

BRITISH JUDO



MON GRADE PROMOTION SYLLABUS TECHNICAL CONTENT: 3RD MON – 6TH MON (Revised edition January 2025)

BRITISH JUDO ASSOCIATION
MON GRADE PROMOTION SYLLABUS

3RD MON – 4TH MON

RED BELT 3 TABS TO YELLOW BELT 1 TAB

(Age Recommendation 8-10yrs)

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Tai-otoshi

OSAE-KOMI-WAZA:

- Yoko-shiho-gatame

PERFORMANCE SKILLS

TRANSITION:

- Tai-otoshi into Yoko-shiho-gatame

NE-WAZA:

- Escape from Yoko-shiho-gatame using 'trap, bridge and roll'.
- With Uke in a face-down prone position, turn them into Yoko-shiho-gatame.

KUMI-KATA:

- Demonstrate the right and left standard grips.

The judoka will require knowledge of Kumi-kata at this grade and must demonstrate the standard grips and alternatives.

PERSONAL CHOICE

- Demonstrate two additional techniques - one tachi-waza and one osaekomi-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 KNOWLEDGE

- Explain the meaning of all the Japanese terminology used in this section.
- Demonstrate a basic knowledge of the Judo Moral Code.

JAPANESE	ENGLISH DESCRIPTION
Kumi-kata	Engagement Position
Tai-otoshi	Body Drop Throw
Yoko-shiho-gatame	Side Four Quarters Hold

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4TH MON – 5TH MON

YELLOW BELT 1 TAB TO YELLOW BELT 2 TABS

(Age Recommendation 8-10yrs)

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Ippon-seoi-nage

OSAE-KOMI-WAZA:

- Kami-shiho-gatame

PERFORMANCE SKILLS

TRANSITION:

- Ippon-seoi-nage into Kami-shiho-gatame

NE-WAZA:

- With Uke in an 'all fours@ position, turn them into Kesa-gatame.
- Escape from Kami-shiho-gatame using 'action and reaction'.

KUMI-KATA:

- Demonstrate alternatives to the right and left standard grips.

PERSONAL CHOICE

- Demonstrate two additional techniques - one tachi-waza and one osaekomi-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 KNOWLEDGE

- Know the meaning of all the Japanese terminology used in this section.
- Demonstrate a sound knowledge of the Judo Moral Code.

JAPANESE	ENGLISH DESCRIPTION
Ippon-seoi-nage	One Arm Shoulder Throw
Kami-shiho-gatame	Upper Four Quarters Hold

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5TH MON – 6TH MON

YELLOW BELT 2 TABS TO YELLOW BELT 3 TABS

(Age Recommendation 8-10yrs)

FUNDAMENTAL SKILLS

UKEMI:

- Mae Ukemi

TACHI-WAZA:

- Ouchi-gari

OSAE-KOMI-WAZA:

- Tate-shiho-gatame

PERFORMANCE SKILLS

TRANSITION:

- Ouchi-gari into Tate-shiho-gatame

NE-WAZA:

- Escape from Tate-shiho-gatame using a 'clamp and roll' action.
- With Uke in an 'all fours@ position, turn them into Mune-gatame.

KUMI-KATA:

- Demonstrate double lapel and high collar grips.

NAGE-KOMI /RANDORI:

- Demonstrate Nage-komi with a cooperative partner.

The judoka requires knowledge of Nage-komi at this grade, which they will demonstrate in light Randori, lasting approximately two minutes.

In this demonstration, each judoka alternates throwing their partner. While repetition is permitted, the assessor seeks a wide array of techniques showcased, ideally demonstrating proficiency on both the right and left sides. Emphasising versatility and skill remains paramount during this demonstration.

PERSONAL CHOICE:

- Demonstrate two additional techniques - one tachi-waza and one osaekomi-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 KNOWLEDGE

- Know the meaning of all the Japanese terminology used in this section.
- Give two examples of actions against the contest rules.

JAPANESE	ENGLISH DESCRIPTION
Mae Ukemi	Front Breakfall
Nage-komi	Repetitive Throwing
Ouchi-gari	Major Inner Reaping Throw
Randori	Free Practice
Tate-shiho-gatame	Lengthwise Four Quarters Hold