

## JUDO SCOTLAND GRADING SYLLABUS FOR KYU GRADES

| 6 <sup>TH</sup> KYU   |                            |   |  |  |  |
|---|----------------------------|---|--|--|--|
| Tachi- waza   | Osae komi-waza             | Transition  | Ne-waza  | Shime-waza                                     | Kansetsu-waza                          |
| Five throw's coach's choice.  | Five holds coach's choice. | Any three throw holds coach's choice.<br>Candidate to be thrown and held down.<br>Show movement about the mat with a willing partner. | Show how to submit.<br>Fundamental ground work movement (movement on back) | Show any two Strangles /Chokes coach's choice. | Show any two arm locks coach's choice. |
| Translations  |                            |   |  |  |  |
| Know the English translations for Dojo, Hajime, Matte, Ukemi, Wazari, Sono mama, Yoshi, Yuko, Ippon, Soremade, Osae Komi, Tokketa. Demonstrate the correct bowing procedure for standing bow (ritsurei) kneeling bow (Za rei). Show the correct way to tie your belt (obi)  |                            |   |  |  |  |
| Notes   |                            |   |  |  |  |
| <ol style="list-style-type: none"> <li>1. Kansetsu waza is introduced at this level; demonstrations must be made in a controlled manner with special attention being paid to ukes safety.</li> <li>2. Good communication and encouragement should be given by the coach /examiner to the candidate.</li> <li>3. All nage waza shall be performed on the move.</li> <li>4. All Kansetsu waza and shime waza shall be applied from a standard position then from a contest situation</li> </ol> |                            |   |  |  |  |