

BRITISH JUDO



KYU GRADE PROMOTION SYLLABUS: TECHNICAL CONTENT: 2ND KYU – 1ST KYU

(Revised edition January 2025)

2ND KYU – 1ST KYU

BLUE BELT TO BROWN BELT

FUNDAMENTAL SKILLS

TACHI-WAZA:

- Sode-tsuri-komi-goshi
- Sumi-gaeshi
- Yoko-gake
- Ko-uchi-gake-maki-komi
- Ushiro-goshi
- Ura-nage
- Uki-otoshi
- Koshi-guruma

When demonstrating Ura-nage, it is crucial to prioritise safety. Completing the complete throw is not necessary; instead, focus on showcasing the technique's effectiveness. To enhance safety measures, consider using a landing mat during the demonstration.

SHIME-WAZA:

- Kata-ha-jime
- Hadaka-jime
- San-gaku-jime
- San-gaku-jime
- San-gaku-jime
- San-gaku-gatame
- San-gaku-osae-gatame

PERFORMANCE SKILLS

TACHI-WAZA:

- Demonstrate any two variations of Sumi-gaeshi.
- Ushiro-goshi as a counter to Harai-goshi
- Sumi-gaeshi as a combination with Uchi-mata
- Counter Koshi-guruma with Ura-nage

NE-WAZA:

- San-gaku-jime – complex entry
- San-gaku-gatame – complex entry
- San-gaku-osae-gatame – turnover and hold
- Hadaka-jime – Uke prone position
- Kata-ha-jime – Uke "all fours" position

RANDORI:

- Demonstration of attack, defence, avoidance, and continuous attacking performance skills with a cooperative partner in tachi-waza and ne-waza in randori.
- *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. *Demonstrations must include two combinations, two counters, and two transitions into ne-waza. Combinations and counters can be either tachi-waza, ne-waza, or both.*

The techniques must be demonstrated in a practical situation, including attacking opportunity, best grip, and appropriate movement. The judoka must select techniques that will allow for the demonstration of more advanced combinations and counters.

or

- Demonstrate one set of the Nage-no-kata **or** one set of the Katame-no-kata.

Kata is introduced at this grade as a personal choice option. Kata demonstrations must be performed traditionally and include the formal opening and closing bowing procedures.

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KYU GRADE PROMOTION SYLLABUS

SUPPLEMENTARY JUDO KNOWLEDGE

- Explain the meaning of the Japanese terminology used in this section (see table below).
- Give three examples of penalties in the competition rules.

JAPANESE	ENGLISH DESCRIPTION
Hadaka-jime	Naked Strangle
Kata	Forms
Kata-ha-jime	Single Collar Strangle
Katame-no-kata	Grappling Forms
Koshi-guruma	Hip Wheel Throw
Ko-uchi-gake-maki-komi	Minor Inner Hook Thigh Winding
Nage-no-kata	Throwing Forms
Renraku-waza	Combination Techniques in the Opposite Direction
Renzoku-waza	Combination Techniques in the Same or Similar Direction
San-gaku-gatame	Triangular Hold Down
San-gaku-jime	Triangular Strangle
San-gaku-osae-gatame	Triangular Strangle and Hold Down
Sode-tsuri-komi-goshi	Sleeve Lift Pull Hip Throw
Sumi-gaeshi	Corner Throw
Uki-otoshi	Floating Drop
Ura-nage	Rear Throw
Ushiro-goshi	Rear Hip Throw
Yoko-gake	Side Hook Throw