



JudoScotland

# Kai Grade Syllabus

## 1st To 3rd Kai

### 1st Kai

Back breakfall  
from crouching  
position. Vertical  
jumping with  
partner.

Throw coaches  
choice.

Hold coaches  
choice.  
What does Matte,  
Hajime Mean?

### 2nd Kai

Forward breakfall  
from crouching  
position.  
Horizontal jumping  
with partner.

Throw coaches  
choice.

Hold coaches  
choice.  
Do a standing bow  
ritsurei.  
What does dojo  
mean?

### 3rd Kai

Side breakfall  
from crouching  
position.  
Hopping with  
partner.

Throw coaches  
choice.

Hold coaches  
choice.  
Do a kneeling bow  
(zareii).  
What does judogi  
mean?



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## 4th to 6th Kai

### 4th Kai

Front breakfall  
from knees.  
Forward roll from  
standing.

Two throws  
coaches choice.  
Show movement  
with partner.

Two holds coaches  
choice.  
Show how to tie  
your belt.  
What does ukemi  
mean?

### 5th Kai

Side breakfall from  
standing.

Show two throws  
coaches choice.

Two holds coaches  
choice.  
Show how to submit.  
What does ippon and  
soremade mean?

### 6th Kai

Back breakfall  
from standing.

Two throws  
coaches choice.

Two holds coaches  
choice.  
What do waza ari,  
sonomama and  
yoshi mean?



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## 7th to 9th Kai

### 7th Kai

Backward roll from crouching position on to your knees.

Two throws coaches choice.  
Osoto otoshi.

Two holds coaches choice Kesa gatame.  
Show how to take a grip.  
Show the referees sign for matte.

### 8th Kai

Forward roll from standing on to your feet.

Two throws coaches choice.  
De ashi barai.

Two holds coaches choice.  
Mune gatame.  
1 minute randori with a willing partner.  
Show the referees sign for ippon.

### 9th Kai

Backward roll from standing on to your knees.

Two throws coaches choice.  
Osoto otoshi De ashi barai.

Two holds coaches choice.  
Kesa gatame Mune gatame.  
1 minutes newaza with a willing partner.  
Show the referees sign for waza ari.