

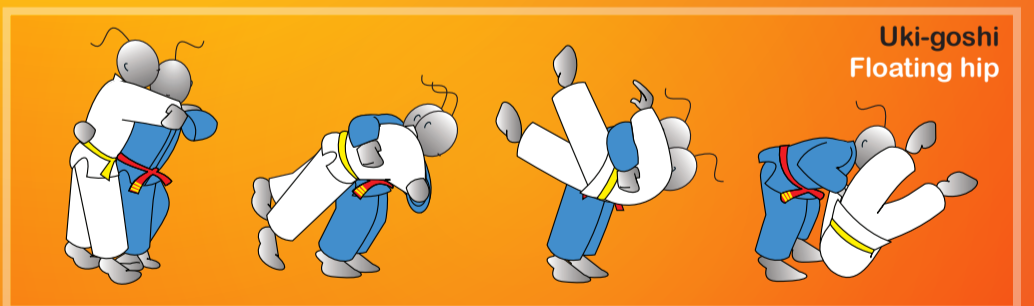
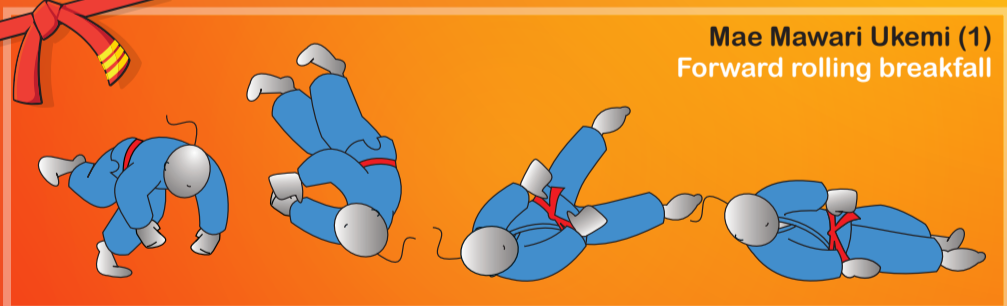
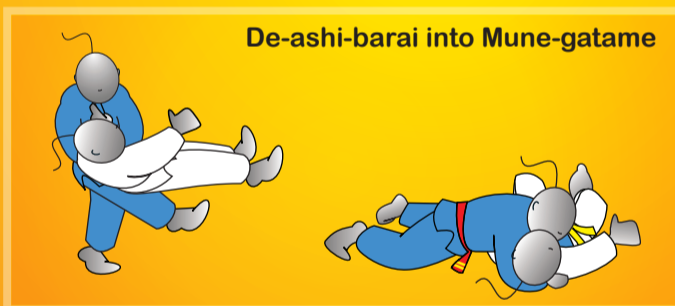
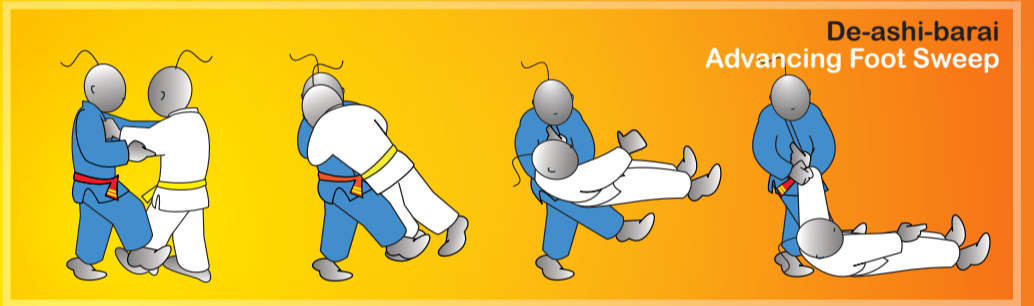
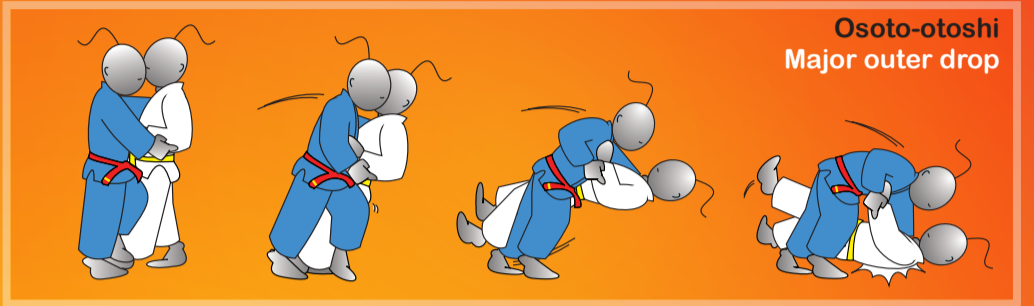
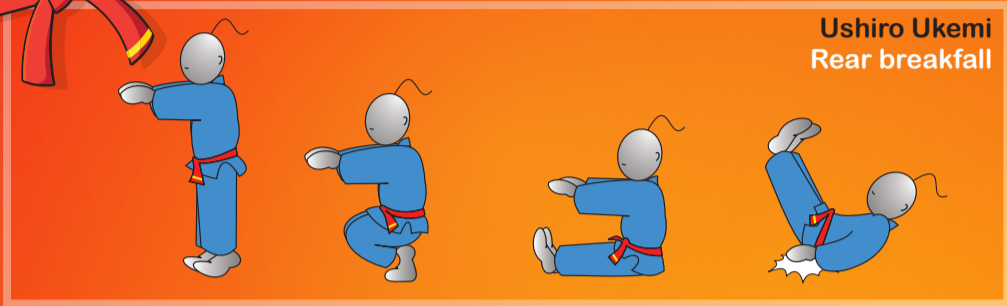
BRITISH
JUDO



BRITISH JUDO ASSOCIATION

SYLLABUS

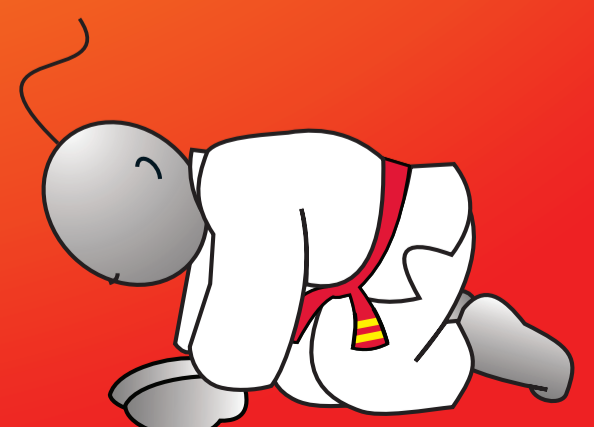
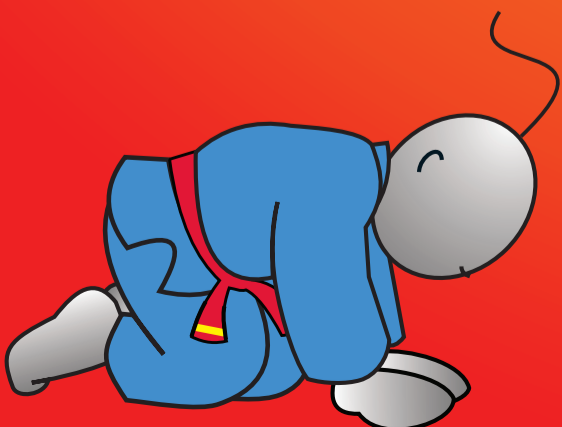
1ST MON TO 3RD MON



REQUIREMENTS

Judo was invented in Japan, by Jigoro Kano. As a red belt, you should be able to wear your judogi correctly and be able to tie your belt. You should also know the following Japanese words.

- | | | |
|----------------|----------------------|-------------------------|
| Rei = Bow | Osaekomi = Holding | Zori = Flip Flops |
| Hajime = Start | Toketa = Hold broken | Judogi = Judo Suit |
| Matte = Break | Dojo = Judo Hall | Randori = Free Practice |



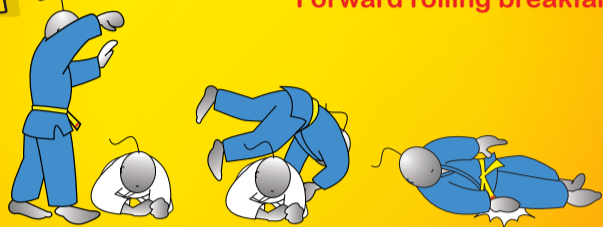


SYLLABUS

4TH MON TO 6TH MON



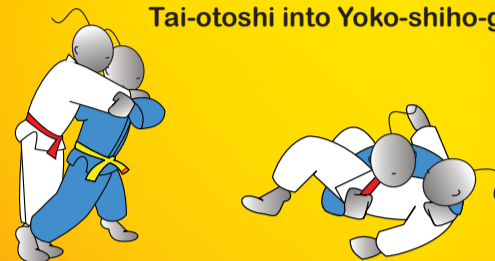
Mae Mawari Ukemi (2)
Forward rolling breakfall



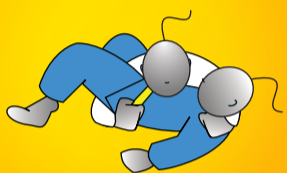
Tai-otoshi
Hand throw body drop



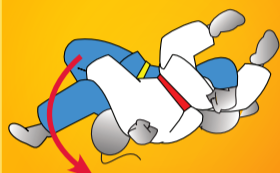
Tai-otoshi into Yoko-shiho-gatame



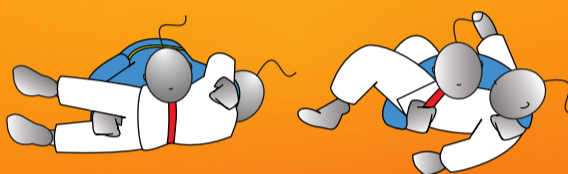
Yoko-shiho-gatame
Side four quarters hold



Yoko-shiho escape



Turnover into Yoko-shiho-gatame



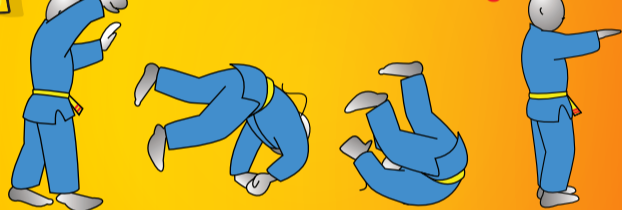
Migi Shizentai
Right standing grip



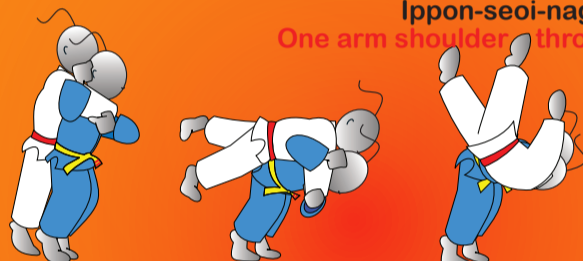
Hidari Shizentai
Left standing grip



Mae Mawari Ukemi (3)
Forward rolling breakfall



Ippon-seoi-nage
One arm shoulder throw



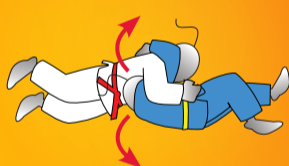
Ippon-seoi-nage into
Kami-shiho-gatame



Kami-shiho-gatame
Upper four quarters hold



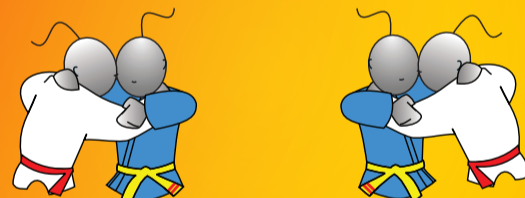
Kami-shiho-gatame
escape



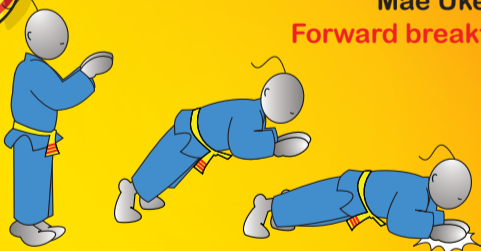
Turnover into Kesa-gatame



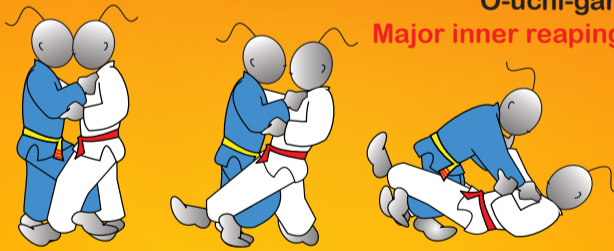
Alternative right and left grips



Mae Ukemi
Forward breakfall



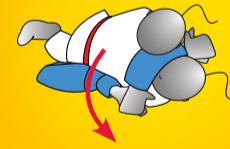
O-uchi-gari
Major inner reaping



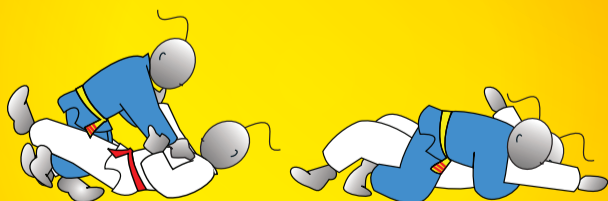
Tate-shiho-gatame
Lengthwise four quarters hold



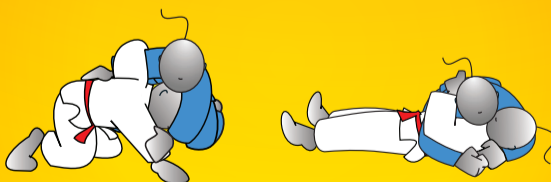
Tate-shiho-gatame
escape



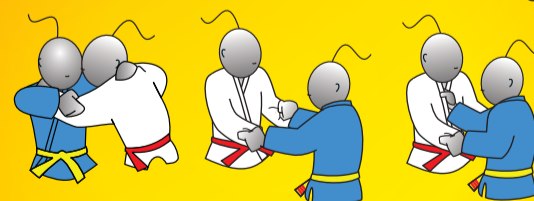
O-uchi-gari into Tate-shiho-gatame



Turnover into Mune-gatame



Demonstrate other grips



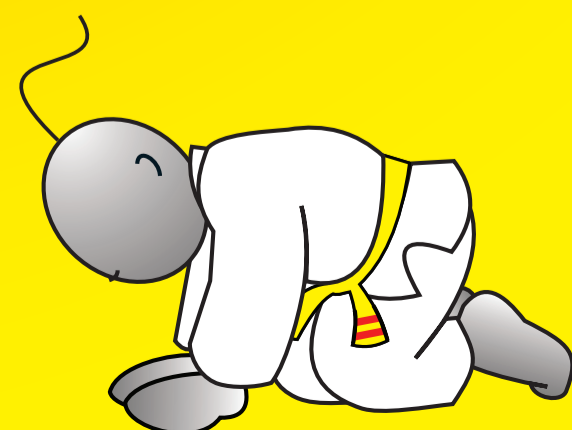
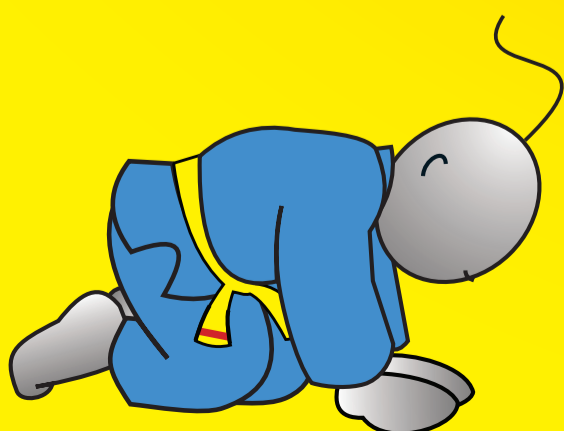
When holding both sides of jacket you must throw immediately

REQUIREMENTS

As a yellow belt, you should know what the Judo Code is and try to follow it on and off the tatami. You can find this code in your BJA Syllabus book. It is useful to know the following Japanese words.

Osaekomi-waza = Hold down
Tachi-waza = Standing technique
Ukemi = Breakfall

Kumi-kata = Gripping
Nage-komi = Throwing

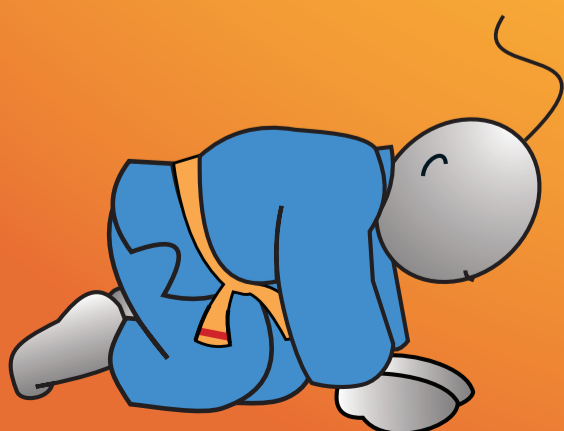




SYLLABUS

7TH MON TO 9TH MON

<p>Ko-uchi-gari Minor inner reaping</p>	<p>Tsuru-komi-goshi Drawing hip</p>	<p>O-goshi Major hip</p>		
<p>Escape through legs to Kesa-gatame</p>	<p>Escape from Kesa-gatame</p>	<p>O-uchi-gari into Ko-uchi-gari</p>	<p>Ko-uchi-gari into O-soto-gari</p>	<p>O-uchi-gari countered by Tsuru-komi-goshi</p>
<p>Ko-soto-gari Minor outer reaping</p>	<p>Ko-soto-gake Minor outer hook</p>	<p>Morote-seoi-nage Two handed shoulder throw</p>		
<p>Through legs into Yoko-shiho-gatame</p>	<p>Turn over to Tate-shiho-gatame</p>	<p>Ko-uchi-gari to Morote-seoi-nage</p>	<p>Tai-otoshi countered by Ko-soto-gake</p>	
<p>Seoi-otoshi Shoulder drop</p>	<p>O-soto-gari Major outer reaping</p>	<p>Arm roll - from the side</p>		
<p>Double arm roll</p>	<p>Ippon-seoi-nage to Ko-uchi-gake</p>	<p>Seoi-otoshi Combinations</p>		

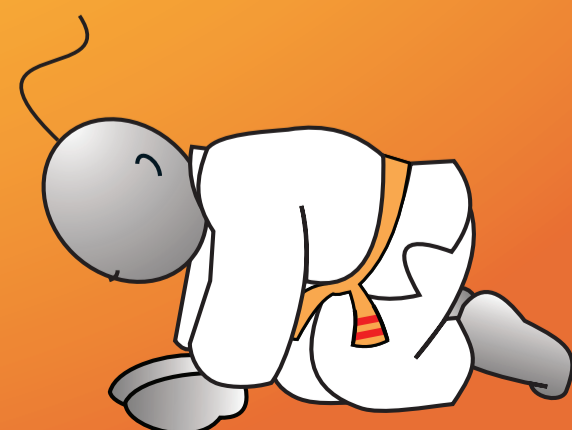


REQUIREMENTS

As an orange belt, you should be able to demonstrate light randori, combination and counter skills. You should also know the following Japanese words.

Uke = Person being attacked
Tori = Person doing the attack
Hiki-wake = Draw

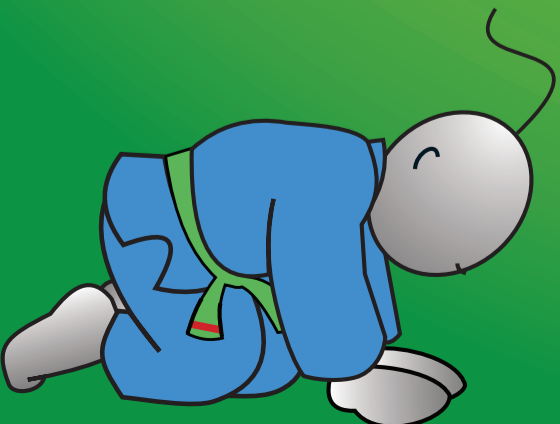
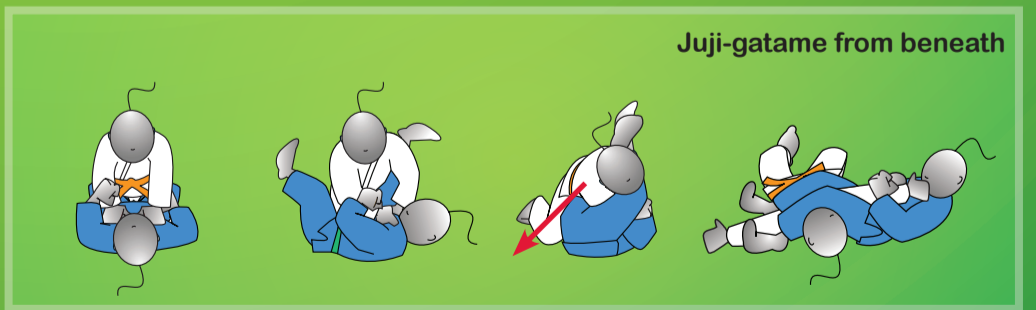
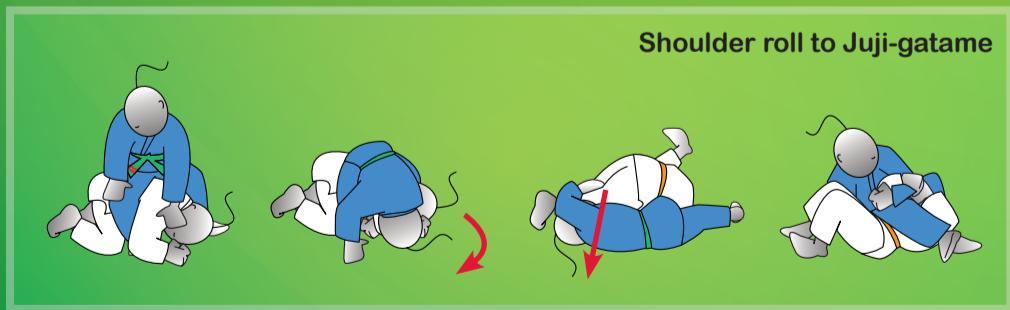
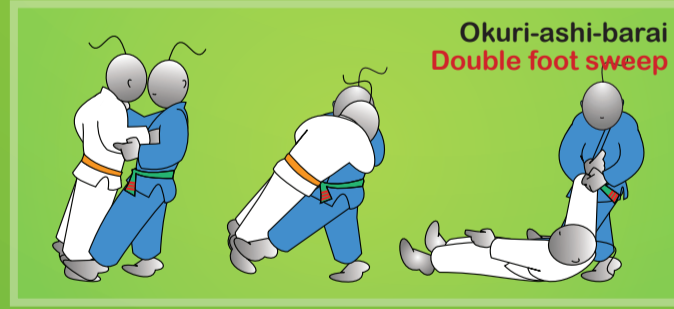
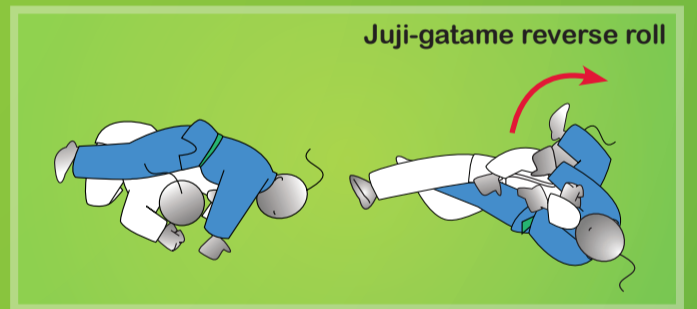
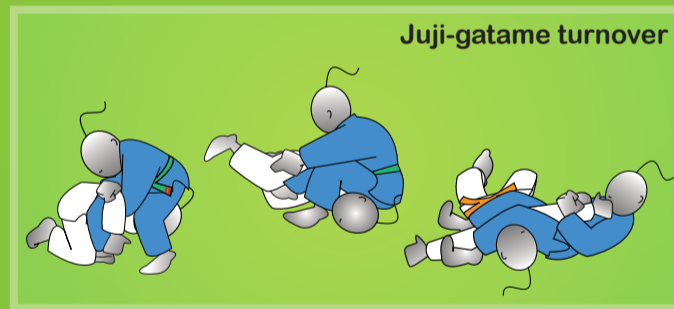
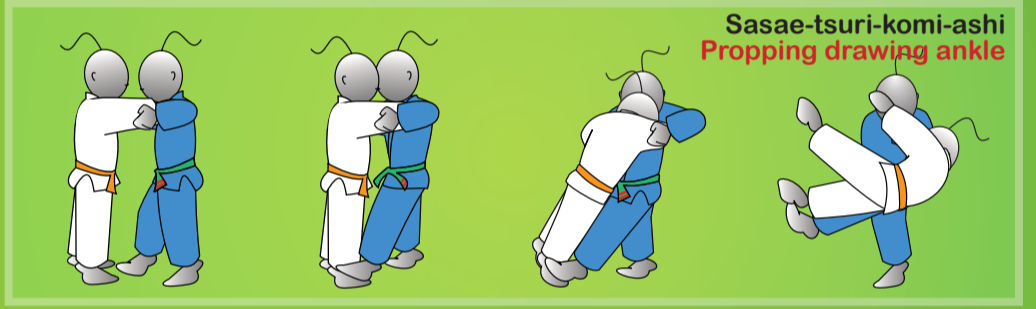
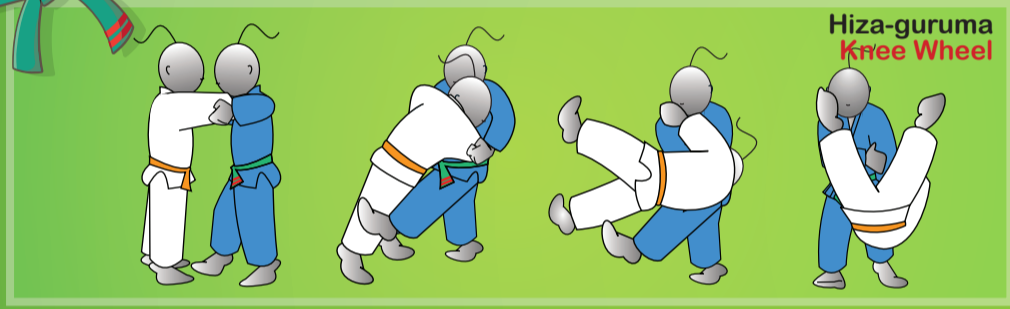
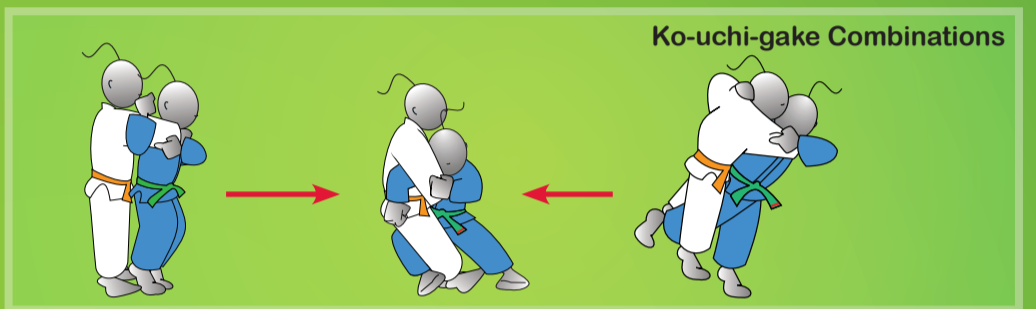
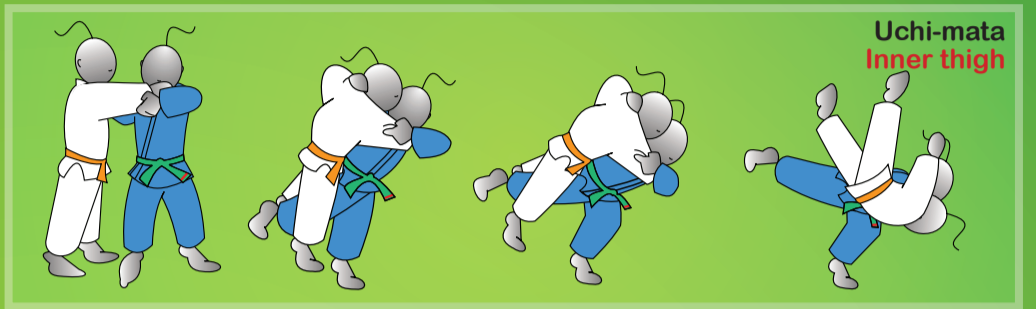
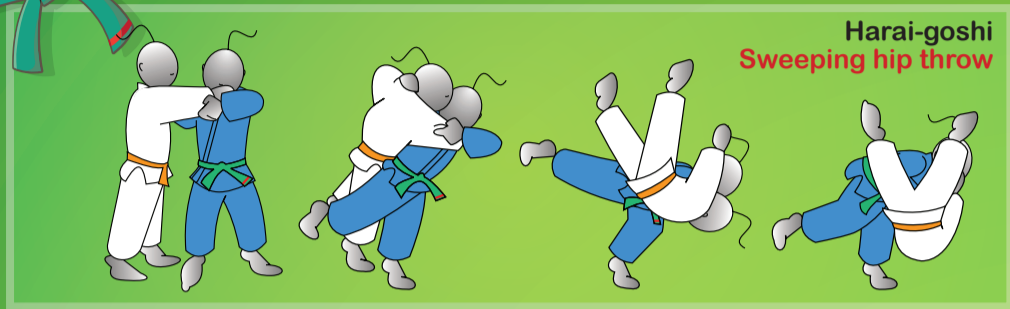
Waza-ari-awasete-ippun =
Two waza-ari score ippun
Shido = Minor penalty
Hansoku-make = Disqualification





SYLLABUS

10TH MON TO 12TH MON

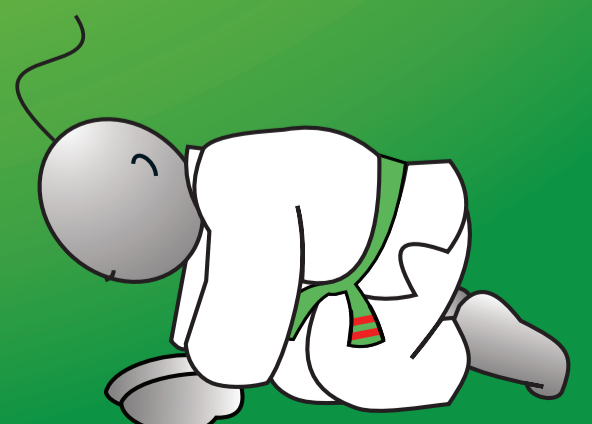


REQUIREMENTS

From 10th Mon onwards you can learn Kansetsu-waza (armlocks). You must remember to ALWAYS demonstrate armlocks in a slow and controlled manner and you should NEVER apply pressure to the level of submission.

Kansetsu-waza = armlocks
Kumi-kata = gripping
Kaeshi-waza = counters

Renzoku-waza = combinations in the same direction
Renraku-waza = combinations in different directions.





SYLLABUS

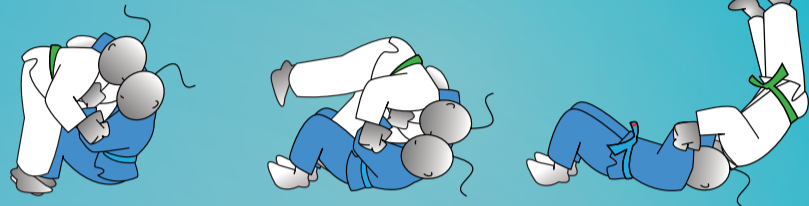
13TH MON TO 15TH MON



Kumi-kata (right against right)
Engagement position



Yoko-guruma
Side wheel



Tani-otoshi
Valley drop



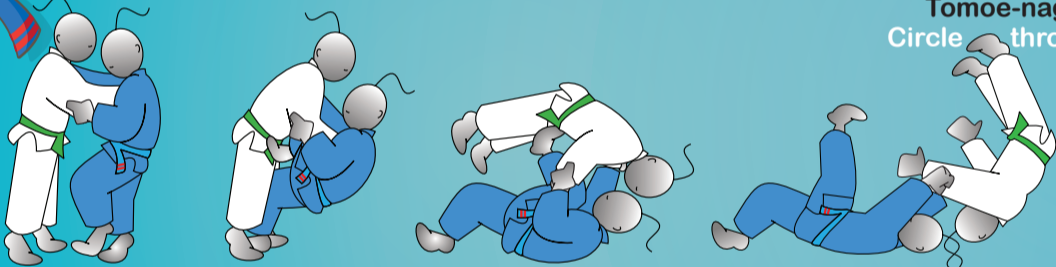
Ude-garami
Entangled armlock



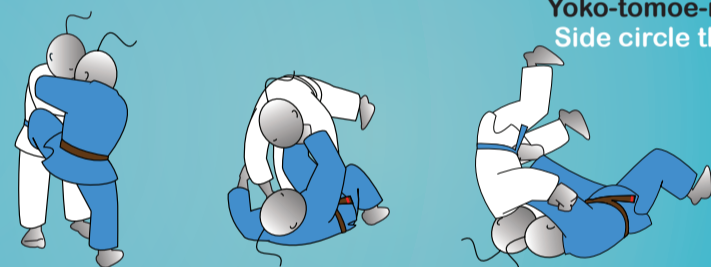
Kuzure-kesa-gatame to Ude-garami



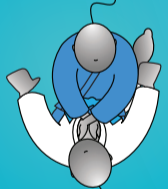
Tomoe-nage
Circle throw



Yoko-tomoe-nage
Side circle throw



Gyaku-juji-jime
Reverse Cross Strangle



Juji-jime
Cross strangle



Nami-juji-jime
Normal cross strangle



Okuri-eri-jime
Sliding collar strangle



Kumi-kata (right against left)



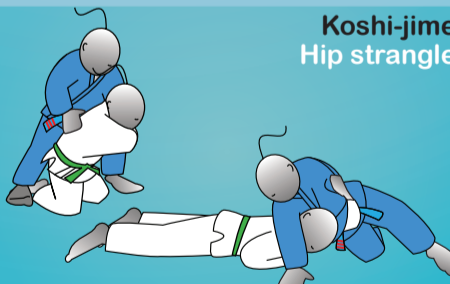
Uki-waza
Floating throw



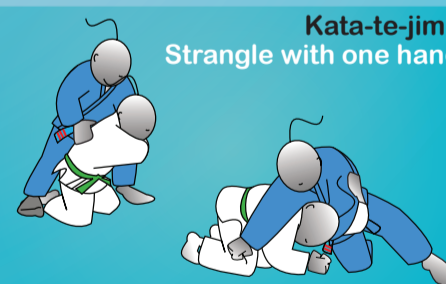
Soto-maki-komi
Outside winding throw



Koshi-jime
Hip strangle



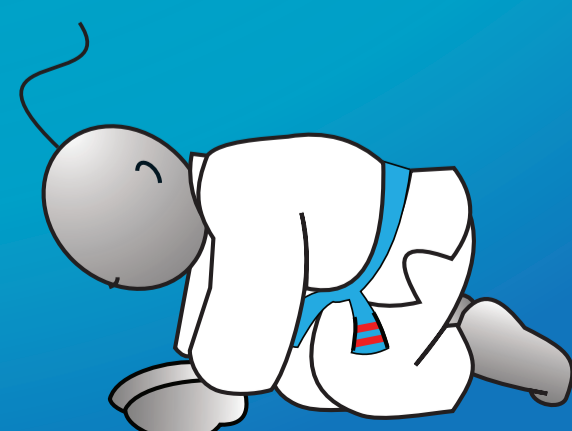
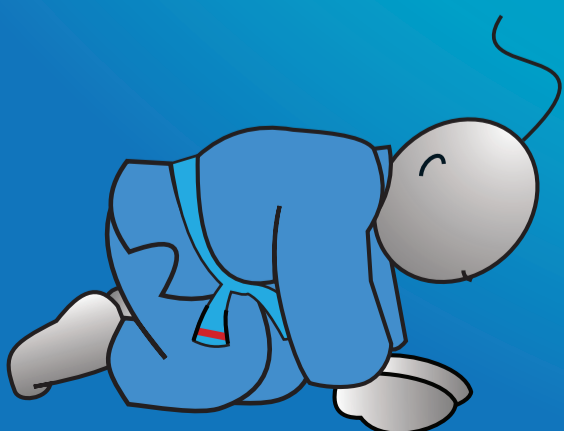
Kata-te-jime
Strangle with one hand



REQUIREMENTS

From 14th Mon onwards you will learn Shime-waza (strangles) which you must learn only when you are supervised by your coach.

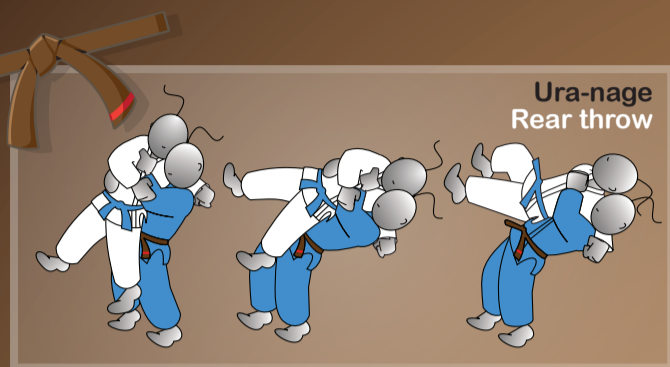
As a blue belt you should have a thorough understanding of these techniques. You will also be required to demonstrate good Randori skills with knowledge of gripping, counters and combinations.



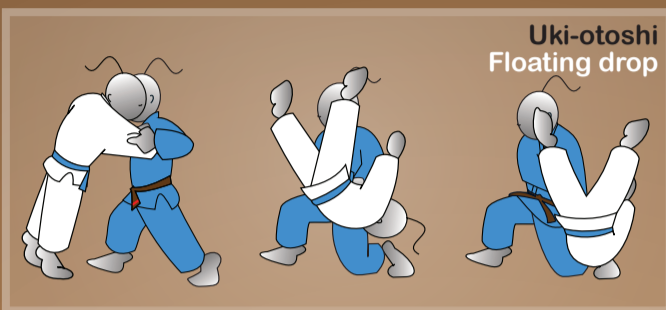


SYLLABUS

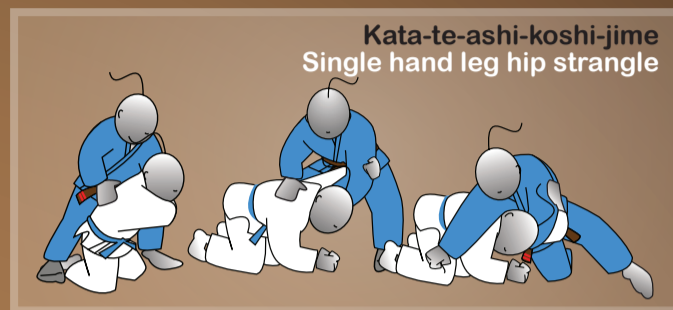
16TH MON TO 18TH MON



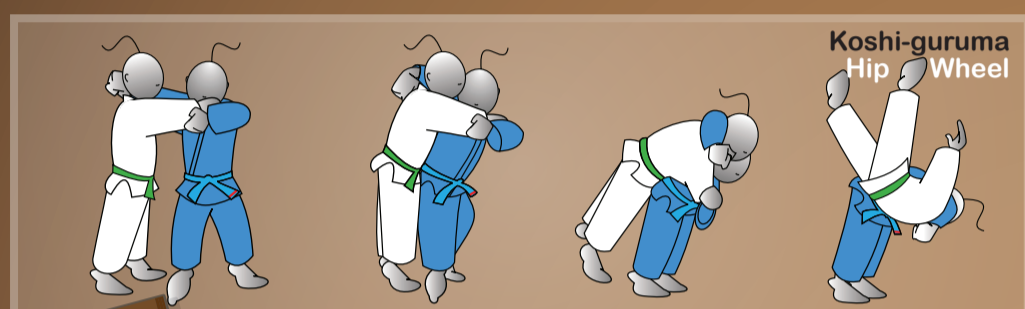
Ura-nage
Rear throw



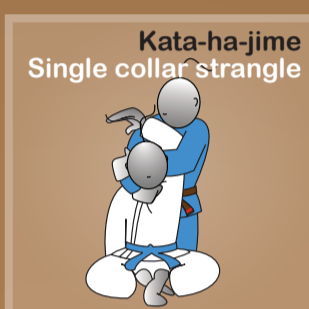
Uki-otoshi
Floating drop



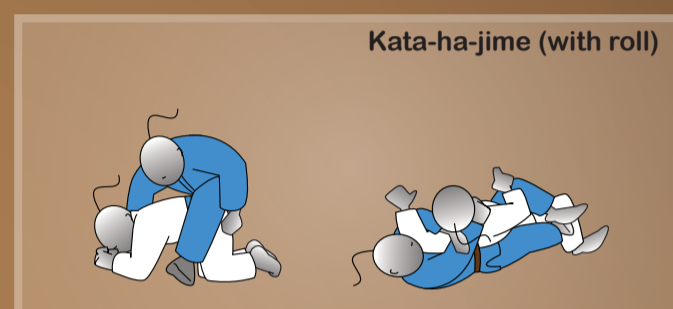
Kata-te-ashi-koshi-jime
Single hand leg hip strangle



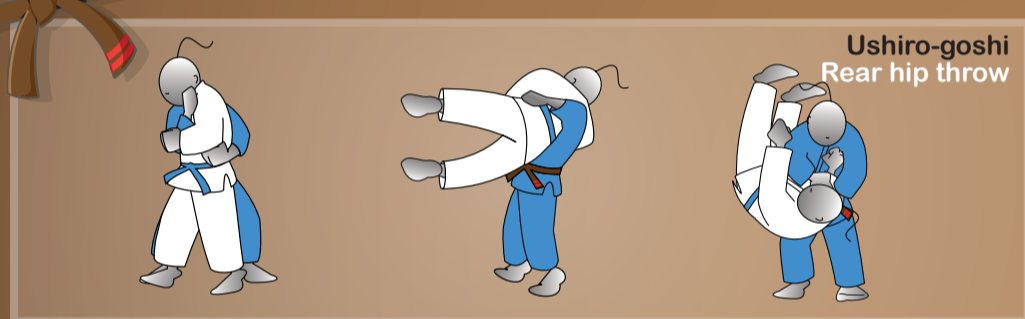
Koshi-guruma
Hip wheel



Kata-ha-jime
Single collar strangle



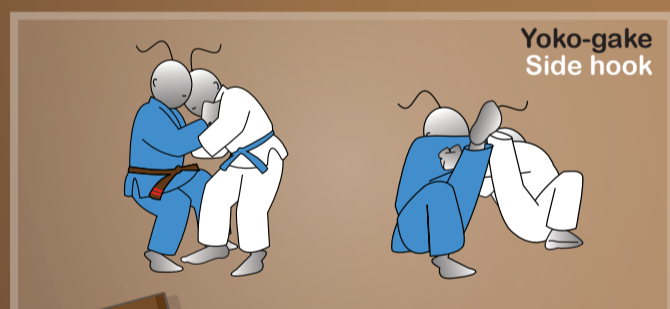
Kata-ha-jime (with roll)



Ushiro-goshi
Rear hip throw



Sumi-gaeshi
Corner throw



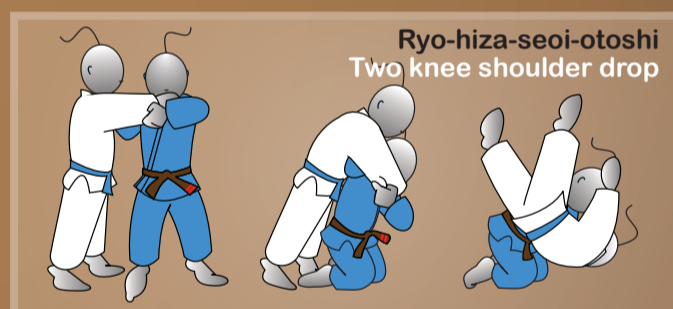
Yoko-gake
Side hook



Hadaka-jime
Naked strangle



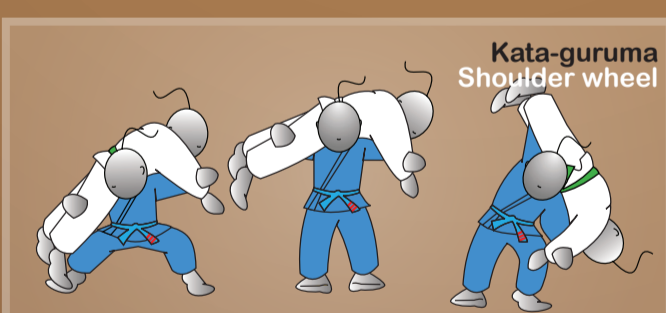
Hadaka-jime
prone position



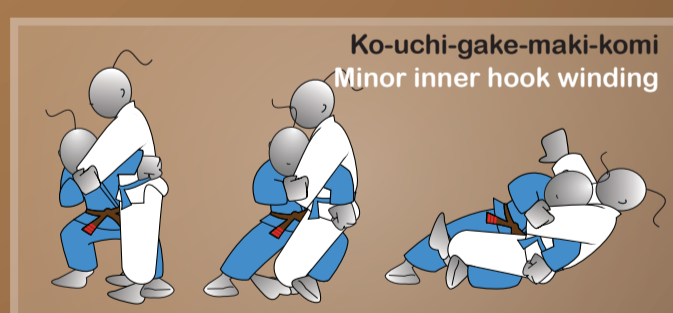
Ryo-hiza-seoi-otoshi
Two knee shoulder drop



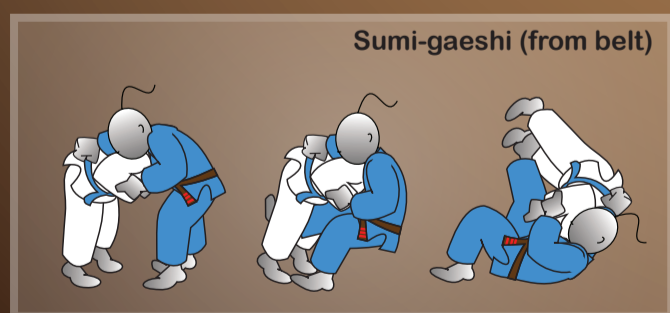
Sode-tsuri-komi-goshi
Sleeve lift pull hip



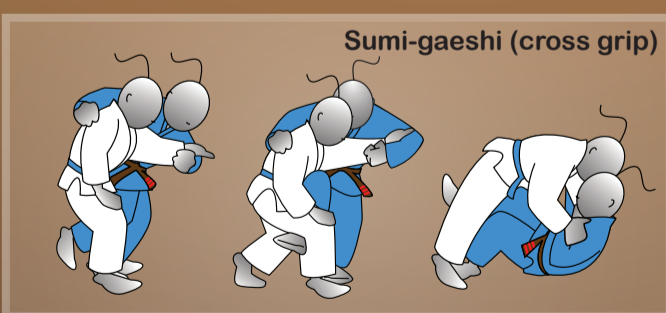
Kata-guruma
Shoulder wheel



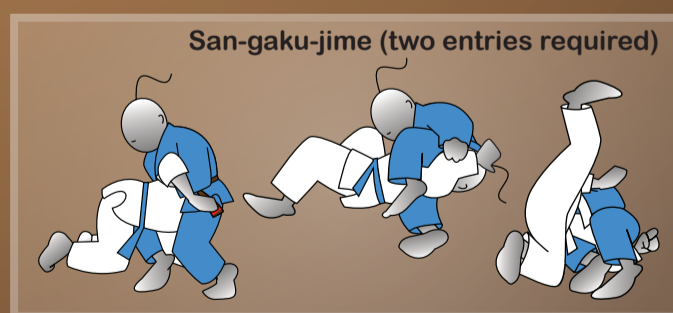
Ko-uchi-gake-maki-komi
Minor inner hook winding



Sumi-gaeshi (from belt)



Sumi-gaeshi (cross grip)



San-gaku-jime (two entries required)



REQUIREMENTS

As a brown belt you should have a thorough understanding of these techniques. You will also be required to demonstrate good Randori skills with knowledge of gripping, counters and combinations. You also need to demonstrate techniques you have chosen showing combinations, counters and transition from Tachi-waza to Ne-waza. In Ne-waza you must be able to demonstrate how a complex entry into San-gaku-jime can be changed to either San-gaku-gatame or San-gaku-osae-gatame.

