# BJA Judo Coaches Crib Sheet

Updated Dec 2013 for Oct 2013 Syllabus





## Nage-Waza

|  |  |  |  |
| --- | --- | --- | --- |
| Ashi-guruma 足車  Leg Wheel | http://upload.wikimedia.org/wikipedia/commons/thumb/1/1a/Ashi-Guruma.svg/175px-Ashi-Guruma.svg.png | Dan 2nd Set |  |
| De-ashi-barai Advancing Foor Sweep |  | 1st Mon to 2nd Mon  Novice to 6th Kyu  Dan 4th Set |  |
| Hane-goshi Spring Hip |  | 11th Mon to 12th Mon  4th Kyu to 3rd Kyu  Dan 2nd Set |  |
| Hane-maki-komi 跳巻込  Spring Winding | File:Hane-makikomi.jpg | Dan 2nd Set |  |
| Harai-goshi 払 腰  Sweeping loin | Harai-goshi.jpg | 9th Mon to 10th Mon  4th Kyu to 3rd Kyu  Nage-No-Kata: Koshi-waza  Dan 2nd Set |  |
| Harai-maki-komi 払巻込  Hip Sweep Winding | https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcSQCUe90bkla_-eD_nNYJmiZx7Uw_GBQFRPzjB8PMgBmX9xOu_O | Dan 2nd Set |  |
| Harai-tsuri-komi-ashi 払釣込足  Lift pull foot sweep | http://upload.wikimedia.org/wikipedia/commons/thumb/d/db/Harai-tsurikomi-ashi.jpg/225px-Harai-tsurikomi-ashi.jpg | Dan 4th Set |  |
| Hiza-guruma 膝 車  Knee Wheel | hiza-guruma.jpg | 10th Mon to 11th Mon  4th Kyu to 3rd Kyu  Dan 4th Set |  |
| Ippon-seoi-nage 背 負 投  One arm shoulder throw | *ippon-seoi-nagi.jpg* | 4th Mon to 5th Mon  6th Kyu to 5th Kyu  Nage-No-Kata: Te-waza  Dan 1st Set |  |
| Kata-guruma 肩 車  Shoulder wheel | kata-guruma.jpg | 17th Mon to 18th Mon  2nd Kyu to 1st Kyu  Nage-No-Kata: Te-waza  Dan 5th Set |  |
| Koshi-guruma Hip Wheel |  | 15th Mon to 16th Mon  2nd Kyu to 1st Kyu  Dan 5th Set |  |
| Ko-soto-gake Minor outer hook |  | 7th Mon to 8th Mon  5th Kyu to 4th Kyu  Dan 3rd Set |  |
| Ko-soto-gari 小 外 刈  Minor outer reap | *Ko-soto-gari.jpg* | 7th Mon to 8th Mon  5th Kyu to 4th Kyu  Dan 3rd Set |  |
| Ko-uchi-gake-maki-komi Minor inner hook winding |  | 17th Mon to 18th Mon  2nd Kyu to 1st Kyu |  |
| Ko-uchi-gari 小 内 刈  Minor inner reap | Ko-uchi-gari.jpg | 6th Mon to 7th Mon  5th Kyu to 4th Kyu  Dan 3rd Set |  |
| Morote-eri-seoi-nage Two-handed lapel shoulder |  | 11th Mon to 12th Mon  4th Kyu to 3rd Kyu |  |
| Morote-seoi-nage 背 負 投  Both hands shoulder throw | morote-seoi-nage.jpg | 7th Mon to 8th Mon  5th Kyu to 4th Kyu  Dan 1st Set |  |
| O-goshi 大 腰  Major hip | O-goshi.jpg | 6th Mon to 7th Mon  5th Kyu to 4th Kyu  Dan 1st Set |  |
| O-guruma 大車  Large wheel | http://upload.wikimedia.org/wikipedia/commons/b/b8/O-guruma.jpg | Dan 2nd Set |  |
| Okuri-ashi-barai 送 足 払  Following foot sweep | okuri-ashi-barai.jpg | 11th Mon to 12th Mon  4th Kyu to 3rd Kyu  Nage-No-Kata: Ashi-waza  Dan 4th Set |  |
| O-soto-gari 大 外 刈  Major outer reap | O-soto-gari.jpg | 8th Mon to 9th Mon  5th Kyu to 4th Kyu  Dan 3rd Set |  |
| O-soto-guruma 大外車  Major outer wheel | https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcQw3tz1-utAzbEncWHOQp9UXt5hN8kAuMfhNhW3K3Qx3jok1_uvDg | Dan 3rd Set |  |
| Osoto-otoshi Major Outer Drop |  | Novice to 1st Mon  Novice to 6th Kyu |  |
| O-uchi-gake Major inner hook | http://upload.wikimedia.org/wikipedia/commons/thumb/e/ee/Ko-uchi-gari.jpg/220px-Ko-uchi-gari.jpg | Dan 3rd Set |  |
| O-uchi-gari 大 内 刈  Major inner reap | o-uchi-gari.jpg | 5th Mon to 6th Mon  6th Kyu to 5th Kyu  Dan 3rd Set |  |
| Ryo-hiza-seoi-otoshi Two Knee shoulder drop |  | 16th Mon to 17th Mon  2nd Kyu to 1st Kyu |  |
| Sasae-tsuri-komi-ashi 支 釣 込 足  Propping drawing ankle | Sasae-tsuri-komi-ashi.jpg | 10th Mon to 11th Mon  4th Kyu to 3rd Kyu  Nage-No-Kata: Ashi-waza  Dan 4th Set |  |
| Seoi-otoshi 背負落  Shoulder Drop |  | 8th Mon to 9th Mon  5th Kyu to 4th Kyu  Dan 1st Set |  |
| Sode-tsuri-komi-goshi Sleeve lift pull hip |  | 17th Mon to 18th Mon  2nd Kyu to 1st Kyu  Dan 3rd Set |  |
| Soto-maki-komi Outside winding |  | 14th Mon to 15th Mon  3rd Kyu to 2nd Kyu  Dan 2nd Set |  |
| Sumi-gaeshi 隅 返  Corner throw | Sumi-gaeshi.jpg | 16th Mon to 17th Mon  2nd Kyu to 1st Kyu  Nage-No-Kata: Ma-sutemi-waza  Dan 4th Set |  |
| Tai-otoshi 体 落  Body drop | tai-otoshi.jpg | 3rd Mon to 4th Mon  6th Kyu to 5th Kyu  Dan 1st Set |  |
| Tani-otoshi 谷 落  Valley drop | Tani-otoshi.jpg | 12th Mon to 13th Mon  3rd Kyu to 2nd Kyu  Dan 5th Set |  |
| Tomoe-nage 巴 投  Stomach throw | Tomoe-nage.jpg | 13th Mon to 14th Mon  3rd Kyu to 2nd Kyu Nage-No-Kata: Ma-sutemi-waza Dan 4th Set |  |
| Tsuri-goshi 釣腰  Lifting hip | http://upload.wikimedia.org/wikipedia/commons/thumb/e/e2/Tsuri-goshi.jpg/225px-Tsuri-goshi.jpg | Dan 1st Set |  |
| Tsuri-komi-goshi 釣 込 腰  Lift-pull hip | Tsuri-komi-goshi.jpg | 6th Mon to 7th Mon  5th Kyu to 4th Kyu  Nage-No-Kata: Koshi-waza  Dan 1st Set |  |
| Uchi-mata 内 股  Inner thigh | Uchi-mata.jpg | 9th Mon to 10th Mon  4th Kyu to 3rd Kyu  Nage-No-Kata: Ashi-waza  Dan 2nd Set |  |
| Uki-goshi Floating Hip |  | 2nd Mon to 3rd Mon  Novice to 6th Kyu  Nage-No-Kata: Koshi-waza  Dan 1st Set |  |
| Uki-otoshi Floating Drop |  | 15th Mon to 16th Mon  2nd Kyu to 1st Kyu  Nage-No-Kata: Te-waza  Dan 4th Set |  |
| Uki-waza Floating Throw |  | 14th Mon to 15th Mon  3rd Kyu to 2nd Kyu  Nage-No-Kata: Yoko-sutemi-waza  Dan 5th Set |  |
| Ura-nage Rear Throw |  | 15th Mon to 16th Mon  2nd Kyu to 1st Kyu  Nage-No-Kata: Ma-sutemi-waza |  |
| Ushiro-goshi Rear Hip |  | 16th Mon to 17th Mon  2nd Kyu to 1st Kyu |  |
| Yama-arashi 山嵐  Mountain storm | https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSA-6yQ7lGIUI33fgo-uXP-N41z5YHSPFBJFAZfegnP8bruPCvt | Dan 5th Set |  |
| Yoko-gake Side hook |  | 16th Mon to 17th Mon  2nd Kyu to 1st Kyu  Nage-No-Kata: Yoko-sutemi-waza  Dan 5th Set |  |
| Yoko-guruma 横 車  Side wheel | yoko-guruma.jpg | 12th Mon to 13th Mon  3rd Kyu to 2nd Kyu  Nage-No-Kata: Yoko-sutemi-waza |  |
| Yoko-otoshi 横落  Side drop | https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSAEH6bBhD4gp7GD94e4-nUicmFACVoexIbJjz4YAs0osr6bS59dQ | Dan 5th Set |  |
| Yoko-tomoe-nage Side Stomach throw |  | 13th Mon to 14th Mon  3rd Kyu to 2nd Kyu |  |
| Yoko-wakare 横分  Side Separation | https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTuausHgPb0EBSInQDbt_R3zAMa64T0QM5T2P3P0E582p8FFXqR | Dan 5th Set |  |

## Ne-waza

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| --- | --- | --- | --- |
| Gyaku-juji-jime Reverse cross strangle |  | 13th Mon to 14th Mon  3rd Kyu to 2nd Kyu  Dan 3rd set |  |
| Hadaka-jime 裸 絞  Naked Strangle | Hadaka-jime.jpg | 16th Mon to 17th Mon  2nd Kyu to 1st Kyu  Dan 4th set |  |
| Hiza-gatame Knee arm lock |  | 10th Mon to 11th Mon  4th Kyu to 3rd Kyu  Dan 5th set |  |
| Juji-gatame 十 字 固  Cross straight arm lock | ju-ji-gatame.jpg | 10th Mon to 11th Mon  4th Kyu to 3rd Kyu  Dan 5th set |  |
| Kami-shiho-gatame 上 四 方 固  Upper 4 quarters hold |  | 4th Mon to 5th Mon  6th Kyu to 5th Kyu  Dan 2nd set |  |
| Kata-gatame 肩固  Shoulder hold |  | Dan 1st set |  |
| Kata-ha-jime 片 羽 絞  Single wing strangle | Kata-ha-jime.jpg | 15th Mon to 16th Mon  2nd Kyu to 1st Kyu  Dan 4th set |  |
| Kata-juji-jime 片十字絞  Half Cross Strangle |  | Dan 3rd set |  |
| Kata-te-ashi-koshi-jime Single hand leg hip strangle |  | 15th Mon to 16th Mon  2nd Kyu to 1st Kyu |  |
| Kata-te-jime One Hand Strangle | Uke in “all fours” position | 14th Mon to 15th Mon  3rd Kyu to 2nd Kyu |  |
| Kesa-gatame 袈 裟 固  Basic scarf hold |  | Novice to 1st Mon  Novice to 6th Kyu  Dan 1st set |  |
| Koshi-jime Hip Strangle | Uke has attempted a “dropping attack”  koshi-jime.jpg | 14th Mon to 15th Mon  3rd Kyu to 2nd Kyu  Dan 4th set |  |
| Kuzure-kami-shiho-gatame Broken upper 4 quarters hold |  | Dan 2nd set |  |
| Kuzure-kesa-gatame 崩 袈 裟 固  Broken Scarf hold | Kuzure-kesa-gatame.jpg | 2nd Mon to 3rd Mon  Novice to 6th Kyu  Dan 1st set |  |
| Kuzure-tate-shiho-gatame Broken vertical 4 quarters hold |  | Dan 2nd set |  |
| Kuzure-yoko-shiho-gatame Broken side 4 quarters hold | https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcS3Myu7DftHrsW6f8otgydVn0o1-7GPe5t-v_S9113EgXeVK5hEIA | Dan 2nd set |  |
| Makura-kesa-gatame Pillow Scarf hold | https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTNlvSog_lCPYF1Hess23LhypSOSk_LwS2r5FztnPVHrUlB-8ZzAg | Dan 1st set |  |
| Mune-gatame Chest Hold |  | 1st Mon to 2nd Mon  Novice to 6th Kyu  Dan 1st set |  |
| Nami-juji-jime Normal cross strangle |  | 13th Mon to 14th Mon  3rd Kyu to 2nd Kyu  Dan 3rd set |  |
| Okuri-eri-jime 送 襟 絞  Sliding lapel strangle | Okuri-eri-jime.jpg | 13th Mon to 14th Mon  3rd Kyu to 2nd Kyu  Dan 4th set |  |
| Ryote-jime 両手絞  Two-hand strangle | https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcQAuVdvXQy6VA2rvp-_fbkrU2-mlHstbTa_ar4SzGo80SJJDJ0-wg | Dan 3rd set |  |
| San-gaku-jime 三 角 絞  Triangular strangle | sangaku-jime.jpg | 17th Mon to 18th Mon  2nd Kyu to 1st Kyu |  |
| Sode-guruma-jime 袖車絞め  Sleeve wheel strangle | https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcSb0eN9PDZnZ-7Wo69ViI8_38uRklo_xxPisxxHxEf2rrFBbiSK9w | Dan 4th set |  |
| Tate-shiho-gatame 縦 四 方 固  Vertical 4 quarters hold | hon-tate-shiho-gatame.jpg | 5th Mon to 6th Mon  6th Kyu to 5th Kyu  Dan 2nd set |  |
| Tsuki-komi-jime 突込絞  Thrust Strangle |  | Dan 3rd set |  |
| Ude-garami 腕 緘  Arm Entanglement | Ude-garami.jpg | 12th Mon to 13th Mon  3rd Kyu to 2nd Kyu  Dan 5th set |  |
| Ude-gatame 腕 固  Straight arm lock | Ude-gatame.jpg | 9th Mon to 10th Mon  4th Kyu to 3rd Kyu  Dan 5th set |  |
| Ushiro-kesa-gatame 後袈裟固  Reverse scarf hold | https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRbsFNJUpUN_BqQAr8rSRJply790rQG3Wu7x5IbRlDUnjVq6rrz | Dan 1st set |  |
| Waki-gatame 腋 固  Armpit Hold | Waki-gatame.jpg | 9th Mon to 10th Mon  4th Kyu to 3rd Kyu  Dan 5th set |  |
| Yoko-shiho-gatame 横 四 方 固  Side 4 quarters hold | hon-yoko-shiho-gatame.jpg | 3rd Mon to 4th Mon  6th Kyu to 5th Kyu  Dan 2nd set |  |

## Terminology

|  |  |  |  |
| --- | --- | --- | --- |
| Adjusting the Judogi | adjusting the judogi | http://www.judopedia.com/images/thumb/5/58/International_Judo_Federation_%28Contest_Rules_-_1993%29_Adjustment-of-judogi.png/69px-International_Judo_Federation_%28Contest_Rules_-_1993%29_Adjustment-of-judogi.png |  |
| Ashi-waza | foot techniques |  |  |
| Dojo | Training Hall |  |  |
| Hajime | Start |  |  |
| Hansoku-make | Loss by disqualification |  |  |
| Hiki-wake | Draw |  |  |
| Judogi | Judo Suit |  |  |
| Kaeshi-waza | counter techniques |  |  |
| Koshi-waza | hip techniques |  |  |
| Kumi-kata | Gripping Technique |  |  |
| Mae Mawari Ukemi I | Forward rolling breakfall (from static position) |  |  |
| Mae Mawari Ukemi II | Forward rolling breakfall (dynamic) |  |  |
| Mae Mawari Ukemi III | Forward rolling breakfall (standing and regain feet) |  |  |
| Mae Ukemi | Forward Breakfall |  |  |
| Ma-sutemi-waza | rear sacrifice techniques |  |  |
| Matte | Break | http://www.judopedia.com/images/thumb/8/8d/International_Judo_Federation_%28Contest_Rules_-_1993%29_Matte.png/69px-International_Judo_Federation_%28Contest_Rules_-_1993%29_Matte.png |  |
| Ne-waza | Ground technique |  |  |
| Obi | Belt |  |  |
| Osaekomi | Holding | http://www.judopedia.com/images/thumb/4/4a/International_Judo_Federation_%28Contest_Rules_-_1993%29_Osae-komi.png/71px-International_Judo_Federation_%28Contest_Rules_-_1993%29_Osae-komi.png |  |
| Randori | Free Practice |  |  |
| Rei | Bow |  |  |
| Shido | Penalty |  |  |
| Shime-waza | Strangle techniques |  |  |
| Tachi-waza | Standing techniques |  |  |
| Te-waza 手技 | hand techniques |  |  |
| Toketa | Hold Broken | http://www.judopedia.com/images/thumb/a/a4/International_Judo_Federation_%28Contest_Rules_-_1993%29_Toketa.png/76px-International_Judo_Federation_%28Contest_Rules_-_1993%29_Toketa.png |  |
| Tori | One who applies a technique |  |  |
| Uke | One on whom a technique is applied |  |  |
| Ukemi | Breakfalls |  |  |
| Ushiro Ukemi | Rear Breakfall |  |  |
| Waza-ari-awasete-ippon | Ippon achieved by scoring two waza-ari |  |  |
| Yoko Ukemi | Side Breakfall |  |  |
| Yoko-sutemi-waza | side sacrifice techniques |  |  |
| Zori | Sandals |  |  |

### Combination Techniques

Osoto-otoshi into Kesa-gatame

escape from Kesa-gatame by ‘trapping Uke’s leg

De-ashi-barai into Mune-gatame

escape from Mune-gatame using a ‘bridge and roll’ action

Uki-goshi into Kuzure-kesa-gatame

escape from Kuzure-kesa-gatame using ‘sit up and push’

Tai-otoshi into Yoko-shiho-gatame

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

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

Ippon-seoi-nage into Kami-shiho-gatame

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

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

O-uchi-gari into Tate-shiho-gatame

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

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

O-uchi-gari into Ko-uchi-gari

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

escape from Kesa-gatame using ‘bridge and roll’

escape into Kesa-gatame from between Uke’s legs’

Ko-uchi-gari into Morote-seoi-nage

escape into Yoko-shiho-gatame from between Uke’s legs

turn over from underneath Uke into Tate-shiho-gatame

Ippon-seoi-nage into Ko-uchi-gari

any techniques, as combinations with

* Seoi-otoshi
* Ko-uchi-gari

arm roll

* from behind Uke
* from in front of Uke

Juji-gatame

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

Ude-garami from Kuzure-kesa-gatame

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

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

Hadaka-jime – Uke prone position

Demonstrate any two variations of Sumi-gaeshi

San-gaku- gatame – complex entry

San-gaku-Jime – complex entry

San-gaku-osae-gatame – turnover and hold

### Counter Techniques

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

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

### Terminology and supplementary knowledge

* answer the questions

In which country was judo devised?

Who is the founder of modern judo?

* demonstrate the correct bowing procedure for Tachi-rei and Za-rei
* demonstrate the correct wearing of the judogi and tying of the obi.
* demonstrate the right and left standard grip
* demonstrate alternatives to the right and left standard grips
* demonstrate alternatives to standard grips e.g. right against left, double lapel and high collar
* give two examples of actions against the contest rules
* demonstrate the proper procedures for coming onto and leaving the mat for a contest
* 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
* give three examples of any of the penalties in the competition rules