

BRITISH JUDO



MON GRADE PROMOTION SYLLABUS TECHNICAL CONTENT: 6TH MON – 9TH MON

(Revised edition October 2024)

BRITISH JUDO ASSOCIATION
MON GRADE PROMOTION SYLLABUS

6TH MON – 7TH MON

(Age Recommendation 8-11yrs)

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Kouchi-gari
- Tsuru-komi-goshi
- O-goshi

PERFORMANCE SKILLS

TACHI-WAZA:

- Ouchi-gari into Kouchi-gari
- Kouchi-gari into Osoto-gari or Osoto-gake
- Ouchi-gari countered by Tsuru-komi-goshi.

NE-WAZA:

- Escape from Kesa-gatame using 'bridge and roll'.
- Move into Kesa-gatame from between Uke's legs.

RANDORI:

- Demonstration of light Randori 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.

PERSONAL CHOICE

- Demonstrate two tachi-waza and one ne-waza technique.
The judoka can choose which techniques they would like to show and demonstrate them to the left or right using any suitable grip.

SUPPLEMENTARY KNOWLEDGE

- Give two examples of actions against the contest rules.
- Name three items from the judo moral code.
- Explain the meaning of the Japanese words:
 - Waza-ari-awasete-ippon
- Explain the meaning of all the Japanese terminology used in this section.
- Demonstrate the proper procedures for entering and leaving the mat for a contest.

| JAPANESE | ENGLISH DESCRIPTION |
|------------------------|----------------------------|
| Kouchi-gari | Minor Inner Reaping Throw |
| O-goshi | Major Hip Throw |
| Tsuru-komi-goshi | Drawing Hip Throw |
| Waza-ari-awasete-ippon | Almost Ippon |
| Yoko-shiho-gatame | Side four quarters hold |

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MON GRADE PROMOTION SYLLABUS

7TH MON – 8TH MON

(Age Recommendation 8-11yrs)

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Kosoto-gari
- Kosoto-gake
- Morote-seoi-nage

PERFORMANCE SKILLS

TACHI-WAZA:

- Kouchi-gari into Morote-seoi-nage
- Tai-otoshi countered by Kosoto-gake or Kosoto-gari

NE-WAZA:

- Move into Yoko-shiho-gatame from between Uke's legs.
- Turnover from underneath Uke into Tate-shiho-gatame

RANDORI:

- Demonstration of Randori 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.

PERSONAL CHOICE

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

The judoka can choose which techniques they would like to show and demonstrate them to the left or right using any suitable grip.

SUPPLEMENTARY KNOWLEDGE

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

| JAPANESE | ENGLISH DESCRIPTION |
|------------------|---------------------------|
| Kosoto-gake | Minor Outer Hook Throw |
| Kosoto-gari | Minor Outer Reaping Throw |
| Morote-seoi-nage | Two-Handed Shoulder Throw |
| Shido | Minor infringement |
| Hansoku-make | Disqualification |

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MON GRADE PROMOTION SYLLABUS

8TH MON – 9TH MON

(Age Recommendation 8-11yrs)

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Osoto-gari
- Seoi-otoshi

PERFORMANCE SKILLS

TACHI-WAZA:

- Ippon-seoi-nage into Kouchi-gari
- Any techniques, as combinations with:
 - Seoi-otoshi
 - Kouchi-gari

NE-WAZA:

- Arm roll with Uke approaching from the front.
- Arm roll with Uke approaching from behind.

RANDORI:

- Demonstration of Randori 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.

PERSONAL CHOICE

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

The judoka can choose which techniques they would like to show and demonstrate them to the left or right using any suitable grip.

SUPPLEMENTARY KNOWLEDGE

- Name three items from the judo moral code.
- Explain the meaning of all the Japanese terminology used in this section.
- Explain the meaning of the Japanese word:
 - Hiki-wake
- Give two examples of grips against the contest rules for negative or safety reasons.

| JAPANESE | ENGLISH DESCRIPTION |
|-----------------|----------------------------|
| Osoto-gari | Major Outer Reaping Throw |
| Seoi-otoshi | Shoulder Drop Throw |
| Hiki-wake | Draw (a drawn contest) |