



JudoScotland

Kai Grade Syllabus

4th to 6th Kai

4th Kai

Front breakfall
from knees.
Forward roll from
standing.

Two throws
coaches choice.
Show movement
with partner.

Two holds coaches
choice.
Show how to tie
your belt.
What does ukemi
mean?

5th Kai

Side breakfall from
standing.

Show two throws
coaches choice.

Two holds coaches
choice.
Show how to submit.
What does ippon and
soremade mean?

6th Kai

Back breakfall
from standing.

Two throws
coaches choice.

Two holds coaches
choice.
What do waza ari,
sonomama and
yoshi mean?