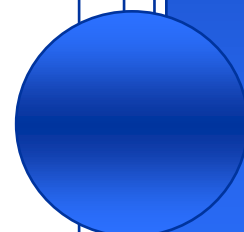


JudoScotland

KYU GRADE PROMOTION SYLLABUS

Revised edition 1st October 2013
(draft 20 Aug 2013) inc fee change

EFFECTIVE 1ST OCT 2013



INTRODUCTION

This syllabus, effective from **1st October 2013**, supersedes all previously published syllabi. All previously taken theory examinations higher than the contest grade are no longer valid.

Within JudoScotland there are six Kyu grades. The grades are indicated by the following coloured belts:-

6 th Kyu	Red Belt	3 rd Kyu	Green Belt
5 th Kyu	Yellow Belt	2 nd Kyu	Blue Belt
4 th Kyu	Orange Belt	1 st Kyu	Brown Belt

Promotion within the Kyu grades is based on technical knowledge and understanding, together with Japanese terminology and supplementary knowledge. There is no contest requirement in the Kyu Grade syllabus. However, there is a progressively structured Randori element at the higher grades, where at the highest level, Randori is based on open skills.

For grades up to and including 4th Kyu, promotion examinations should be completed within the candidate's club and can be examined by the same coach that instructed the candidate.

For 3rd Kyu and above, promotion examinations may be completed within the club but candidates may also grade at Inter-club, area promotion examinations and at any other event such as a Technical Training course. It is good practice that the examiner should be different from the coach.

With regular study and training, the judoka should be able to complete the syllabus and attain the grade of 1st Kyu in approximately three years (the keen judoka may attain the grade of 1st Kyu after two years of diligent study). It is, however, vitally important that all they follow the progressive study of techniques detailed in this syllabus and attempt promotion to the next grade at regular intervals.

All judoka are encouraged to take increasing responsibility for their technical development as they progress through the grades and it may be necessary for them to undertake supplementary study and training in addition to that which is available at the **judoka's** club. Study of the JUDOScotLAND Technical Grading Syllabus (TGS) and other resources will be highly beneficial (see page 6 for further information).

Important Notes:

- 1. Candidates can only be graded one grade at a time. (See Fast Tracking on Page 5 and fast track policy for exceptional circumstances)**
- 2. Although there is no contest requirement in this promotion syllabus, judoka are encouraged to participate in competition of the appropriate level for their age and experience. There are many competitive opportunities which can be used to supplement the judoka's technical development.**

MINIMUM AGE

Judoka may choose to seek promotion under the Kyu Grade syllabus on reaching 14 years of age. Judoka are encouraged to seek advice from their coach on whether they should seek promotion under the Kyu Grade Syllabus. **Junior judoka of 1st Kyu aged 14 can collect promotion points towards their Dan grade in point scoring competitions, but are not able to enter Dan gradings until the age of 15. Age 15 is also the minimum age they can register for promotion to 1st Dan as specified in the Dan Grade Syllabus.**

AUTHORITY TO GRADE

The following may conduct examinations in accordance with the Memorandum and articles of the association and Bye-Laws of the association. They must have either a current valid coach or examiner's card, hold current individual membership, have attended the appropriate grading revalidation module and are the only ones authorised to submit a completed grading sheet.

Novice to 1st Kyu

- BJA Level 2 Coach - see note
- BJA Level 3 Coach
- BJA Senior Examiner

ADMINISTRATION

All candidates must hold current full JUDOSCOTLAND Individual Membership: this membership number will be recorded on the **Grade** Registration Sheet.

Grading test success is registered at JUDOSCOTLAND Head Office within 28 days by completing the Grade Registration Sheet in accordance with the instructions on the sheet.

GRADING FEES

The JUDOSCOTLAND charges a grading fee of £10.50 for all gradings (including transfers). This fee is used for the administration and development of the JUDOSCOTLAND's grading schemes and must be forwarded to the JUDOSCOTLAND along with completed Grade Registration Sheet.

The JUDOSCOTLAND recognises that organisers of gradings may require to add a surcharge to the £10.50 grading fee to cover additional costs such as venue hire, examiner's expenses etc. The JUDOSCOTLAND recommends a maximum surcharge of £5.00 but recognises that grading organisers may charge more or less depending on circumstances. Any surcharge should be retained by the grading organiser and not sent to the JUDOSCOTLAND.

TIME REQUIREMENTS AND FREQUENCY OF PROMOTIONS

Novice Up To and Including 5th Kyu

Candidates may be promoted one Kyu grade per calendar month.

From 5th Kyu and Above

Candidates may be promoted one Kyu grade every three calendar months. There is no limit to the number of attempts to gain promotion.

NOTES ON THE TECHNICAL REQUIREMENTS

Techniques must be demonstrated in an appropriate practical situation and it is intended that the exam process should become greater in depth as the candidate progresses through the grades and acquires greater knowledge and understanding of Judo.

Some of the terminology that has been included in the earlier grades, is to ensure that the candidate is conversant with, for example, the main terms used in refereeing.

From 4th Kyu and above there is no specific Ukemi requirement. The candidate may, however, be required to act as Uke and must be able to demonstrate the level of Ukemi required by the grade.

All demonstrations will be presented in a formal manner either static or on the move to the candidate's preferred side. All techniques will be demonstrated once only. The examiner may ask for further demonstrations and also test that the candidate understands the key principles involved in the application of the technique, Kuzushi (balance breaking), Tsukuri (positioning), Kake (application of force), Kime (control). Techniques and applications must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and movement.

The examiner may decide to test the candidate on any items from any of the previous grades already passed.

Candidates for examination must wear clean judogi and maintain a high standard of personal hygiene. Hair must be secured back, if it is long enough to impede their partner.

No metallic or hard object including body piercings may be worn – rings must be removed, it is not sufficient to cover them with adhesive tape.

Candidates are to be conversant with the contest rules, in particular prohibited acts.

Male and Female candidates may be examined together, as can candidates of different age and physique.

All judoka must have a record of contest activity on at least 2 occasions recorded in their JUDOSCOTLAND record book under "Record of Judo Events Attended", (signed by a JUDOSCOTLAND official) before entering their first competitive Dan grading. Also, they must be a minimum age of 15 to enter the Dan grading and to be promoted. SEs will carry out random checks of record books during the grading booking in process.

Although there are no specified requirements, the candidate must understand and observe the simple regulations and terminology governing randori, including the correct method for signalling submission.

RECOMMENDED COMPETITION/ RANDORI PROGRAMME

- 6th Kyu Judoka should be proficient in light randori/nage komi/ukemi sufficient to support entry into red belt events.
Enters 1 red belt event or closed club competition - Level 1 (this can just be pairing of players for informal contest with a Level 2 coach refereeing)
- 5th Kyu Judoka should be proficient as above to support their participation in yellow belt comps
Enters low Kyu grade competition for yellow belts or
Takes part in inter-club randori or competition - Level 2
- 4th Kyu Judoka participates in regular club randori
Enters low level area or equivalent competitions Level 2 or multi club randori such as county squad training
- 3rd Kyu Judoka participates in above
Judoka enters area competitions or equivalent - Level 3
Judoka takes part in area or equivalent randori/training
- 2nd Kyu Judoka satisfies all above and enters an Area or equivalent championships - Level 3
- 1st Kyu Judoka is competing and participating in a level of randori that would prepare them to enter their first competitive Dan grading

PERSONAL CHOICE

For each grade there is element of personal choice. This element has been included to encourage originality and to assist the judoka in developing a personal style which is suitable for their physique and personality.

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

There is a limited amount of supplementary knowledge required, the main emphasis on the use of the correct Japanese terminology. For promotion to all grades, candidates are required to know the common English names and meaning of all Japanese terminology used for the grade and, where appropriate, must be able to discuss with the examiner the reasons for their choice of technique, grip etc.

CONVERSION FROM THE MON GRADE SYLLABUS

Judoka of 14 years of age and above who hold a Mon grade may, if they wish, convert to the Kyu grade. The following table will be used for all Mon grade conversions. It may appear that the Mon grade is converting to a lower level of examination; **however, this is to cover the complete equivalent range of waza required**. Players holding a Mon **grade must be** converted to the Kyu grade on reaching the age of 18.

<i>Mon Grade</i>	<i>Kyu Grade</i>	<i>Mon Grade</i>	<i>Kyu Grade</i>
1st Mon	Novice	10th Mon	to 4th Kyu
2nd Mon	Novice	11th Mon	to 4th Kyu
3rd Mon	to 6th Kyu	12th Mon	to 3rd Kyu
4th Mon	to 6th Kyu	13th Mon	to 3rd Kyu
5th Mon	to 6th Kyu	14th Mon	to 3rd Kyu
6th Mon	to 5th Kyu	15th Mon	to 2nd Kyu
7th Mon	to 5th Kyu	16th Mon	to 2nd Kyu
8th Mon	to 5th Kyu	17th Mon	to 2nd Kyu
9th Mon	to 4th Kyu	18th Mon	to 1st Kyu

QUALITY CONTROL

Club gradings may be subject to visits from the Area Director of Examiners (ADofE) to provide support and ensure a consistent application of the examination criteria. These visits will be selected on a random basis as a means of sampling a percentage of the clubs within the area. The ADofE may appoint other authorised officials to carry out this responsibility.

Areas and Club gradings may be visited by the National Promotions and Gradings Manager (NPGM), again to ensure consistent application of the exam criteria.

CANDIDATES FROM IJF/EJU MEMBER ORGANISATIONS

It is acknowledged that there are many Judoka from foreign countries residing in the UK and joining the JUDOSCOTLAND. If they hold a grade in an association that is a member of the International Judo Federation (IJF) or European Judo Union (EJU), then that grade is accepted by the JUDOSCOTLAND. Examiners are to convert the colour belt from the original association to the higher JUDOSCOTLAND grade e.g. An IJF Kyu Blue belt would become a JUDOSCOTLAND 2nd Kyu. The normal grade registration fee of £10.50 applies.

TRANSFER FROM NON JUDOSCOTLAND ORGANISATIONS

In a similar way to the process for recognising IJF/EJU judoka, candidates from non JUDOSCOTLAND organisations (including independent organisations), that have joined the JUDOSCOTLAND, may convert from the colour held in the previous organisation to the colour appropriate to the JUDOSCOTLAND grade. However they must undertake the examination of all the previous grades and this can be done by examining a percentage of the syllabus deemed suitable by the examiner. If the examiner is satisfied that the candidate has demonstrated the knowledge and understanding appropriate to the grade being converted he can add the candidates name to the Grade Registration Sheet annotating the "From Grade" block as initials of previous organisation e.g. British Judo Council (BJC). The normal grade registration fee of £10.50 applies.

FAST TRACKING

Any judoka that have no record of grade for reasons such as lost record book, achieved grade prior to JUDOSCOTLAND computer records, returning to judo after long absence etc, may be assessed by the ADofE in order to re-join the grading scheme at the appropriate grade commensurate with prior technical knowledge. The ADofE may appoint an authorised official to carry out this responsibility.

FAST TRACKING POLICY IN EXCEPTIONAL CIRCUMSTANCES

JudoScotland recognise that all judoka have varying levels of capacity for learning, depending on a vast range of factors including age, ability, experience and frequency of judo instruction. In order to provide a credible and fair grading scheme, individuals authorised to conduct grading examinations for Mon and Kyu grades in accordance with the syllabus instructions may, under exceptional circumstances, apply to deviate from the syllabus time requirements or frequency of promotions in order to promote a candidate. They are to follow the process as detailed below:

- The individual proposing to conduct the promotion examination must seek prior approval from JUDOSCOTLAND Promotions Commission by contacting the National Promotions and Gradings Manager (NPGM) by e-mail or by letter.
- They must provide a detailed explanation of the extenuating circumstances and candidate's age and grading history by way of grades achieved and date awarded.
- Application must also confirm that the candidate has, in their opinion, the necessary skills to complete the syllabus requirements for the grade which is being recommended. All applications will be subject to random verification on a sampling basis by a commission appointed official in order to maintain an audit trail.
- The NPGM will make a decision set by earlier precedents or will seek approval from the Promotions Commission Chairman.
- The NPGM will inform the individual proposing to conduct the promotion examination of the final decision which will be copied to JUDOSCOTLAND Head office.

- On receipt of approval, the individual proposing to conduct the promotion examination official may then conduct the examination and then submit grade registration sheet together with written commission authorisation.
- In addition to the grading fee, an additional administration charge of £10.50 per candidate must be submitted with grade registration sheet.

Note: The JUDOSCOTLAND are committed to ensure that all judoka are of the correct grade in accordance with their ability and it is considered poor practice for judoka to be held back in a lower grade in order to obtain an advantage in certain levels of competition.

SPECIAL NEEDS(SN) GRADINGS INCLUDING VISUALLY IMPAIRED (VI)

The purpose of the grading syllabus is to help coaches provide a safe, **enjoyable** and stimulating learning environment where all people with special needs feel confident and motivated to reach their individual potential as a judoka. SN/VI judoka may choose in consultation with their coach to take part on this mainstream technical syllabi for Mon and Kyu grades. If they decide that the mainstream syllabus is not suitable they should contact the Inclusion commission to participate in the separate Special Needs grading system.

The coach/examiner and judoka should work together and in the practical section where a waza is not possible due to any type of restriction or limitation by the judoka, then the waza should be substituted for a waza more appropriate but within the grading criteria. For the verbal part of the exam, the judoka can by any appropriate means, pass on the information required to the examiner. There is no pass or fail and the examination process can take minutes or quite a few days. When the examiner is satisfied that the candidate has completed the requirements for the grade, the promotion is then registered with the JUDOSCOTLAND and also recorded in the candidates' record book.

A great amount of discretion is given to the coach and/or examiner, with the grading scheme being very flexible in dealing with all needs. All mainstream documentation should be utilised, however, on submission of grade registration to the JUDOSCOTLAND, the Inclusion Commission is to be copied in (via JUDOSCOTLAND Head Office attention SN gradings co-ordinator) with any deviations from the syllabus in order to monitor and distribute best practice. Although generally considered best practice that a different person should examine than the coach, it is acknowledged that the candidates own coach is best placed to determine the ability and best time to carry out the exam.

Important Note:

Each candidate taking part in an examination should be relaxed with no tension or stress. If the candidate is unable to complete any section of the examination, their coach will either adapt or replace the waza with one that the candidate is able to complete. The aim is to challenge players according to their individual abilities so that each player is fully able to reach their potential. The candidate should be given the opportunity to develop and demonstrate their skills and understanding of judo and therefore qualify and progress through the higher grades by virtue of their personal efforts. This grading process is a working partnership between coaches, examiners, players and parents/guardians.

BJA TECHNICAL GRADING SYLLABUS BOOK

The BJA Technical Grading Syllabus (TGS) referred to in this document is a separate publication which may be purchased directly from the BJA. The TGS is a photographic guide which is intended to act as a memory aid to assist candidates prepare for grading examinations. The 320-page book is crammed full of coloured photographs which illustrate the basic principles of body placement and the most effective grips. Many of the techniques are additionally illustrated by contest photographs and English translations of the Japanese names are also included. This book is an essential resource for all judoka.

ADDITIONAL RESOURCES AND INFORMATION

The JUDOSCOTLAND is developing a range of additional resources to support candidates seeking promotion. These resources will be available to purchase or to download from the JUDOSCOTLAND website (www.JudoScotland.com).

Any queries, requests for further information should be addressed to the JUDOSCOTLAND at the address below.

JudoScotland
EICA
South Platt Hill,
Ratho
Newbridge
EH28 8AA

NOVICE – 6TH KYU

FUNDAMENTAL SKILLS

Ukemi:

- Ushiro Ukemi
- Yoko Ukemi
- Mae Mawari Ukemi

Tachi-waza:

- Osoto-otoshi
- De-ashi-barai
- Uki-goshi

Osaekomi-waza:

- Kesa-gatame
- Mune-gatame
- Kuzure-kesa-gatame

PERFORMANCE SKILLS

Combination Techniques:

- Osoto-otoshi into Kesa-gatame
- De-ashi-barai into Mune-gatame
- Uki-goshi into Kuzure-kesa-gatame

Ne-waza:

- escape from Kesa-gatame by trapping Uke's leg
- escape from Mune-gatame using a 'bridge and roll' action
- escape from Kuzure-kesa-gatame using 'sit up and push'

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two tachi-waza and two osaekomi-waza from the JUDOScotLAND Technical Grading Syllabus

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section
- translate the following Japanese words into their common English names and where appropriate explain their meaning:

Dojo	Hajime	Rei
Judogi	Matte	Toketa
Zori	Osaekomi	Randori

- demonstrate
 - the correct tying of the obi
 - the correct wearing of the judogi
 - the correct bowing procedures Tachi-rei and Za-rei
- answer the following questions:
 - Who is the founder of modern judo?
 - In which country was judo devised?

NOTES

1. For the personal choice element, the judoka may select any waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.

6TH KYU – 5TH KYU

FUNDAMENTAL SKILLS

Ukemi:

- Mae Ukemi

Tachi-waza:

- Tai-otoshi
- Ippon-seoi-nage
- O-uchi-gari

Osaekomi-waza:

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

PERFORMANCE SKILLS

Combination Techniques:

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

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'
- 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 prone position)

Kumi-kata:

- right and left standard grips
- alternatives to standard grips e.g. right versus left grips, double lapel and high collar grips

Randori:

- demonstration of Nage-komi in light Randori with a co-operative partner

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two tachi-waza and two osaekomi-waza from the JUDOScotLAND Technical Grading Syllabus

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section
- give two examples of actions against the contest rules

NOTES

1. Nage-komi is introduced for this grade. It is to be demonstrated in the form of light randori which be of approximately two minutes duration with each judoka throwing alternately. Although throws may be repeated, the examiner will expect to see a variety and, if possible, to both right and left sides.
2. Kumi-kata is a requirement for this grade and the judoka is required to demonstrate the standard grips and alternatives.
3. For the personal choice element, the judoka may select any waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.

5TH KYU – 4TH KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Tsuru-komi-goshi
- O-goshi
- Seoi-otoshi
- Morote-seoi-nage
- O-soto-gari
- Ko-uchi-gari
- Ko-soto-gake
- Ko-soto-gari

PERFORMANCE SKILLS

Combination Techniques:

- O-uchi-gari into Ko-uchi-gari
- Ko-uchi-gari into O-soto-gari or O-soto-gake
- Ko-uchi-gari into Morote-seoi-nage
- Ippon-seoi-nage into Ko-uchi-gari
- any technique as combinations with
 - Seoi-otoshi
 - Ko-uchi-gari

Counter Techniques:

- O-uchi-gari countered by Tsuru-komi-goshi
- Tai-otoshi countered by Ko-soto-gari or **gake**

Ne-waza:

- escape
 - from Kesa-gatame using 'bridge and roll'
 - into Kesa-gatame from between Uke's legs'
 - into Yoko-shiho-gatame from between Uke's legs
- arm roll
 - from behind Uke
 - from in front of Uke
- turn over from underneath Uke into Tate-shiho-gatame

Randori:

- demonstration of attacking and defending in light Randori with a co-operative partner

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate three waza (two tachi-waza and one ne-waza) from the BJA Technical Grading Syllabus and demonstrate them as a combination, a counter and as a transition into ne-waza

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc
- translate the following Japanese words into their common English names and where appropriate explain their meaning:

Shido	Hiki-wake	Uke	Tori
Hansoku-make	Waza-ari-awasete-ippun		

- demonstrate the Referee's signals for:

Matte	Osaekomi	Toketa	Adjusting the judogi
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- demonstrate the proper procedures for coming onto and leaving the mat during a contest
- give two examples of actions (not grips) against the contest rules
- give two examples of grips against the contest rules for negative or safety reasons

NOTES

1. Randori is introduced for this grade. It is to be demonstrated in the form of light Randori of approximately three minutes duration. The examiner will expect to see a variety of waza and kumi-kata and, if possible, throws to both right and left sides.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.

4TH KYU – 3RD KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Harai-goshi
- Uchi-mata
- Hiza-guruma
- Sasae-tsuru-komi-ashi
- Hane-goshi
- Okuri-ashi-barai
- Morote-eri-seoi-nage

Kansetsu-waza:

- Ude-gatame
- Waki-gatame
- Hiza-gatame
- Juji-gatame

PERFORMANCE SKILLS

Kansetsu-waza:

- Juji-gatame
 - sit back entry
 - roll over entry
 - over the shoulder entry
 - entry from beneath

Randori:

- demonstration of attacking, defence, avoidance and continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series of combinations and counters

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc

NOTES

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.
3. Kansetsu-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke. Judoka should always apply kansetsu-waza with care and control especially in a randori situation and when training with less experienced judoka. **From this grade onwards, candidates under the age of 16 and therefore hold a junior licence - must not apply Kansetsu waza to the point of submission and is taught so that the judoka has an understanding and awareness of the application.**

3RD KYU – 2ND KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Soto-maki-komi
- Tani-otoshi
- Yoko-guruma
- Tomoe-nage
- Yoko-tomoe-nage
- Uki-waza

Shime-waza:

- Okuri-eri-jime
- Nami-juji-jime
- Gyaku-juji-jime

Kansetsu-waza:

- Ude-garami

PERFORMANCE SKILLS

Combination Techniques:

- Ude-garami from Kuzure-kesa-gatame
- Knowledge of selected Kaeshi-waza

Ne-waza:

- Koshi-jime – Uke attempts Seoi-otoshi (dropping attack)
- Kata-te-jime - Uke in “all fours” position
- Nami-juji-jime – Uke underneath (between Tori’s legs)
- Gyaku-juji-jime – Uke on top (between Tori’s legs)
- Okuri-eri-jime – Uke makes Seoi-otoshi (dropping attack)

Kumi-kata:

- introduction to performance Kumi-kata (gripping) skills

Randori:

- demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner

PERSONAL CHOICE 1

Candidates are required to:

- select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series combinations and counters

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc

NOTES

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.
3. Shime-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke. Judoka should always apply Shime-waza with care and control especially in a randori situation and when training with less experienced judoka.

2nd Kyu – 1st Kyu

Fundamental Skills

Tachi-waza:

- Sode-tsuri-komi-goshi
- **Kata**-guruma
- Ryo-hiza-seoi-otoshi
- Sumi-gaeshi
- Yoko-gake
- Ko-uchi-gake-maki-komi
- Ushiro-goshi
- Ura-nage
- Uki-otoshi
- Koshi-guruma

Shime-waza:

- Kata-ha-jime
- Hadaka-jime
- Kata-te-ashi-koshi-jime
- San-gaku-jime

Performance Skills

- knowledge of performance forms of selected techniques

Tachi-waza:

- Demonstrate any two variations of Sumi-gaeshi

Ne-waza:

- San-gaku-gatame – complex entry
- San-gaku-jime – complex entry
- San-gaku-osae-gatame – turnover and hold
- Hadaka-jime – Uke prone position
- Kata-ha-jime – Uke “all fours” position

Randori:

- demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner

Personal Choice 1

Candidates are required to:

- select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series combinations and counters

AND

Personal Choice 2

Kata

- demonstrate any 1 set of the Nage-no-kata **or** any 1 set of the Katame-no-kata

Terminology and Supplementary Knowledge

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc.
- give three example of any of the penalties in the competition rules.

Notes

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.
3. Kata demonstrations must be performed in the traditional manner and include the formal opening and closing bowing procedures.

APPENDIX 1 - TERMINOLOGY

Japanese	English Description	TGS Page
De-ashi-barai	Advancing Foot Sweep	12
Dojo	Judo practice hall	
Gyaku-juji-jime	Reverse Cross Strangle	182
Hadaka-jime	Naked Strangle	183
Hajime	Begin - Referee's command to start a judo contest	
Hane-goshi	Spring Hip	13
Hansoku-make	Disqualification	
Harai-goshi	Sweeping Hip	15
Hiki-wake	Referee's announcement of a draw at the end of a contest	
Hiza-guruma	Knee Wheel	18
Ippon	Complete point	
Ippon-seoi-nage	One arm shoulder	20
Judogi	Judo uniform	
Judoka	Judo player	
Juji-gatame	Cross armlock	201
Kaeshi-waza	Counter techniques	
Kami-shiho-gatame	Upper four quarters hold	167
Kata-guruma	Shoulder wheel	124
Kata-ha-jime	Single collar strangle	185
Kata-te-ashi-koshi-jime	Single hand leg hip strangle	187
Kata-te-jime	Strangle with one hand	
Kata-uchi-ashi-dori	Single inner leg grab	28
Kesa-gatame	Scarf hold	169
Koshi-guruma	Hip wheel	29
Ko-soto-gake	Minor outer hook	30
Ko-soto-gari	Minor outer reaping	31
Ko-uchi-gake-maki-komi	Minor inner hook thigh winding	
Ko-uchi-gari	Minor inner reaping	34
Ko-uchi-gake	Minor inner hook	32
Kumi-kata	Engagement position	
Kuzure-kami-shiho-gatame	Broken upper four quarters hold	170
Kuzure-kesa-gatame	Broken scarf hold	171
Kuzure-tate-shiho-gatame	Broken lengthwise four quarters hold	172
Mae mawari ukemi	Forward rolling breakfall	
Morote-eri-seoi-nage	Two handed lapel shoulder	37
Morote-seoi-nage	Two handed shoulder	134
Mune-gatame	Chest hold	175
Nage-komi	Repetitive throwing	
Nami-juji-jime	Normal cross strangle	191
Ne-waza	Groundwork techniques	
Obi	Belt	

O-goshi	Major hip	42
Okuri-ashi-barai	Double foot sweep	44
Okuri-eri-jime	Sliding collar strangle	192
Osaekomi	Hold down	
Osaekomi-waza	Holding techniques	
Osoto-otoshi	Major outer drop	138
O-uchi-gari	Major inner reaping	50
Randori	Free practice	
Rei	Bow	
Renraku-waza	Combination techniques in the opposite direction	
Renzoku-waza	Combination techniques in the same or similar direction	
Ryo-hiza-seoi-otoshi	Two knee shoulder drop	53
San-gaku-jime	Triangular strangle	194
San-gaku-osae-gatame	Triangular strangle and hold down	
Sasae-tsuri-komi-ashi	Propping drawing ankle	54
Seoi-otoshi	Shoulder drop	56
Shido	Light penalty (minor infringement)	
Sode-tsuri-komi-goshi	Sleeve lift pull hip	21
Soto-maki-komi	Outside winding	59
Sumi-gaeshi	Corner throw	62
Tachi-rei	Standing bow	
Tachi-waza	Standing techniques	
Tai-otoshi	Hand throw body drop	63
Tani-otoshi	Valley drop	64
Tate-shiho-gatame	Lengthwise four quarters hold	177
Toketa	Hold broken	
Tomoe-nage	Circle throw	66
Tori	The offensive or attacking Judoka	
Tsuri-komi-goshi	Drawing hip	70
Uchi-mata	Inner thigh	73
Ude-garami	Entangled armlock	202
Ude-gatame	Arm lock	305
Uke	The defensive or defending Judoka	
Uki-goshi	Floating hip	74
Uki-otoshi	Floating drop	75
Uki-waza	Floating throw	159
Ura-nage	Rear throw	77
Ushiro Ukemi	Rear breakfall	
Ushiro-goshi	Rear hip	78
Waza-ari-awasete-ippon	Complete point from two waza-aris	
Yoko Ukemi	Side breakfall	
Yoko-gake	Side hook	82
Yoko-guruma	Side wheel	83
Yoko-shiho-gatame	Side four quarters hold	173
Yoko-tomoe-nage	Side circle throw	86
Za-rei	Kneeling bow	

JUDO SCOTLAND
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Zori	Judo footwear	
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Note Alongside the Japanese terminology is the English description of the waza and not the literal translation.