

# BJA Judo MON Syllabus Crib Sheet

Updated Dec 2013 for Oct 2013 Syllabus

567

JUDO CLUB!

**BRITISH**  
**JUDO**



## ***Novice to 1<sup>st</sup> Mon***

(Ages 5-10)

### **Ukemi Breakfalls**

#### *Ushiro Ukemi*

#### *Rear Breakfall*



### **Tachi-waza Standing**

#### *Techniques*

#### *Osoto-otoshi*

#### *Major Outer Drop*



### **Osaekomi-waza Holding**

#### *Techniques*

#### *Kesa-gatame*

#### 袈裟固 *Basic scarf hold*



### **Combination Techniques**

#### *Osoto-otoshi into Kesa-gatame*

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

escape from Kesa-gatame by 'trapping Uke's leg

### **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

Rei	<i>Bow</i>
Hajime	<i>Start</i>
Matte	<i>Break</i>

- answer the question  
In which country was judo devised?

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

(Ages 5-10)

## Ukemi

### Yoko Ukemi

#### Side Breakfall



## Tachi-waza

### De-ashi-barai

#### Advancing Foot Sweep



## Osaekomi-waza

### Mune-gatame

#### Chest Hold



## Combination Techniques

### De-ashi-barai into Mune-gatame

## Ne-waza

escape from Mune-gatame using a 'bridge and roll' action

## 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:

Osaekomi	<i>Holding</i>
Toketa	<i>Hold Broken</i>
Randori	<i>Free Practice</i>

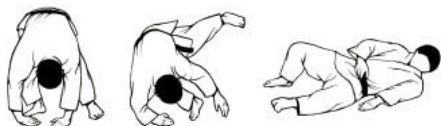
- have knowledge of the judo code
- demonstrate the correct bowing procedure for Tachi-rei and Za-rei
- answer the question  
Who is the founder of modern judo?

**2<sup>nd</sup> Mon to 3<sup>rd</sup> Mon**  
(Ages 5-10)

**Ukemi**

Mae Mawari Ukemi I

Forward rolling breakfall  
(from static position)



**Tachi-waza**

Uki-goshi

Floating Hip



**Osaekomi-waza**

Kuzure-kesa-gatame

崩袈裟固 Broken Scarf hold



**Combination Techniques**

Uki-goshi into Kuzure-kesa-gatame

**Ne-waza**

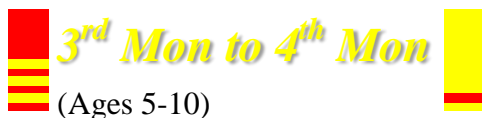
escape from Kuzure-kesa-gatame using  
'sit up and push'

**Terminology and  
supplementary knowledge**

Candidates are required to

- know the common English translations and meaning of all Japanese Terminology used in this section and knowledge of the judo code
- demonstrate the correct wearing of the judogi and tying of the obi.
- translate the following Japanese words into their common English names and where appropriate explain their meaning

Dojo	Training Hall
Obi	Belt
Judogi	Judo Suit
Zori	Sandals



(Ages 5-10)

## **Ukemi**

### Mae Mawari Ukemi II

Forward rolling breakfall  
(dynamic)



## **Tachi-waza**

### Tai-otoshi

体落      Body drop



## **Osaekomi-waza**

### Yoko-shiho-gatame

横四方固      Side 4 quarters  
hold



## **Combination Techniques**

Tai-otoshi into Yoko-shiho-gatame

## **Ne-waza**

escape from Yoko-shiho-gatame using  
‘trap, bridge and roll’  
turnover into Yoko-shiho-gatame (Uke  
in prone position)

## **Kumi-kata Gripping Technique**

demonstrate the right and left standard  
grip

## **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

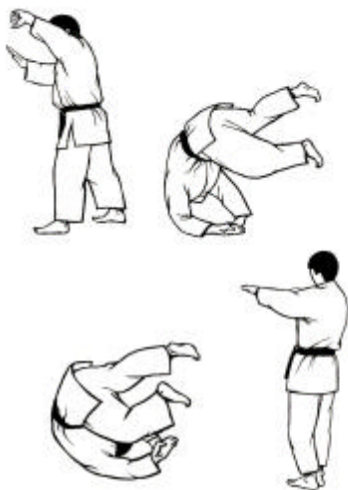
## 4<sup>th</sup> Mon to 5<sup>th</sup> Mon

(Ages 5-10)

### Ukemi

#### Mae Mawari Ukemi III

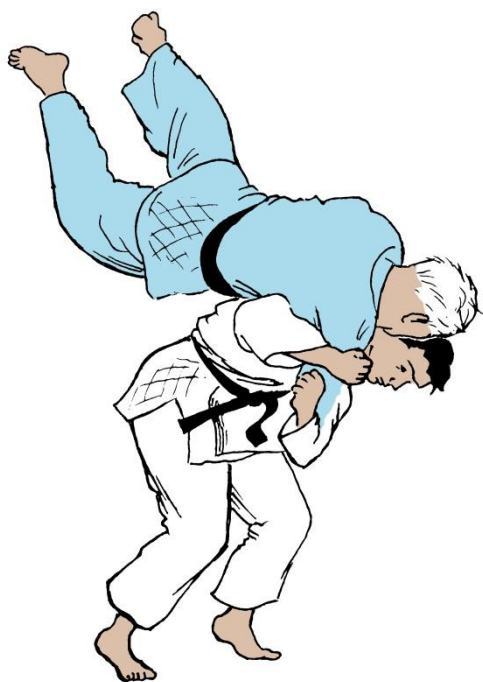
Forward rolling breakfall  
(standing and regain feet)



### Tachi-waza

#### Ippon-seoi-nage

背負投      One arm shoulder  
throw



### Osaekomi-waza

#### Kami-shiho-gatame

上四方固      Upper 4 quarters  
hold



### Combination Techniques

Ippon-seoi-nage into Kami-shiho-gatame

### Ne-waza

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

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

### Kumi-kata

demonstrate alternatives to the right  
and left standard grips

### 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

**5<sup>th</sup> Mon to 6<sup>th</sup> Mon**  
(Ages 5-10)

**Ukemi**

Mae Ukemi

Forward Breakfall



**Tachi-waza**

O-uchi-gari

大内刈 Major inner reap



**Osaekomi-waza**

Tate-shiho-gatame

縦四方固 Vertical 4 quarters  
hold



**Combination Techniques**

O-uchi-gari into Tate-shiho-gatame

**Ne-waza**

escape from Tate-shiho-gatame using  
‘clamp and roll’ action  
turnover into Mune-gatame (Uke “all  
fours” position)

**Kumi-kata**

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



**6<sup>th</sup> Mon to 7<sup>th</sup> Mon**  
(Ages 8-11)

**Tachi-waza**  
**Ko-uchi-gari**

小内刈 *Minor inner reap*



**Tsuri-komi-goshi**

釣込腰 *Lift-pull hip*



**Randori**

demonstration of light Randori with a co-operative partner

**Counter Techniques**

O-uchi-gari countered by Tsuri-komi-goshi

**O-goshi**

大腰 *Major hip*



**Combination Techniques**

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

**Ne-waza**

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

**Terminology etc.**

- know the common English translations and meaning of all Japanese Terminology used in this section
- give two examples of actions against the contest rules
- translate the following Japanese words into their common English names and where appropriate explain their meaning

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>

- demonstrate the proper procedures for coming onto and leaving the mat for a contest

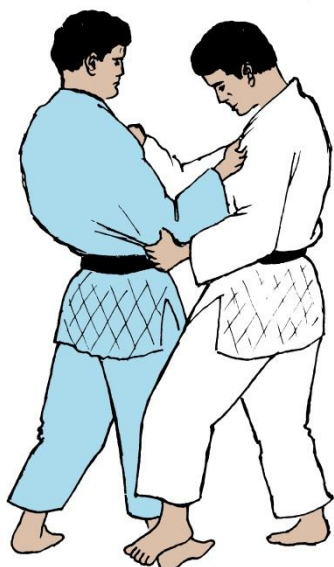
## 7<sup>th</sup> Mon to 8<sup>th</sup> Mon

(Ages 8-11)

### **Tachi-waza**

#### Ko-soto-gari

小外刈 *Minor outer reap*



#### Ko-soto-gake

*Minor outer hook*



#### Morote-seoi-nage

背負投 *Both hands*  
*shoulder throw*



### **Ne-waza**

escape into Yoko-shiho-gatame from  
between Uke's legs  
turn over from underneath Uke into  
Tate-shiho-gatame

### **Randori**

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

### **Combination Techniques**

Ko-uchi-gari into Morote-seoi-nage

### **Counter Techniques**

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





## 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

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

## 8<sup>th</sup> Mon to 9<sup>th</sup> Mon

(Ages 8-11)

### Tachi-waza

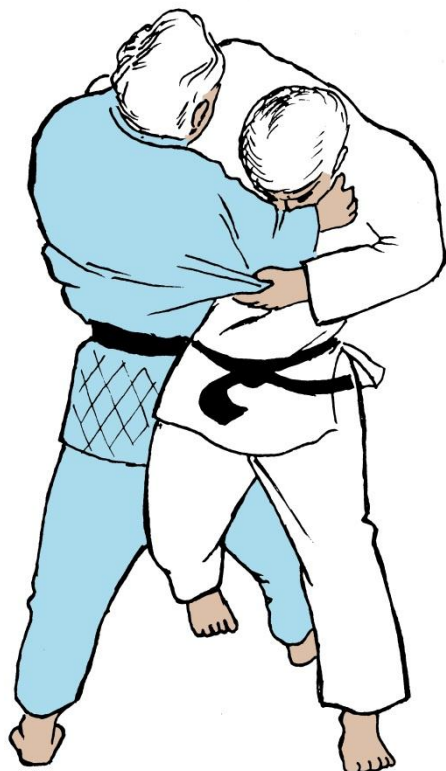
#### Seoi-otoshi

背負落 *Shoulder Drop*



#### O-soto-gari

大外刈 *Major outer reap*



### Combination Techniques

Ippon-seoi-nage into Ko-uchi-gari  
any techniques, as combinations with

- Seoi-otoshi
- Ko-uchi-gari

### Ne-waza

arm roll

- from behind Uke
- from in front of Uke

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

Hiki-wake	Draw
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- give two examples of grips against the contest rules for negative or safety reasons

**9<sup>th</sup> Mon to 10<sup>th</sup> Mon**  
(Ages 11-15)

**Tachi-waza**  
Harai-goshi

払腰      Sweeping loin



Uchi-mata

内股      Inner thigh



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

Ude-gatame

腕固      Straight arm lock



Waki-gatame

腋固      Armpit Hold



**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

## 10<sup>th</sup> Mon to 11<sup>th</sup> Mon

(Ages 11-15)

### **Tachi-waza**

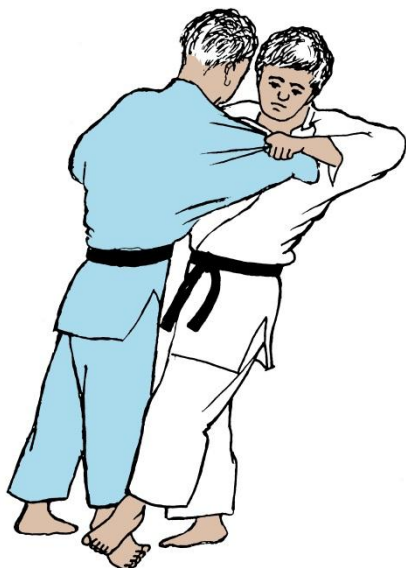
#### Hiza-guruma

膝車      Knee Wheel



#### Sasae-tsuri-komi-ashi

支釣込足      Propping drawing  
ankle



### **Kansetsu-waza**

#### Juji-gatame

十字固      Cross straight arm  
lock



#### Hiza-gatame

Knee arm lock



### **Ne-waza**

#### Juji-gatame

- sit back entry
- roll over entry

### **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



## **11<sup>th</sup> Mon to 12<sup>th</sup> Mon**

(Ages 11-15)

### **Tachi-waza**

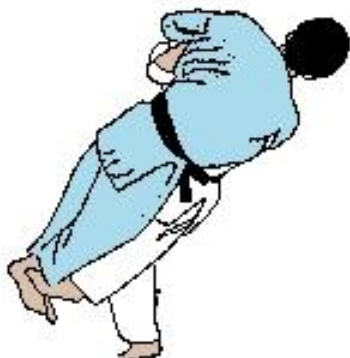
Hane-goshi

Spring Hip



Okuri-ashi-barai

送足払      Following foot  
sweep



Morote-eri-seoi-nage

Two-handed lapel shoulder



### **Ne-waza**

Juji-gatame

- 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

## 12<sup>th</sup> Mon to 13<sup>th</sup> Mon

(Ages 11-15)

### **Tachi-waza**

#### Tani-otoshi

谷落 Valley drop



#### Yoko-guruma

横車 Side wheel



### **Kansetsu-waza**

#### Ude-garami

腕緘 Arm Entanglement



### **Combination Techniques**

Knowledge of selected Kaeshi-waza  
(counter techniques) (various options)

### **Ne-waza**

Ude-garami from Kuzure-kesa-gatame

### **Kumi-kata**

Kumi-kata (gripping) skills (right and left)

### **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



# 13<sup>th</sup> Mon to 14<sup>th</sup> Mon

(Ages 11-15)

## Tachi-waza

### Tomoe-nage

巴投 Stomach throw



### Yoko-tomoe-nage

Side Stomach throw



## Randori

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

## Kumi-kata

Kumi-kata (gripping) skills (right and left)

## Terminology and supplementary knowledge

- Candidates are required to know the common English translations and meaning of all Japanese Terminology used in this section

## 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



## 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

## 14<sup>th</sup> Mon to 15<sup>th</sup> Mon

(Ages 11-15)

### Tachi-waza

#### Uki-waza

#### Floating Throw



#### Soto-maki-komi

#### Outside winding



### Ne-waza

#### Koshi-jime

#### Hip Strangle

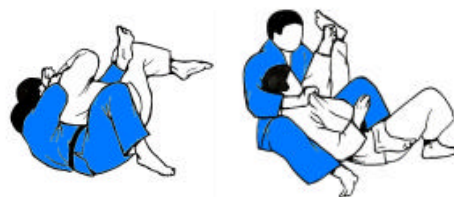
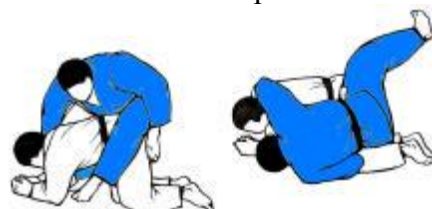
- Uke has attempted a “dropping attack”



### Kata-te-jime

#### One Hand Strangle

- Uke in “all fours” position



### 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

**15<sup>th</sup> Mon to 16<sup>th</sup> Mon**  
(Ages 15-17)

**Tachi-waza**

Ura-nage

Rear Throw



Uki-otoshi

Floating Drop



Koshi-guruma

Hip Wheel



**Shime-waza** Strangling  
technique

Kata-ha-jime

片羽絞 Single wing  
strangle



Kata-te-ashi-koshi-jime

Single hand leg hip strangle



**Ne-waza**

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

**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

## 16<sup>th</sup> Mon to 17<sup>th</sup> Mon

(Ages 15-17)

### **Tachi-waza**

Ushiro-goshi

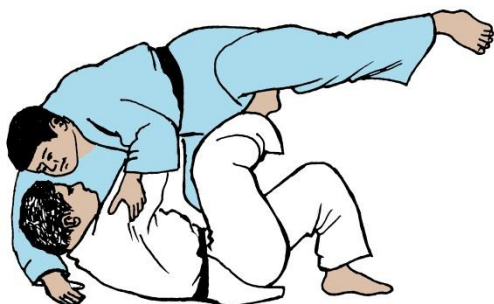
Rear Hip



Sumi-gaeshi

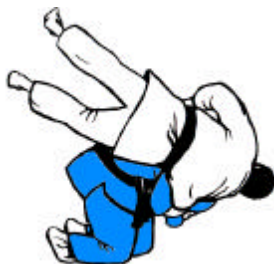
隅返

Corner throw



Ryo-hiza-seoi-otoshi

Two Knee shoulder drop



Yoko-gake

Side hook



### **Shime-waza**

Hadaka-jime

裸絞

Naked Strangle



### **Ne-waza**

Hadaka-jime – Uke prone position

### **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

## 17<sup>th</sup> Mon to 18<sup>th</sup> Mon

(Ages 15-17)

### **Tachi-waza**

Sode-tsuru-komi-goshi

Sleeve lift pull hip



Kata-guruma

肩車 Shoulder wheel



Ko-uchi-gake-maki-komi

Minor inner hook winding



### **Shime-waza**

San-gaku-jime

三角絞 Triangular strangle



### **Tachi-waza**

Demonstrate any two variations of Sumi-gaeshi

### **Ne-waza**

San-gaku-gatame – complex entry

San-gaku-Jime – complex entry

San-gaku-osae-gatame – turnover and hold

### **Randori**

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

### **Demonstrate**

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
- give three examples of any of the penalties in the competition rules