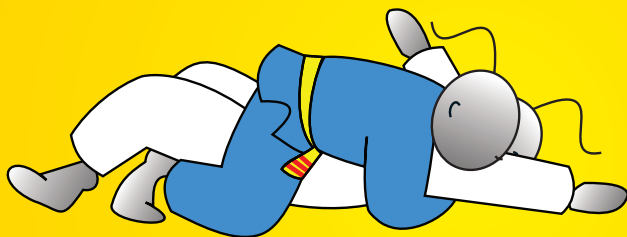


Keep pushing backwards to throw Uke onto his back, allowing them to breakfall.



TECHNIQUES

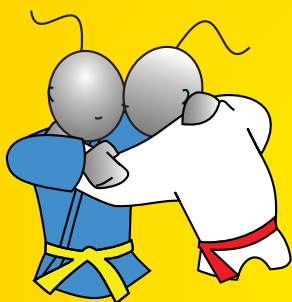
Tate-shiho-gatame



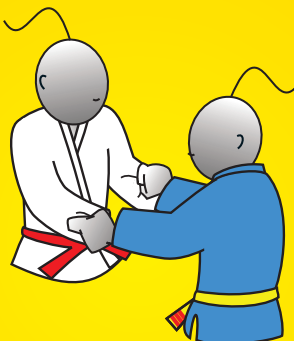
Kneel astride Uke. Push Uke's arm up and across. Use your head to pin the trapped arm.

Slide your other arm around Uke's neck and hook your feet under Uke's legs.

Demonstrate other grips



High Lapel Grip:
Hold higher on the lapel and sleeve



Two sleeves: Hold both sleeves.



Two sided*: Hold the sleeve and nearside lapel.

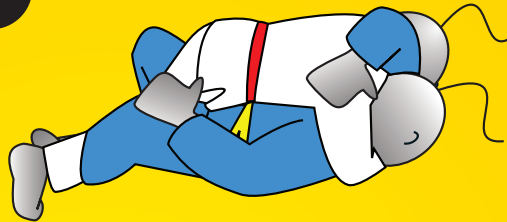
* Remember with all two sided grips you must follow the grip with an immediate attempt to throw.



Escape from Tate-shiho-gatame

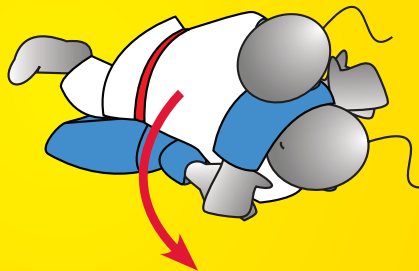
First, lock Uke to you, clamping their upperbody to your own.

1



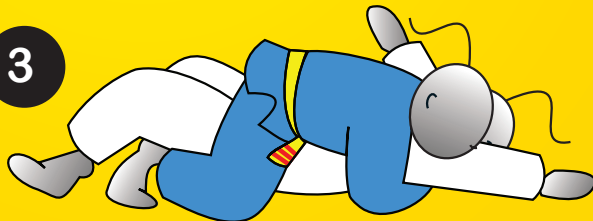
Place your foot over Uke's leg. Now roll to the side, where you have trapped the leg.

2



As you roll over, hook your feet under Uke's to hold with Tate-shiho-gatame.

3

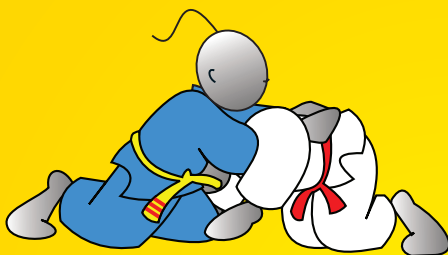




TECHNIQUES

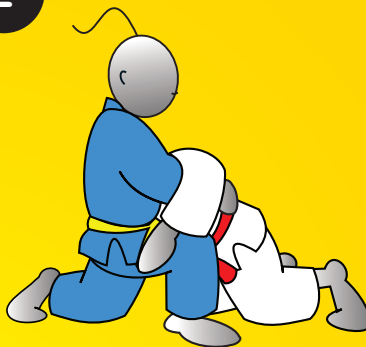
Turnover into Mune-gatame

1



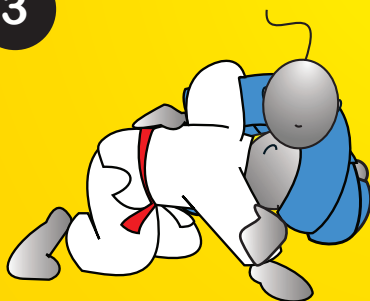
Reach under Uke's arm and grab their belt.

2



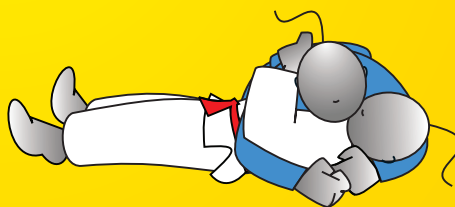
Come up on one knee, pulling Uke's arm upwards.

3



As you tilt Uke over, grab the far arm so they can't block you.

4



Keep turning your partner over until they roll onto their back. Hold them in Mune-gatame.



O-uchi-gari into Tate-shiho-gatame

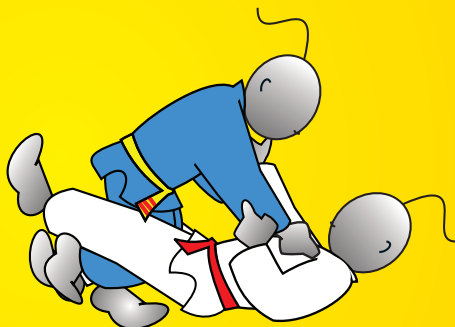
Start by doing O-uchi-gari as shown on a previous page.

1



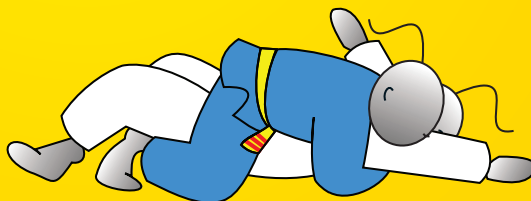
As Uke lands place your legs either side, keeping control of the upper body.

2



Quickly go into Tate-shiho-gatame, hooking your feet under your partner's legs.

3



6TH MON



THEORY

For your 6th Mon you will need to do the following:

Personal Choice



Demonstrate two favourite waza (techniques).
Demonstrate Nage-komi (throwing) in light randori.
Both Tori and Uke should throw alternately using a variety of techniques both to the left and right.
Demonstrate standard and alternative grips.

Terminology

Know the English translations for all the Japanese terminology used in this section.

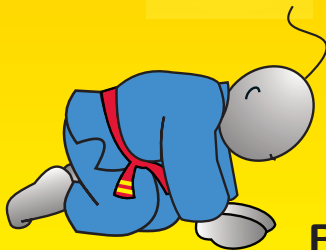
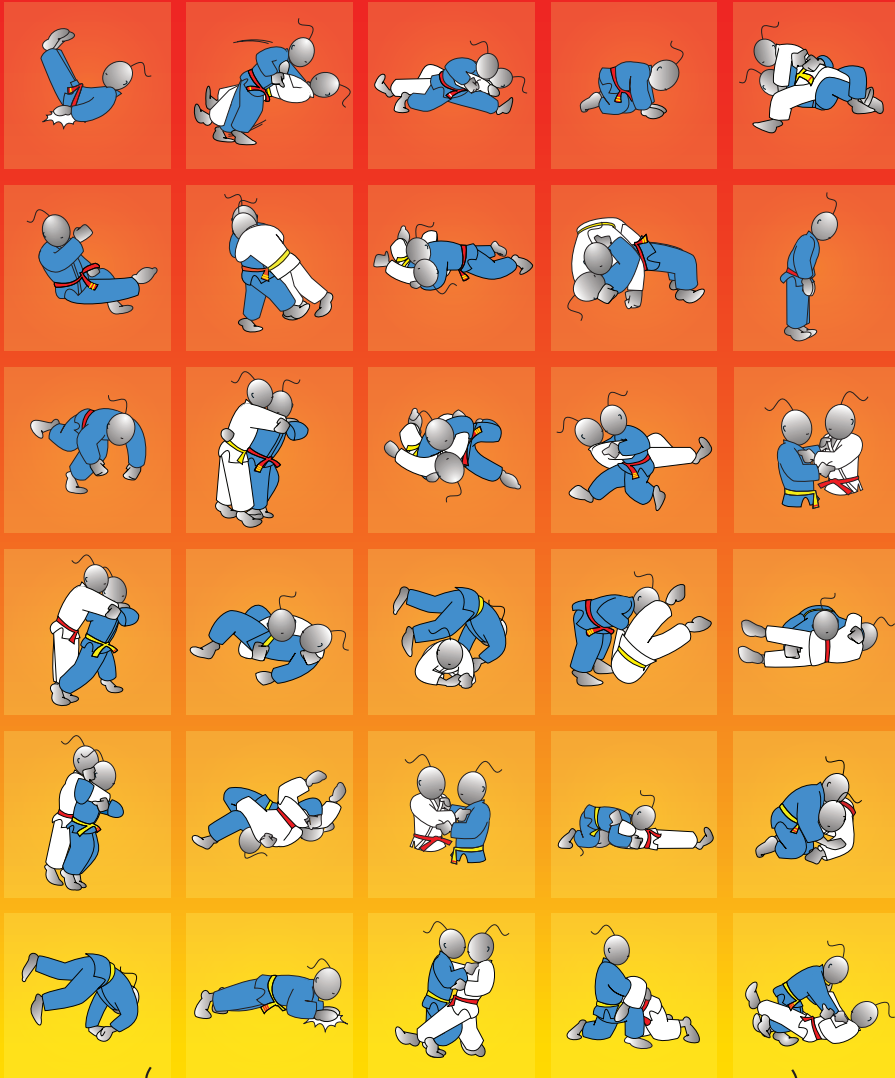
Judo Knowledge

Give two examples of actions that are not allowed in judo.
Remember - if you do something that is not allowed in judo you will receive a penalty. Always fight within the rules!

NOVICE TO 6TH MON

BJA SYLLABUS

ALL TECHNICAL REQUIREMENTS



This book will guide you from novice to 6th Mon in a fun, interactive way as you solve puzzles and learn your judo techniques and theory.

BRITISH JUDO ASSOCIATION

