

BRITISH JUDO



MON GRADE PROMOTION SYLLABUS TECHNICAL CONTENT: 15TH MON – 18TH MON (Revised edition October 2024)

BRITISH JUDO ASSOCIATION
MON GRADE PROMOTION SYLLABUS

15TH MON – 16TH MON

BLUE BELT 3 TABS TO BROWN BELT 1 TAB

(Age Recommendation 13-15yrs)

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Uki-otoshi
- Koshi-guruma
- Ura-nage *

When demonstrating Ura-nage, it is crucial to prioritise safety. Completing the complete throw is not necessary; instead, focus on showcasing the technique's effectiveness. To enhance safety measures, consider using a landing mat during the demonstration.

SHIME-WAZA:

- Kata-ha-jime

Shime-waza must be demonstrated in a controlled manner, giving special attention to the safety of Uke.

PERFORMANCE SKILLS

TACHI-WAZA:

- Counter Koshi-guruma with Ura-nage *

SHIME-WAZA:

- Kata-ha-jime – Uke in an "all fours" position

RANDORI:

- Demonstrate attacking and defending with a cooperative partner.

The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.

During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters.

PERSONAL CHOICE

- Demonstrate four techniques individually and then as a series of combinations and counters.

The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.

The judoka must select techniques suitable for advanced combinations and counters. At this stage, the judoka should exhibit an understanding of judo principles and the ability to adapt to diverse opponents and situations. Combinations and counters can be either Tachi-waza, Ne-waza (transitions) or a combination of both.

SUPPLEMENTARY KNOWLEDGE

- Explain the meaning of all the Japanese terminology used in this section.

JAPANESE	ENGLISH DESCRIPTION
Kata-ha-jime	Single Collar Strangle
Koshi-guruma	Hip Wheel Throw
Uki-otoshi	Floating Drop
Ura-nage	Rear Throw

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16TH MON – 17TH MON

BROWN BELT 1 TAB TO BROWN BELT 2 TABS

(Age Recommendation 13-15yrs)

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Ushiro-goshi
- Sumi-gaeshi
- Yoko-gake

SHIME-WAZA:

- Hadaka-jime

Shime-waza must be demonstrated in a controlled manner, giving special attention to the safety of Uke.

PERFORMANCE SKILLS

TACHI-WAZA:

- Sumi-gaeshi as a combination with Uchi-mata
- Ushiro-goshi as a counter to Harai-goshi

SHIME-WAZA:

- Hadaka-jime – Uke in a face-down prone position

RANDORI:

- Demonstrate attacking and defending with a cooperative partner.

The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.

During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters.

PERSONAL CHOICE

- Demonstrate four techniques individually and then as a series of combinations and counters.

The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.

The judoka must select techniques suitable for advanced combinations and counters. At this stage, the judoka should exhibit an understanding of judo principles and the ability to adapt to diverse opponents and situations.

Combinations and counters can be either Tachi-waza, Ne-waza (transitions) or a combination of both.

SUPPLEMENTARY KNOWLEDGE

- Explain the meaning of all the Japanese terminology used in this section.

JAPANESE	ENGLISH DESCRIPTION
Hadaka-jime	Naked Strangle
Sumi-gaeshi	Corner Throw
Ushiro-goshi	Rear Hip Throw
Yoko-gake	Side Hook Throw

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17TH MON – 18TH MON

BROWN BELT 2 TABS TO BROWN BELT 3 TABS

(Age Recommendation 13-15yrs)

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Sode-tsuru-komi-goshi
- Ko-uchi-gake-maki-komi

SHIME-WAZA:

- San-gaku-jime

Shime-waza must be demonstrated in a controlled manner, giving special attention to the safety of Uke.

PERFORMANCE SKILLS

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

RANDORI:

- Demonstrate attacking and defending with a cooperative partner.

The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.

During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters.

PERSONAL CHOICE

- Demonstrate four techniques individually and then as a series of combinations and counters.

The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.

The judoka must select techniques suitable for advanced combinations and counters. At this stage, the judoka should exhibit an understanding of judo principles and the ability to adapt to diverse opponents and situations.

Combinations and counters can be either Tachi-waza, Ne-waza (transitions) or a combination of both.

or

- Demonstrate one set of the Nage-no-kata or the Katame-no-kata. *

* Candidates who have attained a BJA Junior Referee Award or a BJA Kata Award may, if they wish, exempt themselves from this section.

SUPPLEMENTARY KNOWLEDGE

- Explain the meaning of all the Japanese terminology used in this section.
 - Give three examples of any of the penalties in the competition rules.
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MON GRADE PROMOTION SYLLABUS

JAPANESE	ENGLISH DESCRIPTION
Kata	Forms
Katame-no-kata	Grappling Forms
Ko-uchi-gake-maki-komi	Minor Inner Hook Thigh Winding
Nage-no-kata	Throwing Forms
San-gaku-gatame	Triangular Hold Down
San-gaku-jime	Triangular Strangle
San-gaku-osae-gatame	Triangular Strangle and Hold Down
Sode-tsuri-komi-goshi	Sleeve Lift Pull Hip Throw
Sumi-gaeshi	Corner Throw