

# BRITISH JUDO



## KYU GRADE PROMOTION SYLLABUS: TECHNICAL CONTENT: NOVICE – 6<sup>TH</sup> KYU

(Revised edition September 2024)

## **NOVICE – 6TH KYU**

### **WHITE TO RED BELT**

#### **FUNDAMENTAL SKILLS**

##### **UKEMI:**

- Ushiro Ukemi
- Yoko Ukemi
- Mae Mawari Ukemi (3 Versions)

##### **TACHI-WAZA:**

- Osoto-otoshi
- Deashi-barai
- Uki-goshi

##### **OSAEKOMI-WAZA:**

- Kesa-gatame
- Mune-gatame
- Kuzure-kesa-gatame

#### **PERFORMANCE SKILLS**

##### **TRANSITION INTO NE-WAZA:**

- Osoto-otoshi into Kesa-gatame
- Deashi-barai into Mune-gatame
- Uki-goshi into Kuzure-kesa-gatame

*The judoka may substitute any osae-komi-waza to transition from the tachi-waza listed effectively.*

##### **NE-WAZA:**

- Escape from Kesa-gatame by trapping Uke's leg.
- Escape from Mune-gatame using a 'bridge and roll' action.
- Escape from Kuzure-kesa-gatame using 'sit up and push'.

#### **PERSONAL CHOICE**

- Demonstrate two additional techniques, one tachi-waza and one ne-waza.

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

#### **SUPPLEMENTARY JUDO KNOWLEDGE**

- Explain the meaning of the Japanese terminology used in this section (see table below).
- Demonstrate the correct wearing of the judogi and tying of the belt.
- Demonstrate the correct procedure for standing and kneeling bows.
- In which country was Judo devised?
- Who was the founder of modern Judo?
- What is the Judo Moral Code?
- Explain the meaning of the following Japanese words:
  - Dojo
  - Hajime
  - Rei
  - Tori
  - Judogi
  - Mate
  - Randori
  - Uke
  - Zori
  - Osae-komi
  - Toketa

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

<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>
Deashi-barai	Advanced Foot Sweep Throw
Dojo	Judo Hall
Hajime	Begin
Judogi	Judo Uniform
Judoka	Judo player
Kuzure-kesa-gatame	Broken Scarf Hold
Mae mawari ukemi	Forward Rolling Breakfall
Mate	Wait / Stop
Mune-gatame	Chest Hold
Ne-waza	Groundwork Techniques
Osae-komi	Hold Down
Osae-komi-waza	Holding Techniques
Osoto-otoshi	Major Outer Drop Throw
Randori	Free Practice
Rei	Standing Bow
Tachi-waza	Standing Techniques
Tori	The Offensive or Attacking Judoka
Toketa	Hold broken
Uke	The Defensive or Defending Judoka
Uki-goshi	Floating Hip Throw
Ushiro Ukemi	Rear Breakfall
Yoko Ukemi	Side Breakfall
Zori	Judo Footwear