



JudoScotland

## Welcome to Your Mon Grade Journey!

Are you ready to level up your judo skills? From age 8 and up, you'll begin your journey through the Mon Grade Syllabus, learning awesome techniques, Japanese words, and becoming stronger and more confident with every step!

### Mon Belt Colours

Watch your belt change colour as you grow in skill! Each new belt shows how far you've come.



### Mon Grade Badges

Collect special badges to wear on your kit and show off your progress! These badges are iron-on, so simply iron onto the edge of the front of your jacket, if you are not sure where it goes ask your coach for help.



### Syllabus Practice

Want to get better and earn your next belt? Practise your moves and knowledge with the Mon Grade Syllabus! Scan the QR code to view the syllabus, see how much you've learned and what's coming along next!



### Keyring & Obi Charms

Take your judo journey with you everywhere! When you take out a full Junior Membership, you'll get a mini judo jacket keyring. Every time you earn a new colour belt, you'll get a colourful obi charm to add to it, red for 1st - 3rd Mon, yellow for 4th - 6th Mon, and more! It's a fun way to celebrate your hard work and highlight your achievements, even outside the dojo! Can you collect all 6?