

# BJA Judo KYU Syllabus Crib Sheet

Updated Dec 2013 for Oct 2013 Syllabus

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JUDO CLUB!

**BRITISH**  
**JUDO**

## ***Novice to 6<sup>th</sup> Kyu***

### **Ukemi Breakfalls**

#### Ushiro Ukemi

#### Rear Breakfall



#### Yoko Ukemi

#### Side Breakfall



#### Mae Mawari Ukemi III

#### Forward rolling breakfall (standing and regain feet)



### **Tachi-waza Standing**

#### Techniques

#### Osoto-otoshi

#### Major Outer Drop



#### De-ashi-barai

#### Advancing Foot Sweep



#### Uki-goshi

#### Floating Hip



## **Osaekomi-waza** *Holding*

### *Techniques*

#### Kesa-gatame

袈裟固 *Basic scarf hold*



#### Mune-gatame

*Chest Hold*



#### Kuzure-kesa-gatame

崩袈裟固 *Broken Scarf hold*



## **Combination Techniques**

Osoto-otoshi into Kesa-gatame

De-ashi-barai into Mune-gatame

Uki-goshi into Kuzure-kesa-gatame

## **Ne-waza** *Ground technique*

escape from Kesa-gatame by trapping

Uke's leg

escape from Mune-gatame using a

'bridge and roll' action

escape from Kuzure-kesa-gatame using

'sit up and push'

## **Terminology and supplementary knowledge**

Candidates are required to

- know the common English translations and meaning of all Japanese Terminology used in this section
- translate the following Japanese words into their common English names and where appropriate explain their meaning

Dojo	<i>Training Hall</i>
Hajime	<i>Start</i>
Judogi	<i>Judo Suit</i>
Matte	<i>Break</i>
Obi	<i>Belt</i>
Osaekomi	<i>Holding</i>
Randori	<i>Free Practice</i>
Rei	<i>Bow</i>
Toketa	<i>Hold Broken</i>
Zori	<i>Sandals</i>

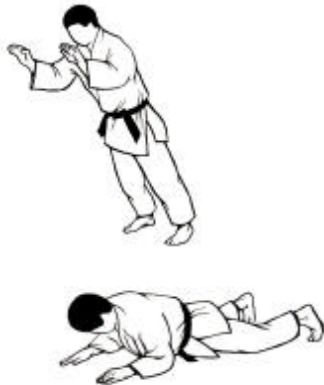
- demonstrate
  - the correct bowing procedure for Tachi-rei and Za-rei
  - the correct wearing of the judogi and tying of the obi.
- answer the question
  - Who is the founder of modern judo?
  - In which country was judo devised?

## 6<sup>th</sup> Kyu to 5<sup>th</sup> Kyu

### Ukemi

#### Mae Ukemi

Forward Breakfall



### Tachi-waza

#### Tai-otoshi

体落 Body drop



#### Ippon-seoi-nage

背負投 One arm shoulder throw



#### O-uchi-gari

大内刈 Major inner reap



### Osaekomi-waza

#### Yoko-shiho-gatame

横四方固 Side 4 quarters hold



#### Tate-shiho-gatame

縦四方固 Vertical 4 quarters hold



## Kami-shiho-gatame

上四方固 *Upper 4 quarters hold*



## **Combination Techniques**

O-uchi-gari into Tate-shiho-gatame

Ippon-seoi-nage into Kami-shiho-gatame

Tai-otoshi into Yoko-shiho-gatame

## **Ne-waza**

escape from Kami-shiho-gatame using  
‘action and re-action’

escape from Tate-shiho-gatame using  
‘clamp and roll’ action

escape from Yoko-shiho-gatame using  
‘trap, bridge and roll’

turnover into Kesa-gatame (Uke in “all  
fours” position)

turnover into Mune-gatame (Uke “all  
fours” position)

turnover into Yoko-shiho-gatame (Uke  
in prone position)

## **Kumi-kata** *Gripping Technique*

demonstrate the right and left standard  
grip

demonstrate alternatives to standard  
grips e.g. right against left, double  
lapel and high collar

## **Randori**

demonstration of Nage-komi in light

Randori with a co-operative partner

## **Terminology and supplementary knowledge**

Candidates are required to

- know the common English translations and meaning of all Japanese Terminology used in this section and knowledge of the judo code
- give two examples of actions against the contest rules

## 5<sup>th</sup> Kyu to 4<sup>th</sup> Kyu

### **Tachi-waza**

#### Tsuri-komi-goshi

釣込腰 Lift-pull hip



### Morote-seoi-nage

背負投 Both hands  
shoulder throw



### O-goshi

大腰 Major hip



### O-soto-gari

大外刈 Major outer reap



### Seoi-otoshi

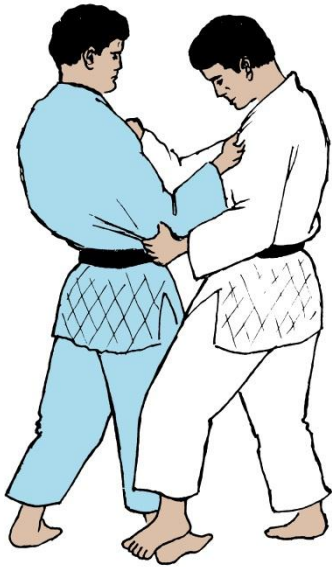
背負落 Shoulder Drop





### Ko-soto-gari

小外刈 *Minor outer reap*



### Ko-soto-gake

*Minor outer hook*



### Ko-uchi-gari

小内刈 *Minor inner reap*



## **Combination Techniques**

O-uchi-gari into Ko-uchi-gari

Ko-uchi-gari into O-soto-gari or O-soto-gake

Ko-uchi-gari into Morote-seoi-nage

Ippon-seoi-nage into Ko-uchi-gari

Any techniques, as combinations with

- Seoi-otoshi
- Ko-uchi-gari

## **Counter Techniques**

O-uchi-gari countered by Tsurikomi-goshi

Tai-otoshi countered by Ko-soto-gake or gari

## **Ne-waza**

escape

- from Kesa-gatame using 'bridge and roll'
- into Kesa-gatame from between Uke's legs'
- into Yoko-shiho-gatame from between Uke's legs

arm roll

- from behind Uke
- from in front of Uke

turn over from underneath Uke into Tate-shiho-gatame

## **Randori**

demonstration of attacking and defending in Randori with a co-operative partner





## **Terminology and supplementary knowledge**

- know the common English translations and meaning of all Japanese Terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc.
- demonstrate the proper procedures for coming onto and leaving the mat for a contest

translate the following Japanese words into their common English names and where appropriate explain their meaning

Hiki-wake	<i>Draw</i>
Uke	<i>One on whom a technique is applied</i>
Tori	<i>One who applies a technique</i>
Waza-ari-awasete-ippon	<i>Ippon achieved by scoring two waza-ari</i>
Shido	<i>Penalty</i>
Hansoku-make	<i>Loss by disqualification</i>

- demonstrate the Referee's signals:

Matte	
Osaekomi	
Toketa	
adjusting the judogi	

- give two examples of actions (not grips) against the contest rules for negative and safety reasons
- give two examples of grips against the contest rules for negative or safety reasons



## 4<sup>th</sup> Kyu to 3<sup>rd</sup> Kyu

### **Tachi-waza**

#### Harai-goshi

払腰

Sweeping loin



#### Hiza-guruma

膝車

Knee Wheel

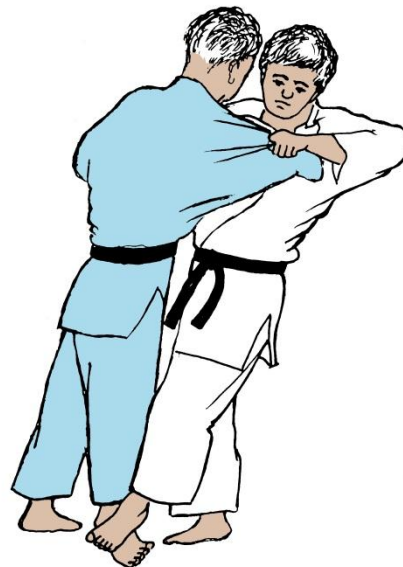


#### Sasae-tsuri-komi-ashi

支釣込足

Propping drawing

ankle



#### Uchi-mata

内股

Inner thigh



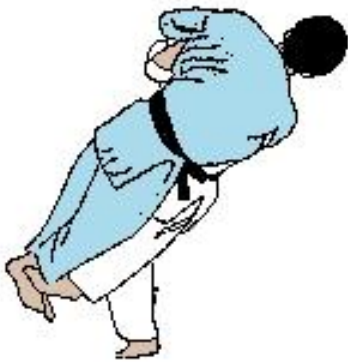
Hane-goshi

Spring Hip



Okuri-ashi-barai

送足払      Following foot  
sweep



Morote-eri-seoi-nage

Two-handed lapel shoulder



**Kansetsu-waza** Joint (armlock)  
technique

Ude-gatame

腕固      Straight arm lock



Waki-gatame

腋固      Armpit Hold



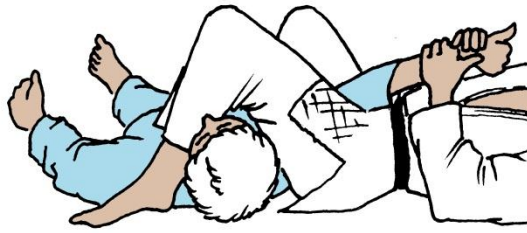
Hiza-gatame

Knee arm lock



### Juji-gatame

十字固      *Cross straight arm*  
*lock*



### **Ne-waza**

Juji-gatame

- sit back entry
- roll over entry
- over the shoulder entry
- entry from beneath

### **Randori**

demonstration of attacking and  
defending in Randori with a co-  
operative partner

### **Terminology and supplementary knowledge**

Candidates are required to

- know the common English translations and meaning of all Japanese Terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc

## 3<sup>rd</sup> Kyu to 2<sup>nd</sup> Kyu

### **Tachi-waza**

Soto-maki-komi

Outside winding



Tani-otoshi

谷落

Valley drop



Yoko-guruma

横車

Side wheel



Tomoe-nage

巴投

Stomach throw



Yoko-tomoe-nage

Side Stomach throw



Uki-waza

Floating Throw



## **Shime-waza** Strangle

*techniques*

### Okuri-eri-jime

送襟絞 Sliding lapel strangle



### Nami-juji-jime

Normal cross strangle



### Gyaku-juji-jime

Reverse cross strangle



## **Kansetsu-waza**

### Ude-garami

腕緘 Arm Entanglement



## **Combination Techniques**

Ude-garami from Kuzure-kesa-gatame  
Knowledge of selected Kaeshi-waza

(counter techniques) (various options)

## **Ne-waza**

Nami-juji-jime – Uke underneath  
(between Tori's legs)

Gyaku-juji-jime – Uke on top (between Tori's legs)

Okuri-eri-jime – Uke attempts Seoi-otoshi (or other) dropping attack

### Koshi-jime

#### *Hip Strangle*

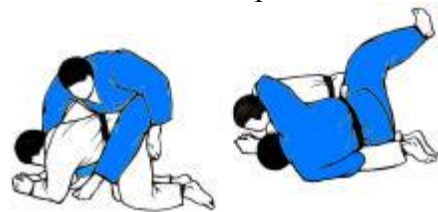
– Uke has attempted a “dropping attack”



### Kata-te-jime

#### *One Hand Strangle*

– Uke in “all fours” position





## **Kumi-kata**

Introduction to performance Kumi-kata skills

## **Randori**

demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner

## **Terminology and supplementary knowledge**

Candidates are required to

- know the common English translations and meaning of all Japanese Terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc



## 2<sup>nd</sup> Kyu to 1<sup>st</sup> Kyu

### **Tachi-waza**

Sode-tsuru-komi-goshi

Sleeve lift pull hip



Kata-guruma

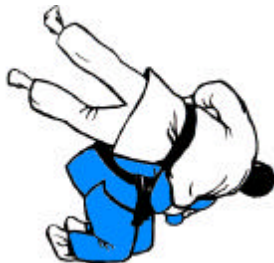
肩車

Shoulder wheel



Ryo-hiza-seoi-otoshi

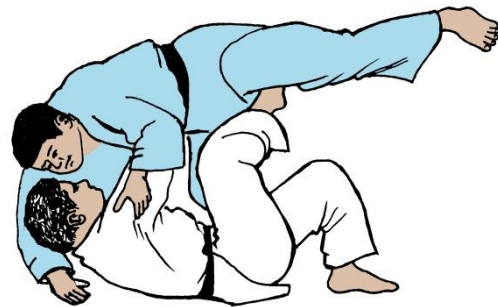
Two Knee shoulder drop



Sumi-gaeshi

隅返

Corner throw



Yoko-gake

Side hook



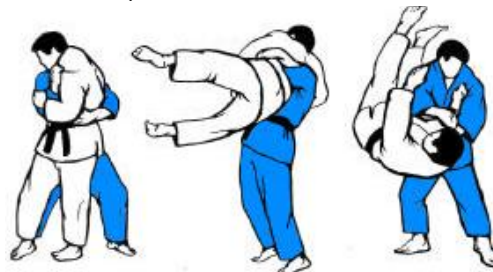
Ko-uchi-gake-maki-komi

Minor inner hook winding



Ushiro-goshi

Rear Hip





Ura-nage

Rear Throw



Uki-otoshi

Floating Drop



Koshi-guruma

Hip Wheel



**Shime-waza**

Kata-ha-jime

片羽絞      Single wing  
strangle



Hadaka-jime

裸絞      Naked Strangle



Kata-te-ashi-koshi-jime

Single hand leg hip strangle



San-gaku-jime

三角絞      Triangular strangle



## **Ne-waza**

San-gaku-gatame – complex entry

San-gaku-jime – complex entry

San-gaku-osae-gatame – turnover and hold

Hadaka-jime – Uke prone position

Kata-ha-jime – Uke in “all fours” position

## **Randori**

demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner

## **Kata**

1 set of Nage No Kata or Katame No Kata

## **Terminology and supplementary knowledge**

Candidates are required to

- know the common English translations and meaning of all Japanese Terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc
- give three examples of any of the penalties in the competition rules