

# BRITISH JUDO



## KYU GRADE PROMOTION SYLLABUS: TECHNICAL CONTENT: 4<sup>TH</sup> KYU – 3<sup>RD</sup> KYU

(Revised edition January 2025)

## **4<sup>TH</sup> KYU – 3<sup>RD</sup> KYU**

### **ORANGE TO GREEN BELT**

#### **FUNDAMENTAL SKILLS**

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

- Harai-goshi
- Uchi-mata
- Hiza-guruma
- Sasae-tsuri-komi-ashi
- Hane-goshi
- Okuri-ashi-barai
- Morote-eri-seoi-nage

##### **KANSETSU-WAZA:**

- Ude-gatame
- Waki-gatame
- Hiza-gatame
- Juji-gatame

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

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

#### **PERFORMANCE SKILLS**

##### **KANSETSU-WAZA:**

- Demonstrate Juji-gatame using a:
  - Sit-back entry
  - Rollover entry
  - Over-the-shoulder entry
  - Entry from beneath

##### **RANDORI:**

- Demonstration of attacking, defence, avoidance, and continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a cooperative partner

*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. The player must select appropriate techniques that will allow for the demonstration of more advanced combinations and counters.*

*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.*

#### **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>                              |
|-----------------------|---|
| Hane-goshi            | Spring Hip  |
| Harai-goshi           | Sweeping Hip  |
| Hiza-gatame           | Armlock applied with the knee                           |
| Hiza-guruma           | Knee Wheel  |
| Juji-gatame           | Cross Armlock   |
| Kansetsu-waza         | Joint Techniques  |
| Morote-eri-seoi-nage  | Two-Handed Lapel Shoulder                               |
| Okuri-ashi-barai      | Foot Sweep  |
| Renraku-waza          | Combination techniques in the opposite direction        |
| Renzoku-waza          | Combination techniques in the same or similar direction |
| Sasae-tsuru-komi-ashi | Propping Drawing Ankle                                  |
| Uchi-mata             | Inner Thigh   |
| Ude-gatame            | Straight Armlock  |
| Waki-gatame           | Armlock applied with the armpit.                        |