

BRITISH JUDO



KYU GRADE PROMOTION SYLLABUS: TECHNICAL CONTENT: 6TH KYU – 5TH KYU

(Revised edition September 2024)

6TH KYU – 5TH KYU

RED TO YELLOW BELT

FUNDAMENTAL SKILLS

UKEMI:

- Mae Ukemi

TACHI-WAZA:

- Tai-otoshi
- Ippon-seoi-nage
- Ouchi-gari

OSAEKOMI-WAZA:

- Yoko-shiho-gatame
- Tate-shiho-gatame
- Kami-shiho-gatame

PERFORMANCE SKILLS

TRANSITION INTO NE-WAZA:

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

The judoka may substitute any osae-komi-waza to transition from the tachi-waza listed effectively.

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' action
- 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 face-down prone position)

KUMI-KATA:

- Demonstrate the right and left standard grips
- Demonstrate right against left grips, double lapel, and high collar grips

Kumi-kata is introduced for this grade; the judoka must demonstrate the standard grips and alternatives.

NAGE-KOMI / RANDORI:

- Demonstration of Nage-komi in light randori with a cooperative partner

Nage-komi is a requirement for this grade through a light Randori demonstration lasting approximately two minutes.

In this demonstration, each judoka alternates throwing their partner. While repetition is permitted, the assessor seeks a wide array of techniques showcased, ideally demonstrating proficiency on both the right and left sides. Emphasising versatility and skill remains paramount during this demonstration.

PERSONAL CHOICE

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

The judoka can choose which techniques they would like to show and demonstrate them to the left or right using any suitable grip.

SUPPLEMENTARY JUDO KNOWLEDGE

- Explain the meaning of the Japanese terminology used in this section (see table below).

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- Give two examples of actions against the contest rules.
- Demonstrate a sound knowledge of the Judo Moral Code.

JAPANESE	ENGLISH DESCRIPTION
Ippon-seoi-nage	One Arm Shoulder Throw
Kami-shiho-gatame	Upper Four Quarters Hold
Kumi-kata	Engagement Position
Mae Ukemi	Front Breakfall
Mune-gatame	Chest Hold
Nage-komi	Repetitive Throwing
O-uchi-gari	Major Inner Reaping Throw
Randori	Free Practice
Tai-otoshi	Body Drop Throw
Tate-shiho-gatame	Lengthwise Four Quarters Hold
Yoko-shiho-gatame	Side Four Quarters Hold