

# BRITISH JUDO



## KYU GRADE PROMOTION SYLLABUS: TECHNICAL CONTENT: 3<sup>RD</sup> KYU – 2<sup>ND</sup> KYU

(Revised edition September 2024)

**3<sup>RD</sup> KYU – 2<sup>ND</sup> KYU**  
**GREEN TO BLUE BELT**

**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
- Kata-juji-jime
- Koshi-jime
- Kata-te-jime

*Shime-waza is introduced for this grade. The demonstrations must be conducted in a controlled manner, with special attention paid to Uke's safety. The judoka should always apply shime-waza with care and control, especially in a Randori situation and when training with less experienced judoka.*

From this grade onwards, candidates under 16 with a junior licence must not apply shime-waza to the point of submission. These techniques are taught so that the judoka understands and is aware of the application.

**KANSETSU-WAZA:**

- Ude-garami

**PERFORMANCE SKILLS**

**COMBINATION TECHNIQUES:**

- Ude-garami from Kuzure-kesa-gatame

**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)

**RANDORI:**

- Demonstration of attack, defence, avoidance, and continuous attacking performance skills with a cooperative partner in tachi-waza and ne-waza in randori.

*During the Randori demonstration, the player must demonstrate knowledge of the basic performance skills, e.g., kumi-kata, renzoku-waza, renraku-waza and kaeshi-waza. The duration of the Randori will be approximately four minutes.*

**PERSONAL CHOICE**

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

*For the personal choice element, techniques must be demonstrated in an appropriate practical situation, including 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, ne-waza, or both. Techniques must be demonstrated in an appropriate practical situation, including attacking opportunity, best grip, and appropriate movement. It is expected that the player will select appropriate techniques that will allow for the demonstration of more advanced combinations and counters.*

**SUPPLEMENTARY JUDO KNOWLEDGE**

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

**BRITISH JUDO ASSOCIATION**  
**KYU GRADE PROMOTION SYLLABUS**

<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Gyaku-juji-jime	Reverse Cross Strangle
Kaeshi-waza	Counter Techniques
Kata-te-jime	Strangle with One Hand
Kata-juji-jime	Half Cross Handed Strangle
Koshi-jime	Strangle using the hip
Kuzure-kesa-gatame	Broken scarf hold
Nami-juji-jime	Normal Cross Strangle
Okuri-eri-jime	Sliding Collar Strangle
Renraku-waza	Combination techniques in the opposite direction
Renzoku-waza	Combination techniques in the same or similar direction
Seoi-otoshi	Shoulder drop
Shime-waza	Strangle Techniques
Soto-maki-komi	Outside Winding
Tani-otoshi	Valley Drop Throw
Tomoe-nage	Circle Throw
Ude-garami	Entangled Armlock
Uki-waza	Floating Throw
Yoko-guruma	Side Wheel Throw
Yoko-tomoe-nage	Side Circle Throw