

BRITISH JUDO



MON GRADE PROMOTION SYLLABUS TECHNICAL CONTENT: 9TH MON – 12TH MON

(Revised edition January 2025)

BRITISH JUDO ASSOCIATION
MON GRADE PROMOTION SYLLABUS

9TH MON – 10TH MON

ORANGE BELT 3 TABS TO GREEN BELT 1 TAB

(Age Recommendation 11-15yrs)

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Harai-goshi
- Uchi-mata

KAN-SETSU-WAZA:

- Ude-gatame
- Waki-gatame

Kansetsu-waza is a requirement for this grade, and the demonstrations must be controlled, with particular attention paid to the safety of Uke.

From this grade onwards, Kansetsu-waza must not be applied to the point of submission; it must be taught so that the judoka understands and is aware of the application.

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.

During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters. The duration of the Randori will be approximately three minutes.

PERSONAL CHOICE

- Demonstrate four techniques individually and then as a series of combinations and counters.

The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.

The judoka must select techniques suitable for advanced combinations and counters. Demonstrate them as a combination, a counter, and a transition into Ne-waza.

SUPPLEMENTARY KNOWLEDGE

- Explain the meaning of all the Japanese terminology used in this section.

JAPANESE	ENGLISH DESCRIPTION
Harai-goshi	Sweeping Hip
Kan-setsu-waza	Joint Techniques
Uchi-mata	Inner Thigh
Ude-gatame	Straight Armlock
Waki-gatame	Armlock applied with the armpit.

BRITISH JUDO ASSOCIATION
MON GRADE PROMOTION SYLLABUS

10TH MON – 11TH MON

GREEN BELT 1 TAB TO GREEN BELT 2 TABS

(Age Recommendation 11-15yrs)

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Hiza-guruma
- Sasae-tsuru-komi-ashi

KAN-SETSU-WAZA:

- Juji-gatame
- Hiza-gatame

PERFORMANCE SKILLS

KANSETSU-WAZA:

- Demonstrate Juji-gatame using a:
 - Sit-back entry
 - Rollover entry

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.

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SUPPLEMENTARY KNOWLEDGE

- Explain the meaning of all the Japanese terminology used in this section.

JAPANESE	ENGLISH DESCRIPTION
Hiza-gatame	Armlock applied with the knee
Hiza-guruma	Knee Wheel
Juji-gatame	Cross Armlock
Kan-setsu-waza	Joint Techniques
Sasae-tsuru-komi-ashi	Propping Drawing Ankle

BRITISH JUDO ASSOCIATION
MON GRADE PROMOTION SYLLABUS

11TH MON – 12TH MON

GREEN BELT 2 TAB TO GREEN BELT 3 TABS

(Age Recommendation 11-15yrs)

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Hane-goshi
- Okuri-ashi-barai
- Morote-eri-seoi-nage

PERFORMANCE SKILLS

KANSETSU-WAZA:

- Demonstrate Juji-gatame using a:
 - Entry over the shoulder
 - Entry from beneath

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.

During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters.

PERSONAL CHOICE

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SUPPLEMENTARY KNOWLEDGE

- Explain the meaning of all the Japanese terminology used in this section.

JAPANESE	ENGLISH DESCRIPTION
Hane-goshi	Spring Hip
Juji-gatame	Cross Armlock
Morote-eri-seoi-nage	Two-Handed Lapel Shoulder
Okuri-ashi-barai	Foot Sweep