



JudoScotland

Kai Grade Syllabus

1st To 3rd Kai

1st Kai

Back breakfall
from crouching
position. Vertical
jumping with
partner.

Throw coaches
choice.

Hold coaches
choice.
What does Matte,
Hajime Mean?

2nd Kai

Forward breakfall
from crouching
position.
Horizontal jumping
with partner.

Throw coaches
choice.

Hold coaches
choice.
Do a standing bow
ritsurei.
What does dojo
mean?

3rd Kai

Side breakfall
from crouching
position.
Hopping with
partner.

Throw coaches
choice.

Hold coaches
choice.
Do a kneeling bow
(zareii).
What does judogi
mean?