

BRITISH JUDO



KYU GRADE PROMOTION SYLLABUS: TECHNICAL CONTENT: 5TH KYU – 4TH KYU

(Revised edition September 2024)

5TH KYU – 4TH KYU (YELLOW TO ORANGE BELT)

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Tsuru-komi-goshi
- O-goshi
- Seoi-otoshi
- Morote-seoi-nage
- Kouchi-gari
- Kosoto-gake
- Kosoto-gari
- Osoto-gari

PERFORMANCE SKILLS

COMBINATION TECHNIQUES:

- Ouchi-gari into Kouchi-gari
- Kouchi-gari into Osoto-gari or Osoto-gake
- Kouchi-gari into Morote-seoi-nage
- Ippon-seoi-nage into Kouchi-gari
- Any technique as a combination with Seoi-otoshi or Kouchi-gari.

COUNTER TECHNIQUES:

- Ouchi-gari countered by Tsuru-komi-goshi
- Tai-otoshi countered by Kosoto-gari or Kosoto-gake.

NE-WAZA:

- Escape from Kesa-gatame using a 'bridge and roll'.
- Move into Kesa-gatame from between Uke's legs.
- Move into Yoko-shiho-gatame from between Uke's legs.
- Arm roll with Uke approaching from the front.
- Arm roll with Uke approaching from behind.
- Turnover from underneath Uke into Tate-shiho-gatame.

RANDORI:

- Randori demonstration with a cooperative partner.

Randori to be demonstrated 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.

PERSONAL CHOICE

- Demonstrate two tachi-waza and one ne-waza technique.

For the personal choice element, techniques must be demonstrated in an appropriate practical situation, including attacking opportunity, best grip, and appropriate movement. Demonstrate them as a combination, a counter, and a transition into Ne-waza.

SUPPLEMENTARY JUDO KNOWLEDGE

- Explain the meaning of the Japanese terminology used in this section.
- Name three items from the judo moral code.
- Give two examples of actions (not grips) against the contest rules for negative or safety reasons.
- Demonstrate the proper procedures for entering and leaving the mat for a contest.
- Explain the meaning of the Japanese words: Shido Hansoku-make
- Demonstrate the Referee's signals for:
Mate Osaekomi Toketa Adjusting the judogi.

BRITISH JUDO ASSOCIATION
KYU GRADE PROMOTION SYLLABUS

JAPANESE	ENGLISH DESCRIPTION
Kosoto-gake	Minor Outer Hook Throw
Kosoto-gari	Minor Outer Reaping Throw
Kouchi-gari	Minor Inner Reaping Throw
Morote-seoi-nage	Two-Handed Shoulder Throw
Ogoshi	Major Hip Throw
Osoto-gari	Major Outer Reaping Throw
Seoi-otoshi	Shoulder Drop Throw
Tai-otoshi	Body Drop Throw
Tsuri-komi-goshi	Drawing Hip Throw
Yoko-shiho-gatame	Side four quarters hold