

**UNITED KINGDOM
JUDO SOCIETY
SYLLABUS**

PRIMARY SYLLABUS

AGE 4-6YRS



RED BELT WITH ONE WHITE STRIPE

REI PANDA

Theory

Standing Bow (Ritsu -Rei)

Kneeling Bow (Za-Rei)

Know who to report an injury to.

Wear full Gi on the mat.

Practical

Ushiro ukemi (Backwards Roll)

Snake walk – forwards

Rei on and off the mat

Take part in class exercises.



RED BELT WITH TWO WHITE STRIPES

MAKIKOMI MACAQUE

Theory

Understand Hajime and Mate.

Name two club rules.

Understand submission and when to use it.

Practical

Yoko Ukemi.

Demonstrate a grip.

Snake walk – backwards.

Tsukuri and Kuzushi.

O Soto Gari (Major outer reap)



RED BELT WITH THREE WHITE STRIPES

RANDORI RACCOON

Theory

Understand the terms:

Sensei (teacher)

Gi (judo suit)

Obi (judo belt)

Zori. (judo footwear)

Meaning of the word Judo.

How to tie a belt.

Name Three Club Rules.

Practical

Mae Ukemi (Forward breakfall)

O Goshi (major hip throw)

Hon Kesa Gatame (Scarf hold)

Escape from Kesa Gatame.



RED BELT WITH FOUR WHITE STRIPES

BUDDO BLACK BEAR

Theory

Understand the meaning of:

Osaekomi (holding)

Osaekomi tokata (holding broken)

Ippon (full point, perfect standing technique)

Kuzure (broken)

Practical

Zempo Kaiten Ukemi (Forward Roll)

Ippon Seoi Nage (one hand shoulder throw)

Kuzure Kesa Gatame (Broke scarf hold)

Arm Roll into Kesa Gatame

or Kuzure Kesa Gatame



RED BELT WITH FIVE WHITE STRIPES

SEOI SIKA DEER

Theory

Understand the meaning of:

Ushiro (backwards)

Yoko (side)

Mae (front)

Migi (right side)

Hidari (left side)

Count to ten in Japanese. (ichi, ni, san, shi, go, roku, shitchi, hachi, ku, Juu)

Practical

Uki Goshi (floating hip throw)

Mune Gatame (Chest hold down)

Roll partner from knees
into Mune Gatame

One escape from Mune Gatame.



RED BELT WITH SIX WHITE STRIPES

TSUKURI TANCHO

Theory

Knowledge of the founder of Judo

Understand how to enter the mat for contest

Understand Contest commands and signals

Understand the meaning of:

Uchi Komi (Repetition training)

Tachi Waza (standing techniques)

Ne Waza (ground techniques)

Practical

Full Ukemi sequence (breakfalls)

Demonstrate Uchi Komi for chosen Throw.

Demonstrate with competence:

Osoto Gari (major outer reap)

O Goshi (major hip throw)

Ippon Seoi Nage (one arm shoulder throw)

Uki Goshi (floating hip throw)


De Ashi Barai (advancing foot sweep)

Mune Gatame (chest hold down)

Kesa Gatame (scarf hold)

Kata Gatame (shoulder hold)



The background features a circular logo for the United Kingdom Judo Society. It contains the Japanese characters '柔道' (Judo) in a stylized font, with '柔' (Judo) at the top and '道' (Judo) at the bottom. The text 'UNITED KINGDOM JUDO SOCIETY' is written in a bold, sans-serif font around the perimeter of the circle. The entire logo is rendered in a light, semi-transparent grey color.

JUNIOR SYLLABUS
AGE 7-15YRS

UNITED KINGDOM JUDO SOCIETY JUNIOR SYLLABUS AGE 7 TO 15 YRS.

6th Kyu White belt up to 3

Yellow Bars

Ukemi

Tsukuri and Kuzushi

O Goshi (major hip throw)

O Soto Gari (Major outer reap)

Ippon Seoi Nage (one hand shoulder throw)

Hon Kesa Gatame (Scarf hold)

Kata Gatame (shoulder hold)

5th Kyu Yellow Belt

Ippon Seoi nage (one hand shoulder throw)

into Seoi Otoshi (shoulder drop)

Two escapes from Hon Kesa Gatame (Scarf hold)

Hon Kesa Gatame (Scarf hold)

Into Kata Gatame (shoulder hold)

5th Kyu Yellow Belt up to 3

Orange bars

Morote Seoi Nage (two hand shoulder throw)

Tai Otoshi (body drop)

O Uchi Gari (major inner reap)

Kami Shiho Gatame (upper 4 quarters hold)

Yoko Shiho Gatame (side 4 quarters hold)

4th Kyu Orange Belt

Ko Uchi Gari (minor inner reap) into O Uchi

Gari (major inner reap)

Kami Shiho Gatame (upper 4 quarters hold)

into Kuzure Kami Shiho Gatame (broken upper 4 quarters hold)

One escape from Kami Shiho Gatame (upper 4 quarters hold)

One escape from Yoko Shiho Gatame (side 4 quarters hold)

4th Kyu Orange Belt up to 3

Green bars

Harai Goshi (sweeping loin)

De Ashi Barai (Advancing foot sweep)

Uki Goshi (floating hip)

Kuzure Kesa Gatame (Broken Scarf hold)

Kuzure Yoko Shiho Gatame (broken side 4 quarters hold)

3rd Kyu Green Belt

O Soto Gari (Major outer reap)

into Harai Goshi (sweeping loin)

De Ashi Barai (Advancing foot sweep)

counter with Tsubame Gaeshi (Swallow Counter)

Ushiro Kesa Gatame (reverse scarf hold)

Makura Kesa Gatame (pillow hold)

3rd Kyu Green Belt up to 3 Blue

bars

Hane Goshi (spring hip throw)

Okuri Ashi Barai (sweeping ankle throw)

Hiza Guruma (knee wheel)

O Uchi Mata (major inner thigh)

Tate Shiho Gatame (Lengthwise hold down)

Mune Gatame (chest hold down)

2nd Kyu Blue Belt

Hane Goshi (spring hip throw)

countered with Ushiro Goshi (back hip throw)

O Uchi Mata (major inner thigh) countered with Tai Otoshi (body drop)

1st set of Nage no Kata

1st set of katame no kata

2nd Kyu Blue Belt up to 3

Brown bars

Ko Soto Gari (minor inner reap)

Koshi Guruma (hip wheel)

Takai Uchi Mata (high inner thigh)

Sukui Nage (scooping throw)

Counter to Harai Goshi (sweeping loin) with Te Guruma (hand wheel)

1st Kyu Brown Belt

**Ippon Seoi Nage (one hand shoulder throw)
into Ko Uchi Makikomi (Inner wraparound
throw)**

**Counter Tai Otoshi (Body Drop) with Sukui
Nage (scooping throw)**

2nd set of Nage No Kata

2nd set of Katame no kata

1st Kyu Brown Belt up to 3 Black bars

Ashi Guruma (leg wheel)

O Guruma (Major Wheel)

Tsuri Komi Goshi (lift pull hip throw)

5 Renraku Waza

5 Kaeshi Waza

3rd set of Nage No Kata

3rd set of Katame No Kata

**JUNIOR MEMBERS ACHIEVING 1ST KYU 3 BLACK BARS ARE
AUTOMATICALLY A 3RD KYU WHEN TURNING 16. THE
MEMBER WILL HAVE THE WRITE TO TRY FOR A 1ST KYU
OR 1ST DAN, IF THEY FAIL THE GRADING, THEY WILL
AUTOMATICALLY GO BACK TO 3RD KYU.**



SENIOR SYLLABUS

16 YRS+

UNITED KINGDOM JUDO SOCIETY SENIOR SYLLABUS AGE 16 YRS .

6th Kyu to 5th Kyu

O Goshi (major hip throw)

O Soto Gari (Major outer reap)

Ippon Seoi Nage (one hand shoulder throw)

Hon Kesa Gatame (Scarf hold)

Kata Gatame (shoulder hold)

Ude Hishigi Juji Gatame (cross arm lock)

Hadaka Jime (naked strangle)

Ippon Seoi nage (one hand shoulder throw) into Seoi

Otoshi (shoulder drop)

Two escapes from Hon Kesa Gatame (Scarf hold)

Hon Kesa Gatame (Scarf hold)

into Kata Gatame (shoulder hold)

5th Kyu to 4th Kyu

Morote Seoi Nage (two hand shoulder throw)

Tai Otoshi (body drop)

O Uchi Gari (major inner reap)

Kami Shiho Gatame (upper 4 quarters hold)

Yoko Shiho Gatame (side 4 quarters hold)

Okuri Eri Jime (sliding collar strangle)

Kata Juji Jime (half cross strangle)

Ko Uchi Gari (minor inner reap) into O Uchi Gari (major inner reap)

Kami Shiho Gatame (upper 4 quarters hold) into Kuzure

Kami Shiho Gatame (broken upper 4 quarters hold)

One escape from Kami Shiho Gatame (upper 4 quarters hold)

One escape from Yoko Shiho Gatame (side 4 quarters hold)

4th Kyu to 3rd Kyu

Harai Goshi (sweeping loin)

De Ashi Barai (Advancing foot sweep)

Uki Goshi (floating hip)

Kuzure Kesa Gatame (Broken Scarf hold)

Kuzure Yoko Shiho Gatame (broken side 4 quarters hold)

Kata Hajime (single wing strangle)

Gyaku Juji Jime (reverse cross strangle)

1st set Nage No Kata

3rd Kyu to 2nd Kyu

Hane Goshi (spring hip throw)

Okuri Ashi Barai (sweeping ankle throw)

Hiza Guruma (knee wheel)

O Uchi Mata (major inner thigh)

Tate Shiho Gatame (Lengthwise hold down)

Mune Gatame (chest hold down)

Ude Hishigi Ashi Gatame (leg arm lock)

Sankaku Jime (Triangle strangle)

Hane Goshi (spring hip throw)

countered with Ushiro Goshi (back hip throw)

O Uchi Mata (major inner thigh)

countered with Tai Otoshi (body drop)

2nd set of Nage no Kata

2nd Kyu to 1st Kyu

Ko Soto Gari (minor inner reap)

Koshi Guruma (hip wheel)

Takai Uchi Mata (high inner thigh)

Ashi Guruma (leg wheel)

O Guruma (Major Wheel)

Tsuri Komi Goshi (lift pull hip throw)

Ude Hishigi Hiza Gatame (knee arm lock)

Ude Hishigi Ude Garami (Entangled arm lock)

Ude Hishigi Ude Gatame (straight arm lock)

Ude Hishigi Wake Gatame (side arm crush)

Hane Goshi (spring hip throw)

countered with Ushiro Goshi (back hip throw)

Ippon Seoi Nage (one hand shoulder throw)

into Ko Uchi Makikomi (Inner wraparound throw)

Counter Tai Otoshi (Body Drop) with Sukui Nage (scooping throw)

3rd set of Nage No Kata



DAN GRADE

SYLLABUS

UNITED KINGDOM JUDO SOCIETY DAN GRADE SYLLABUS AGE 16 YRS .

Dan Grade Syllabus

Hiza guruma (knee wheel)
Kosoto gake (minor outer hook)
Tsuru goshi (Lifting hip throw)
Yoko otoshi (side drop)
Harai tsurikomi ashi (Lift-pull foot sweep)
Tani otoshi (valley drop)
Hane makikomi (Springing wraparound throw)
Sukui nage (scooping throw)
Utsuri goshi (changing hip)
Soto makikomi (Outer wraparound throw)
Uki otoshi (floating drop)
Obi otoshi (belt drop)
Yama arashi (mountain storm)
O soto otoshi (large outer drop)
O soto Guruma (large outer wheel)
Daki wakare (hug divide)
Hikikomi gaeshi (pulling in counter)
Tawara gaeshi (bag of rice throw)
Ryote Jime (two hands strangle)
Ude Hishigi Te Gatame (hand lock)
Katate Jime (one hand strangle)
Sode Guruma Jime (sleeve wheel constriction)

1st Dan Contest

Pass a U.K.J.S. Stage 1 referee award prior to the grading.
Demonstrate the 20 techniques from the dan grade syllabus plus others from the examiners choosing Nage No Kata
Shiai
Shiai will continue until the examiners are satisfied to make a judgement

1st Dan Theory

Pass a U.K.J.S. Stage 1 referee award prior to the grading.
Pass a U.K.J.S Club Coach award prior to the grading.
Demonstrate the 20 techniques from the dan grade syllabus plus others from the examiners choosing Nage No Kata
1st set of katame no kata
Teach a throw of your choosing

2nd Dan Contest

Pass a U.K.J.S. Stage 1 timekeeper/recorder award prior to the grading.
Pass a U.K.J.S Club Coach award prior to the grading.
Demonstrate the 20 techniques from the examiners choosing.
Katame no Kata
Shiai
Shiai will continue until the examiners are satisfied to make a judgement.

2nd Dan Theory

Pass a U.K.J.S. Stage 2 timekeeper/recorder award prior to the grading.
Pass a U.K.J.S Stage 2 referee award prior to the grading.
Demonstrate the 20 techniques from the examiners choosing.
Katame no Kata
1st set of Ju-no Kata
Teach 2 techniques of your own choosing.
Teach the class 1 set from Nage No Kata.

UNITED KINGDOM JUDO SOCIETY DAN GRADE SYLLABUS AGE 16 YRS .

3rd Dan Contest

Pass a U.K.J.S. Stage 2 timekeeper/recorder award prior to the grading.

Pass a U.K.J.S Stage 2 referee award prior to the grading.

Demonstrate 15 Renraku Waza.

Juno Kata

Shiai

3rd Dan Theory

Pass a U.K.J.S Stage 3 referee award prior to the grading.

Pass a U.K.J.S Regional coaching award prior to the grading.

Demonstrate 15 Renraku Waza.

Juno Kata

1st set of Kime No Kata

Instruct a class with 3 techniques of the examiners choosing.

Teach the class 1 set from Katame no Kata.

4th Dan Contest

Pass a U.K.J.S Stage 3 referee award prior to the grading.

Pass a U.K.J.S. Stage 3 timekeeper/recorder award prior to the grading.

Demonstrate 20 Renraku Waza

Demonstrate 20 Kaeshi Waza

Kime No Kata

Shiai

4th Dan Theory

Pass a U.K.J.S Stage 3 referee award prior to the grading.

Pass a U.K.J.S. Stage 3 timekeeper/recorder award prior to the grading.

Demonstrate 20 Renraku Waza

Demonstrate 20 Kaeshi Waza

Kime No Kata

1st set of Goshin Jutsu kata

Teach the class 1 set from your choice of kata.

5th Dan Contest

Pass a U.K.J.S Stage 4 referee award prior to the grading.

Pass U.K.J.S. Regional Events organiser prior to the grading

Demonstrate 20 Renraku Waza

Demonstrate 20 Kaeshi Waza

Goshin Jutsu kata

Shiai

5th Dan Theory

Pass a U.K.J.S Stage 4 referee award prior to the grading.

Pass U.K.J.S. Regional Events

Pass a U.K.J.S Regional coaching award prior to the grading.

Teach a range of techniques at a national course.

Teach a class 1 full kata from the examiners choosing at a kata course.

6th dan and above will be awarded by a panel of the executive committee.

Attending National courses and contributing to National Events will reduce the amount of time needed between grades.