



JudoScotland

# Kai Grade Syllabus

## 7th to 9th Kai

### 7th Kai

Backward roll  
from crouching  
position on to your  
knees.

Two throws  
coaches choice.  
Osoto otoshi.

Two holds coaches  
choice Kesa gatame.  
Show how to take a  
grip.  
Show the referees  
sign for matte.

### 8th Kai

Forward roll from  
standing on to  
your feet.

Two throws  
coaches choice.  
De ashi barai.

Two holds coaches  
choice.  
Mune gatame.  
1 minute randori with a  
willing partner.  
Show the referees sign  
for ippon.

### 9th Kai

Backward roll  
from standing on  
to your knees.

Two throws  
coaches choice.  
Osoto otoshi De  
ashi barai.

Two holds coaches choice.  
Kesa gatame Mune  
gatame.  
1 minutes newaza with a  
willing partner.  
Show the referees sign for  
waza ari.