



BALWYN JUDO CLUB

judobalwyn.org.au

SEINEN
SENIOR (17 +)

CURRICULUM

&

NOTES

CONTENTS

	Page
Introduction.....	1
Recommended reading.....	5
Summary	7
5 th Class.....	9
4 th Class.....	19
3 rd Class	31
2 nd Class.....	35
1 st Class.....	39
Entry Grade	43

INTRODUCTION

JUDO — AN OVERVIEW

Judo is a sport, aimed at producing "better" people — fitter, more tolerant, more flexible, more efficient people. It does this as a game where you have to defeat your partner in individual combat. A game that you win, not with force, but by using flexibility to unbalance your partner, and hopefully in this way learn to apply this flexibility to all your actions. As you can see Judo covers many levels, you can have fun playing it as a sport or look deeply into its philosophy.

A combat sport which caused injuries would not fit in with educational ideals; therefore, Judo is designed so that your partner can be defeated without injury. Blows, pressure-point methods, disabling throws and locks against injury prone joints have been eliminated. Victory is gained by throwing or holding your partner on the back, or by causing submission to a strangle or armlock.

In addition to the contest (shiai) side of Judo there is a series of exercises (kata) designed to be performed with a partner (some may be done alone) which illustrate the methods, theory and history of Judo while providing a less strenuous, but nonetheless comprehensive, exercise for the mind and body. As a contest this may be harder, as the person you have to defeat is yourself.

CLUB MEMBERSHIP

Check our website: www.judobalwyn.org.au.

A Judo club is just like any other sporting club, except that most people who join have probably never played the sport before, and most of the club activities are directed to teaching the new members. Nevertheless, you are still joining a club and so you have a responsibility to the other members, just as they have one to you.

This responsibility is shown best by respect: not just for the other members and the traditions of Judo, but for yourself. Cleanliness is also essential: no smoking, eating or drinking in the practice hall, using foot-wear off the mat and regular mat cleaning. A Judo club is a place for enjoyable study and hard work, respect this by allowing others to study, not disrupting the class, by being on time and by assisting with setting up and putting away the training area.

JOINING THE BALWYN JUDO CLUB

All clubs have dues, paid by their members to maintain their facilities. Halls must be hired; depreciation and maintenance of mats paid for and State registration fees for the club must be met.

Balwyn Judo Club has a two tier system of casual payments and membership dues, as explained on our information hand-out. Under State body rules only registered club members can enter contests and be examined for the various grades. As a member, your State initial registration fees are paid by the club, and your training fees are discounted.

Joining the club is easy — you fill in club and State registration forms and pay your fees. Unrecognised grades must be paid for separately, however, if you wish to continue with grade examinations. The state body issues you with a judo ID card with a barcode for tournament entry.

As a member of the Balwyn Judo Club you will have access to an organisation that extends from local to World and Olympic Championship level.

BUYING A JUDO SUIT

Having decided that Judo is the sport for you, you will need the right equipment. Most people already have thongs or slip-ons to wear off the mat, but you will not need to purchase a Judo suit. The cost of a basic white suit is included with your membership. When you start entering contests, however, you will have to consider purchasing a blue suit, which is a requirement over the age of 15.

Judo suits shrink, especially if washed in hot water. Regular washing in cold water, without hot drying will add considerably to the life of your Judo suit.

When new and unwashed, Judo suit sleeves should reach just past your wrists with your arms held straight out in front. The sleeves of a fully shrunk suit should reach to about 5cm from your wrist, holding your arms straight out in front. The trousers come with the jacket, so get the right size jacket and adjust the trousers as best you can. The trousers are made long, so they may have to be shortened so they end no closer than 5cm from your ankle. If in doubt, go for a jacket that seems a bit large, rather than one that seems a bit small.

A club badge should be sewn to the skirt of the suit near the bottom of the left lapel

GRADES

Most people have heard of the "black belt" as a symbol of excellence. What is not usually considered is that there is a whole range of grades. The black belt is merely the indication of the first of the graduate ranks, known as "dan". There are twenty preliminary junior classes or junior "kyu", the older you are the more quickly you may progress by skipping some, and five preliminary senior classes or "kyu", leading to the attainment of the dan. The first of the dan, the shodan or entry grade, indicates that the student's apprenticeship is over and that the real study of Judo can begin.

The dan grades are generally not open to under 17 year olds, and there is a maximum junior kyu you can reach depending on your age. Dan grades are not usually granted to anyone under 18, but exceptional competitors (international standard) may achieve the Dan grade at 16. Eventually, contest entry is required and stricter examination procedure is used. The grade requirements are set by the Judo Federation of Australia Inc., and examinations must be arranged in accordance with State requirements. The cost of State grade registration varies from time to time, so it is not included in club fees. Grade registration officially recognises your grade and provides you with a grade certificate and appropriate belt.

CONTESTS

Contests are not the be all and end all of Judo, but they are a necessary part of your judo education. Contests must be treated as a challenge and a learning experience.

After some knowledge of Judo is obtained, and especially if you are approaching a grade which requires contest points, you should attend a tournament as a spectator. National Championships only come to a State once every eight years or so, so do not miss a chance to see one.

Before competing in a tournament, you should have the experience of visiting another club at a time arranged by Balwyn Judo Club, to get used to different Judo styles and the rules which make competition a safe and concentrated training method. After entering and watching several tournaments, you should offer yourself as a scorer, timekeeper or marshal for a tournament outside your own division. This will give you valuable insight into the procedures, rules and tactics of contests. For dates of competitions see: www.judovictoria.com.au or judobalwyn.org.au events page or the club's facebook page.

BALWYN JUDO CLUB SYLLABUS, CURRICULUM AND NOTES

The Judo Federation of Australia Inc. sets the general requirements for each grade and the Balwyn Judo Club curriculum fills in the details. The notes cover the syllabus for juniors and seniors.

Please remember that the notes are only a "memory jogger" to supplement the information and training given in class. Although the notes bring together information from many sources they are not a complete textbook and so a list of recommended reading is also given as well as a series of lists tables and diagrams which summarise several aspects of Judo by combining data in a way which is not readily available elsewhere.

In addition to these notes you will also need an ordinary exercise book, as a training diary and for your own notes.

A WARNING

Now that you have started Judo you will probably be plied with questions by your friends. Stick to verbal explanations and invitations to visit Balwyn Judo Club to try out Judo for themselves. RESIST ALL TEMPTATION TO DEMONSTRATE. One of two things will happen:

- a) Your demonstration won't work — you will end up looking like a dill, and your friends still will not understand Judo.
- b) Your demonstration will work too well, and someone will be hurt — you will end up looking like a dill, and your friends still will not understand Judo.

THE BALWYN BADGE

The idea of a badge by which the members of a particular group could be recognised goes back to medieval times in both Europe and Japan. The Balwyn Judo Club badge (mon in Japanese), is formed from a fan and a sword, and represents the concept of Judo as the fierce fighting spirit of the sword contained by the gentleness of the fan. Within the fan is the word "Judo" written in Japanese. The badge is sewn on the skirt of the jacket, roughly 4 cm from the bottom and 2 cm in from the thick lapel.



ENJOY YOUR JUDO !

RECOMMENDED READING

On the internet try: www.judoinfo.com

Gleeson G R: 'BETTER JUDO'; Kaye and Ward Limited, London (Also published as: Jones F P: 'JUDO IN ACTION'; Dalton Books, Toronto)

Porter P S: 'JUDO FROM THE BEGINNING — Vol. 1, NATIONAL COACHING STANDARDS'; Zenbei, Sacramento.

Kerr G: 'JUDO — BASIC TRAINING MANUAL FOR BEGINNERS'; W Foulsham & Co. Ltd., London.

Otaki T & Draeger D F: 'JUDO FOR YOUNG MEN'; Kodansha International Ltd., Tokyo.

Campbell B: 'CHAMPIONSHIP JUDO DRILL TRAINING -- Vol. 2, NATIONAL COACHING STANDARDS'; Zenbei, Sacramento.

Ishikawa T & Draeger D F: 'JUDO TRAINING METHODS'; Charles E Tuttle Company, Rutland.

Gleeson G R: 'ALL ABOUT JUDO'; E P Publishing Ltd., Wakefield.

Inokuma I & Sato N: 'BEST JUDO'; Kodansha International Ltd., Tokyo.

Kudo K: 'DYNAMIC JUDO — THROWING TECHNIQUES'; (Abridged version: 'JUDO IN ACTION — THROWING TECHNIQUES')

and

'DYNAMIC JUDO — GRAPPLING TECHNIQUES'; (Abridged version: 'JUDO IN ACTION -- GRAPPLING TECHNIQUES'); Japan Publications Trading Company, Tokyo.

Sato T & Okano I: 'VITAL JUDO'; Japan Publications Trading Company, Tokyo.

Okano I: 'VITAL JUDO — GRAPPLING TECHNIQUES'; Japan Publications Trading Company, Tokyo.

Kano J: 'KODOKAN JUDO'; Kodansha International, Tokyo

Kotani S, Osawa Y & Hirose Y: 'KATA OF KODOKAN JUDO REVISED'; Koyano Bussan Kaisha Ltd., Kobe.

Soames N (Editor): 'JUDO MASTERCLASS TECHNIQUES' (SERIES), Ippon/Crowood, Great Britain

Fukuda K: 'BORN FOR THE MAT'; K Fukuda, San Francisco.

Gleeson G R: 'JUDO FOR THE WEST'; Kaye & Ward Limited, London.

Gleeson G R: 'ANATOMY OF JUDO'; Kaye & Ward Limited, London.

Otaki T & Draeger D F: 'JUDO FORMAL TECHNIQUES — A COMPLETE GUIDE TO KODOKAN RANDORI-NO-KATA'; Charles E Tuttle Company, Tokyo.

Daigo Toshiro: 'KODOKAN JUDO THROWING TECHNIQUES', Kodansha International, Tokyo.

The above books are arranged roughly in the order in which they would be most useful to Judo students as they progress through their Judo careers. These books are not the only ones available, and there are many other useful books, not only on techniques, but on training, coaching, history and philosophy. Needless to say, as soon as a book list is prepared, it is out of date, and many of the above books may be out of print. Judo books are expensive, so it is suggested that you try a library first, but in any case discuss your choice of book with your instructor before purchasing.

For recently published books and hard to get books try www.amazon.com , but we recommend purchasing through www.booko.com for the best prices.

SENIOR KYU GRADE SUMMARY

Note: Age is defined as the age you turn at your birthday in the calendar year of the event, thus there could be a 364 day actual age difference between students with the same “judo age”.

A junior kyu grade converts to a senior kyu grade, simply by retaining the lower belt colour.

Seinen Kyu	Belt	Minimum Age	General	Basics	Throws	Combinations	Counters	Holds & escapes	Entries – all types	Strangles	Armlocks	Kata	Randori/shiai/Service	Concession kata
5	Y	17	5	7	6	1	1	2	4	1	1		R	
4	O	17	11	12	12	2	2	5	6	3	2		V	
3	G	17	16	15	18	3	3	8	8	6	3	1	30	1
2	Bl	17	20	17	26	4	4	11	10	10	6	2	50	2
1	Br	17	24	"	34	6	6	14	12	14	11	3	100	3
E	Black	18	27	"	42	8	8	"	14	18	16	5	150	4

Throws

The Kodokan Gokyo-no-waza (five sets of techniques) was laid down in 1920 and forms the basis of perfecting judo throwing techniques. Nevertheless, introducing some throws out of Gokyo order is seen as more practical until basic movements are better understood, and also adds more interest to training. The Gokyo-no-waza has 40 throws divided into 5 sets (I to V) of 8 techniques each. The throw order is noted as I-1 to V-8. An earlier version of the Gokyo-no-waza (1895) had 48 throws, these 8 deleted throws are known as Habukareta Waza (preserved techniques from 1895 Gokyo). These 8 throws are noted as VI-1 to VI-8 (set VI). In the 1980s and 1990s, 19 other throws which had been in use for many years, but not classified, were listed as the Shinmeisho-no-waza (newly accepted techniques) VII-1 to VII-19 (set VII). Throws are also classified by the principle part of the body used: **Te-waza** (hand), **Koshi waza** (hip), **Ashi-waza** (leg), **Ma-sutemi-waza** (back body sacrifice), **Yoko-sutemi-waza** (lateral body sacrifice), so T, K, A, M or S.

Some of the throws required for gradings are not permitted in competition. They should not be used in randori either, unless specifically permitted by the instructor for teaching purposes.

There is no equivalent list of grappling techniques.

In any case it is important to remember that judo techniques are named from Tori's action, position or method.

5th Class — SEINEN GO-KYU

(yellow belt)

I General Knowledge

1. *Judo etiquette: purpose and use of bows, when, which and where to use; behaviour in the dojo.*

The purpose of the bow is to show respect for your fellow judo players, your instructors, your students and the ideals and rules of judo. The bow is used when you step onto and off the mat, at the start and end of classes, before and after practicing with your partner and at the start and end of a contest. When bowing to a very senior instructor, you should always try to do so from the lower (student) end or side of the dojo. Your behaviour in the dojo should also be respectful, which means maximum practice, minimum chat.

2. *Purpose of warm-up and cool-down exercises.*

Warm-up exercises are to prepare your body and your mind for doing the actual judo techniques. Fast twists and turns and strong pulls and pushes all require warm muscles and flexible joints — and its hard to attack if you are feeling sluggish. When you have trained hard and your pulse is racing and you are puffing, it is important to return to normal slowly so that all parts of the body work together. You also need to spend a little time thinking about what you have learned during your training.

3. *Purpose of breakfalls (ukemi) both rolling and arm beat (ha-uchi) methods.*

The first breakfalls (ukemi) you learn are just rolls. Then, as the throws get more realistic, you add an arm beat (ha-uchi) to absorb the shock of more vertical falls. Breakfalls are to stop you being hurt by the throws so that you can continue to attack. They also let your partner apply realistic throws, so that your practice can be quite energetic.

4. *Safety surrender (marai) by tapping and calling maitta!*

The safety surrender is very important for safety, especially in groundwork where fingers or arms or legs could be come entangled or in cases where armlocks or strangles are applied. With the call of maitta or the double tap you must immediately release your opponent. The double tap may be applied on any part of the opponent or yourself or the mat and it can be done with a hand or foot. It is never used in the case of a hold-down without a struggle of several minutes.

5. *Terminology: equipment, etiquette and rules*

Japanese words are used all over the world in judo, so as well as the names of the throws, you need to know the technical terms of judo and the words used by referees to control a contest, in Japanese.

Equipment

Dojo	—	Judo training hall
Judogi	—	Judo training clothes, judo suit

Etiquette

Rei	—	Bow
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Rules

Hajime	—	Begin
Matte	—	Wait, stop fighting until restarted
Osae-komi	—	Hold-down recognised, start holding time
So-no-mama	—	Do not move, freeze
Soremade	—	Finish
Maitta	—	I give up, craven

II Practical knowledge

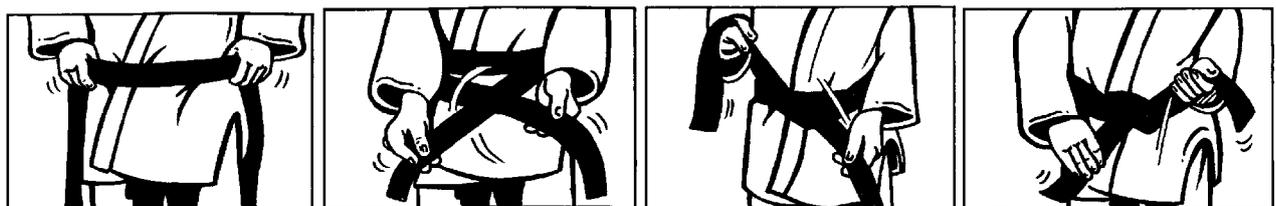
1. *Basics*

Hygiene: cleanliness of self, judogi, mats & dojo.

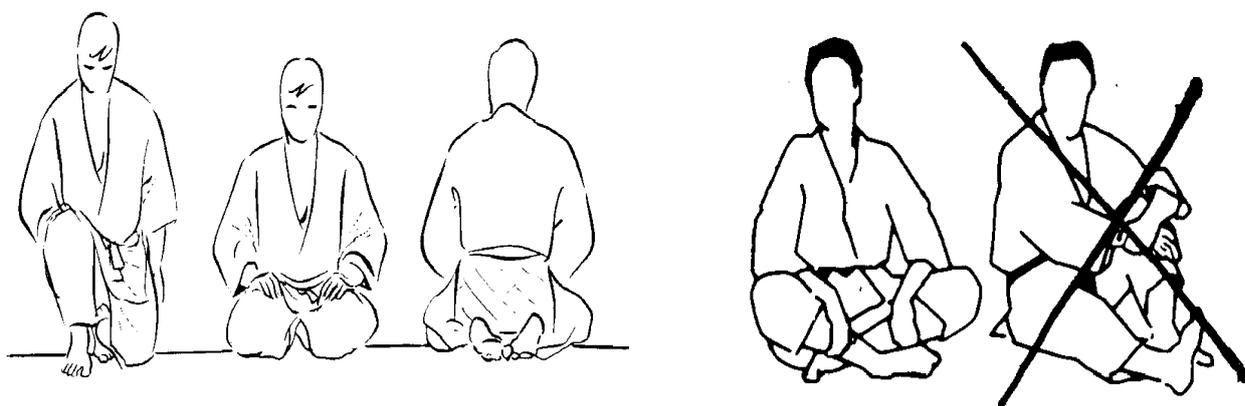
The contest rules make it very clear: The judogi shall be clean, generally dry and without unpleasant odour; the nails of the feet and hands shall be cut short; the personal hygiene of the contestant shall be of a high standard. Dirty mats are similarly unhygienic and any blood needs to be cleaned off immediately. Dust in the dojo can affect breathing.

Judogi and belt to be worn correctly.

The judogi jacket must always be worn with the right lapel under the left lapel. Only women should wear a tee shirt under the judogi.



Formal and informal sitting.



Assume the formal sitting position by going down on your left knee, with your toes tucked under, then on the right. Flatten your toes on the mat, just touching, spread your heels and sit. Keep your back upright and rest your palms on your thighs. Informal sitting can be tailor fashion or with your legs tucked to one side, but with your body upright. Sitting or lying with your legs sticking out is dangerous and disrespectful.

Standing and kneeling bows.

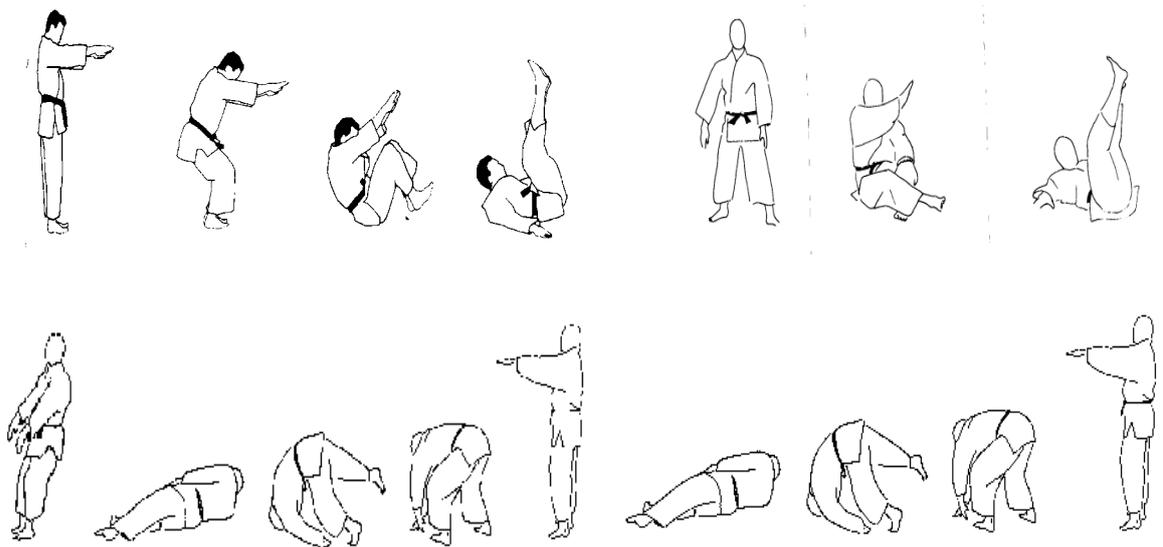


The standing bow is started with the heels touching. Keeping the upper body and head in line, bend forward at the hips sliding the fingers down the legs until they just touch the top of the kneecaps.

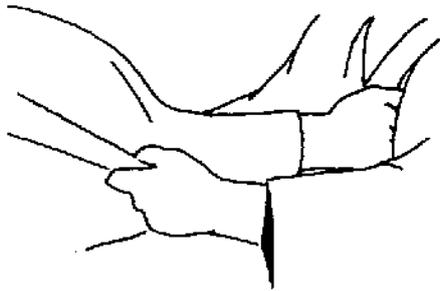
The kneeling bow is started from the formal sitting position. Slide the hands onto the mat then lower the upper body and head to horizontal, pause, then straighten up



Ukemi -- ha-uchi methods on a self-practice basis.

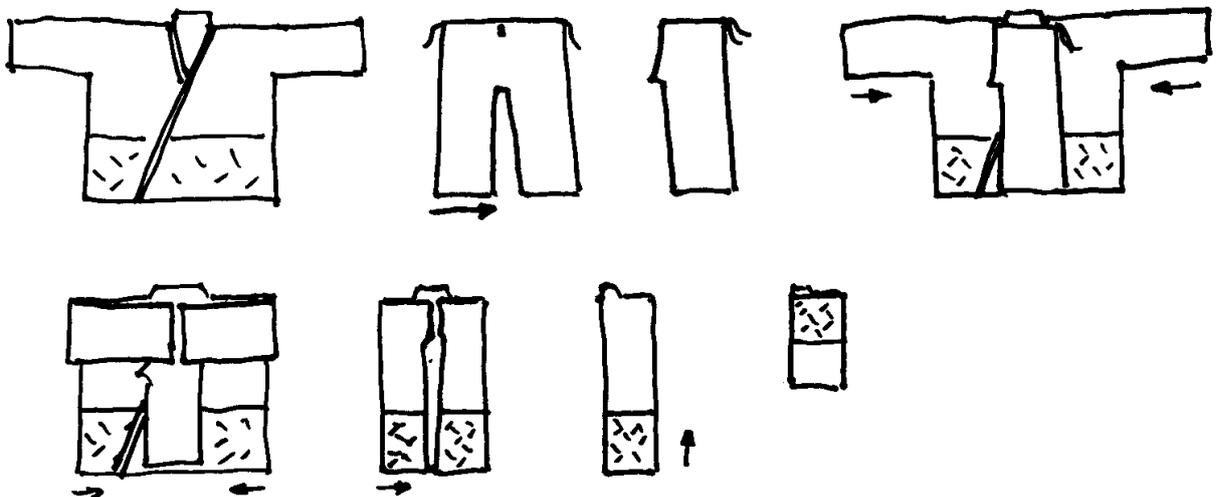


Proper basic grasp of judogi.



In the normal right side grip hold your partner's right sleeve with your left hand, just below the elbow and your partners left collar with your right hand level with the armpit. Grip with your little fingers, relaxing your thumb and forefinger. Lead all your pushes and pulls with the little finger side of your hand.

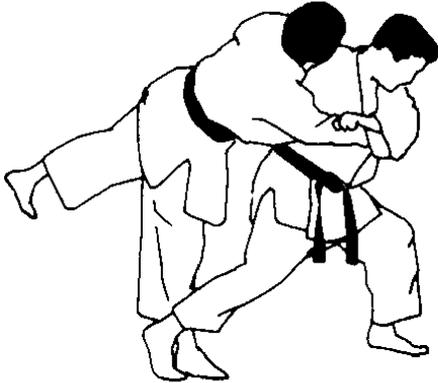
Correct folding of the judogi.



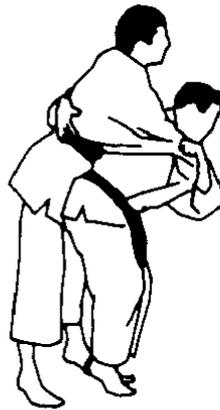
2. Techniques

Throwing -- 6

Tai-otoshi (II-6, T)



O-goshi (I-6, K)



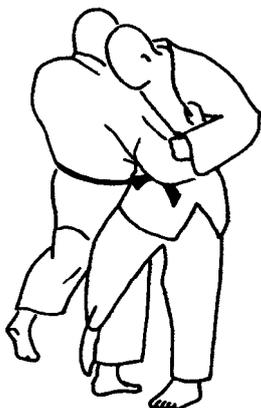
O-uchi-gari (I-5, A)



Hiza-guruma (I-2, A)



O-soto-gari (I-7, A)



Seoi-nage (pick one)

Morote (I-8, T)

Ippon (VII-1, T)



Eri

|

Sode

|

variation



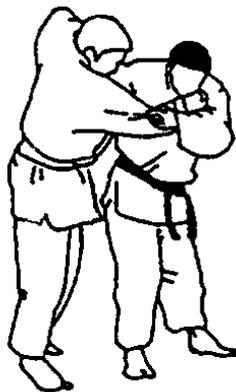
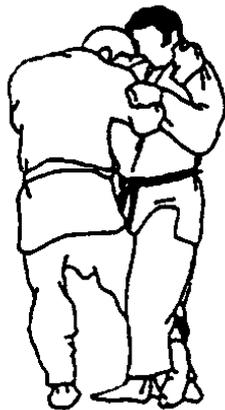
Combination -- 1

e.g. O-uchi-gari to Tai-otoshi or your own choice



Counter -- 1

e.g. O-uchi-gari by Tai-otoshi or your own choice



Grappling

Holds and escapes -- 2

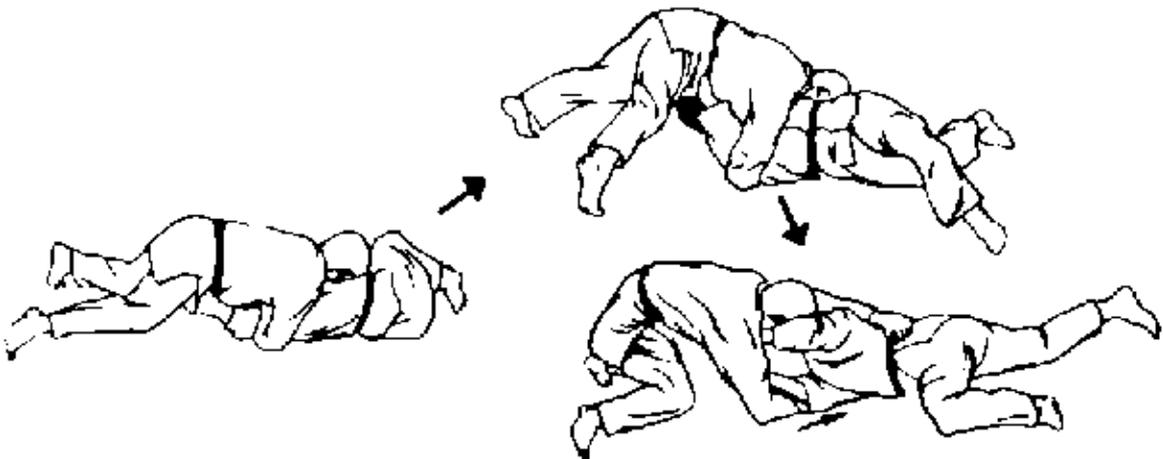
Hon-kami-shiho-gatame



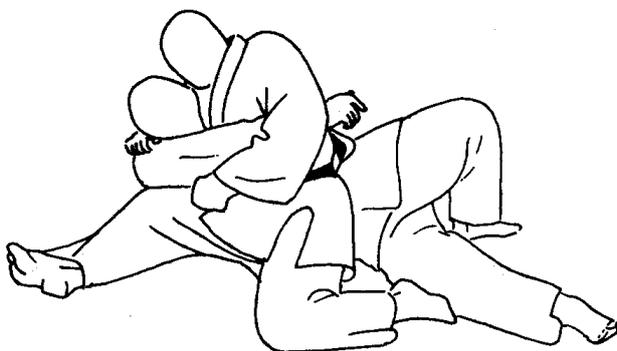
variation (ura-shiho-gatame)



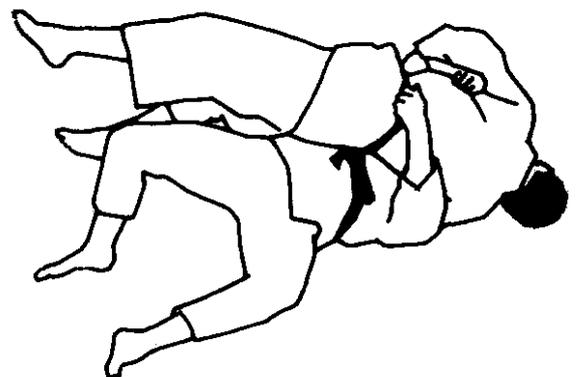
Uphill turn escape



Hon-gesa-gatame

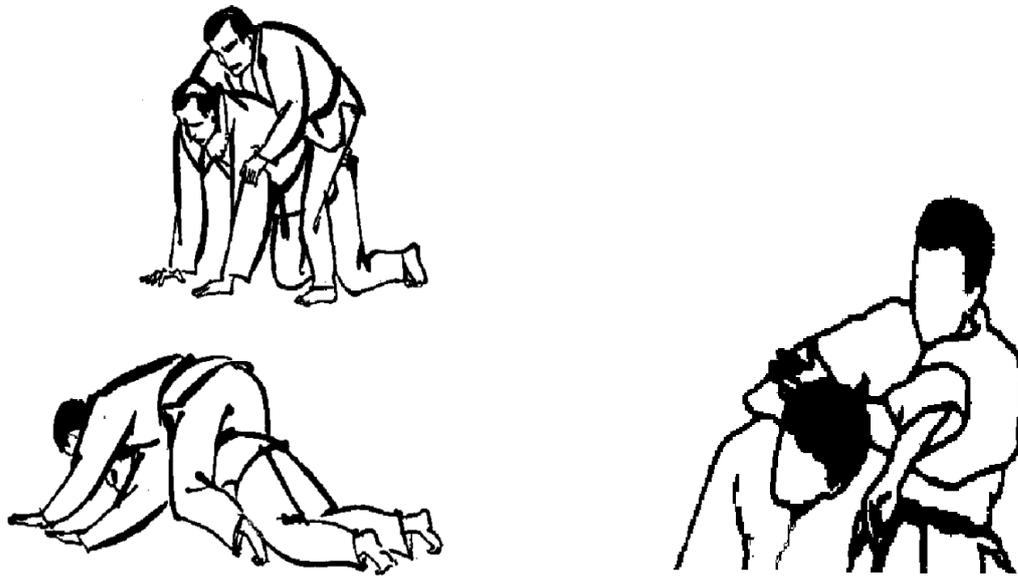


Bridge and roll escape

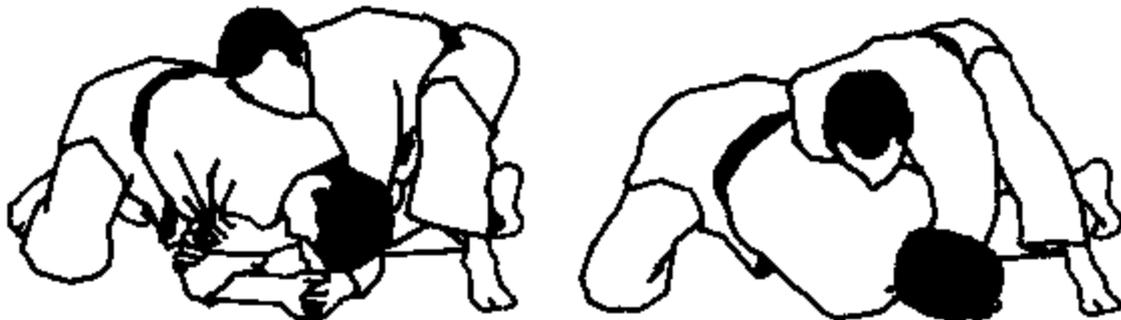


Entries and leg controls -- 4

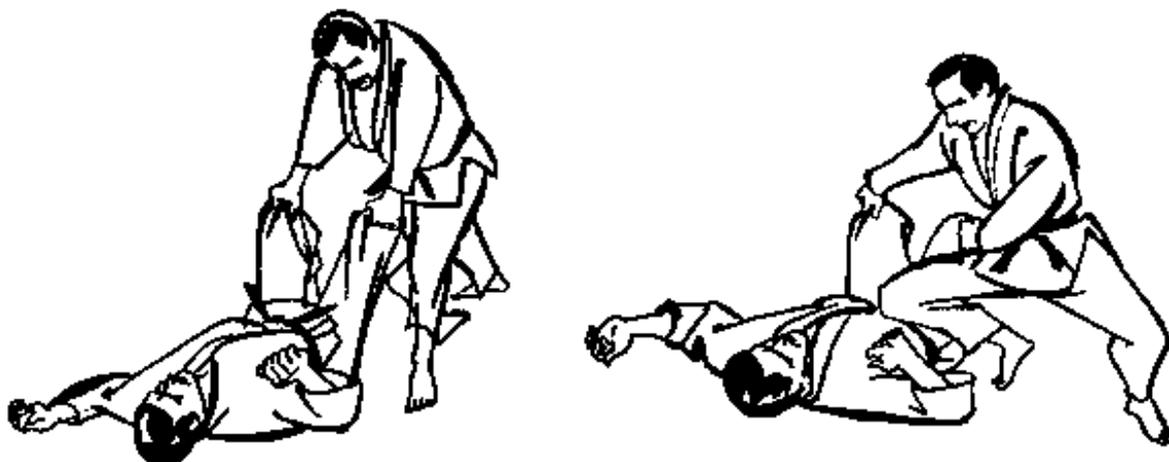
Breakdown to half nelson



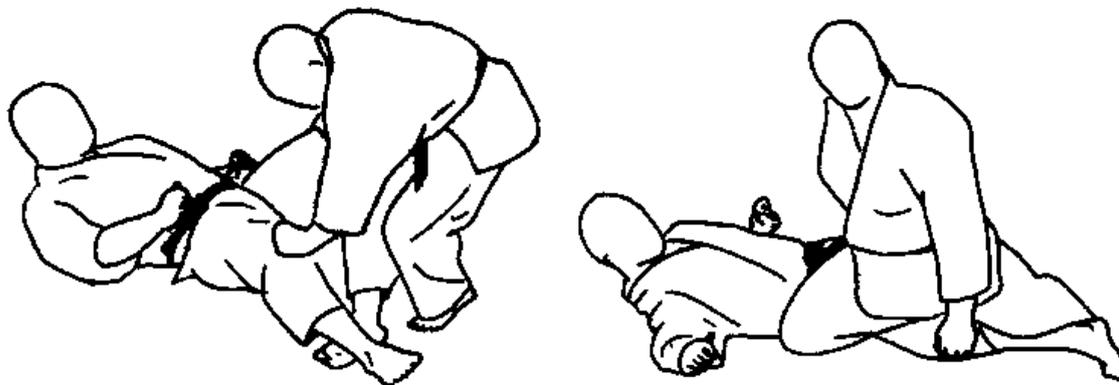
Far arm drag



Knees grab and leg straighten

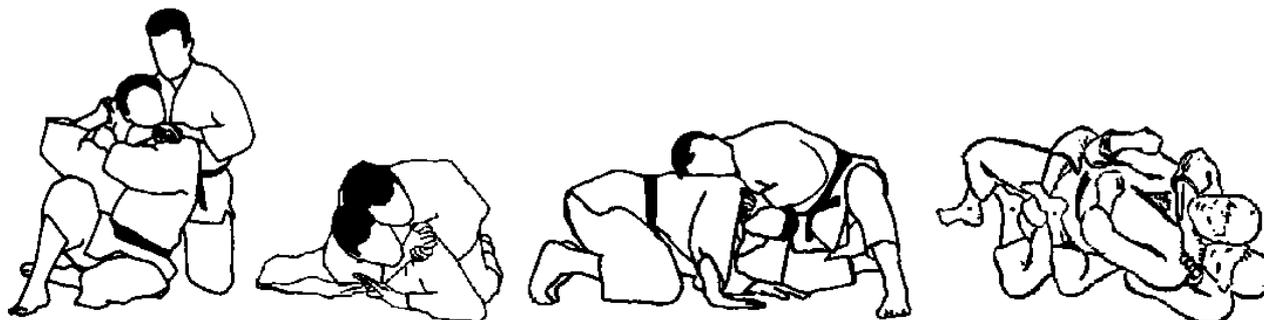


Knee grab and cross knee press



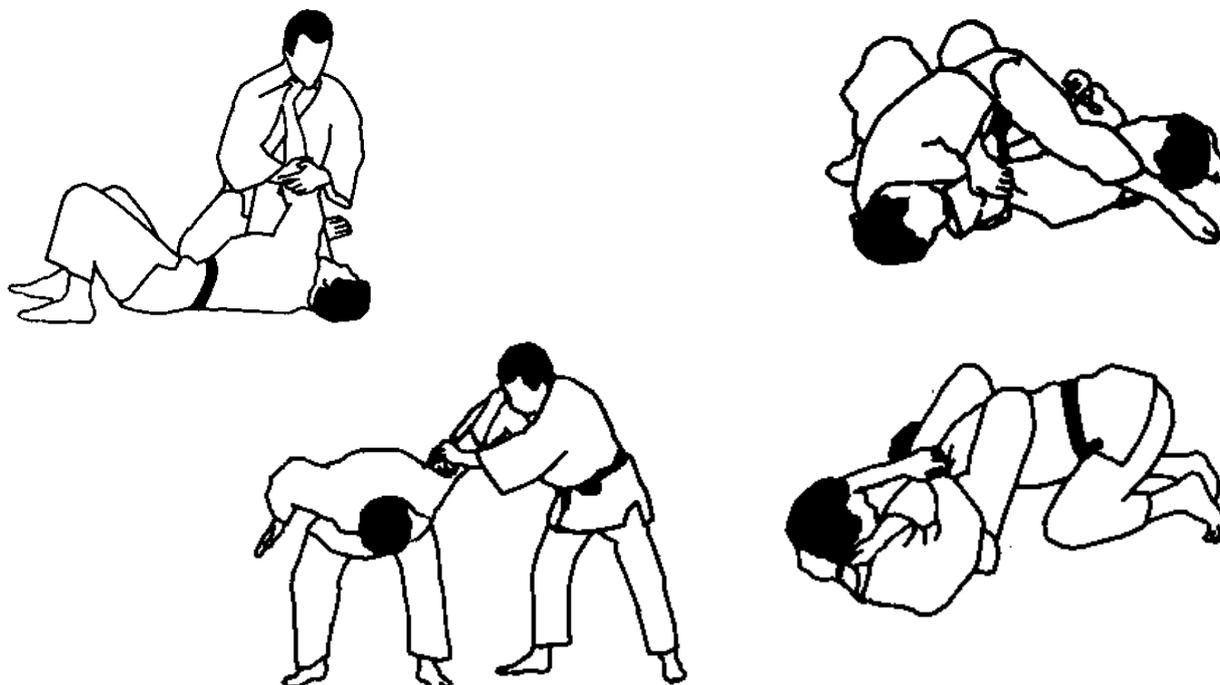
Strangles with variations -- 1

Hadaka-jime



Armlocks with variations -- 1

Ude-hishigi-ude-gatame



3. *Free practice*

Free movement with a partner concentrating on technique, showing free attack, combinations, counters and transition to groundwork on the basis of:
timing practice (sute-geiko) i.e. competition to do the best technique, taking it in turns and
supple or unresisted practice (yako-soku-geiko) i.e. competition to do the most good techniques, not in turn, but without resistance.

4th Class – SEINEN YON-KYU

(orange belt)

I General Knowledge

1. *Improved knowledge of lower grade requirements.*

Review your go-kyu notes. You should know this information better than you did for your go-kyu examination

2. *Terminology: judogi parts; dojo locations & tatami; scores & penalties, non-combativity & fix belt signals; uke & tori.*

Judogi parts:

Uwagi	—	The Jacket of the judo suit
Eri	—	The collar of the judo jacket
Sode	—	The sleeve of the judo jacket
Suso	—	The 'skirt' of the judo jacket below the belt
Obi	—	The belt
Zubon	—	The trousers (also called shita-haku)

Dojo locations:

Kamiza	—	Upper seat, the instructor end
Shimoza	—	Lower seat, the student end
Joseki	—	Upper side
Shimoseki	—	Lower side
Tatami	—	Judo mats, originally compressed rice straw

Scores and penalties:

Ippon	—	One point, full point, ends contest
Waza-ari	—	Technique exists, almost ippon
Yuko	—	Effective, almost waza-ari
Shido	—	Take note, penalty
Hansoku-make	—	Disqualification (= 4 shido)

Referee signals

Non-combativity



Fix belt / suit



Judoka:

- Uke — Receiver of a technique
- Tori — Taker of the chance to apply a technique

3. *Organisation and interrelation of grades and belt colours used to indicate grades.*

Judo rank is divided into two parts: the beginners or class ranks called kyu and the experienced ranks called dan. The kyu wear various coloured belts. The dan generally wear a black belt, although at advanced levels other special belts may be worn.

For seniors, starting at 17, there are 6 classes or kyu, starting at seinen rokkyu (senior 6th class) and advancing to ikkyu (1st class). The experienced ranks start at shodan (entry grade) and advance to judan (10th grade). Generally you have to be 18 to be graded to dan, but competitors at National team level may be graded to dan earlier.

There are 2 age groups in the kyus, juniors or shonen (school age) are under 17. There are 21 junior classes or kyu. The same belt colours as for seniors are used except that there are 3 additional classes between, indicated by half colour belts. Starting with white for beginners shonen niuichikyu (junior 21st class) and advancing through white/yellow, white/yellow/black tip, orange, orange/black tip, orange/green etc finishing with brown and then brown/black tip the shonen ikkyu (junior 1st kyu)

The table shows how things go together.



**White-Yellow
Black tip**

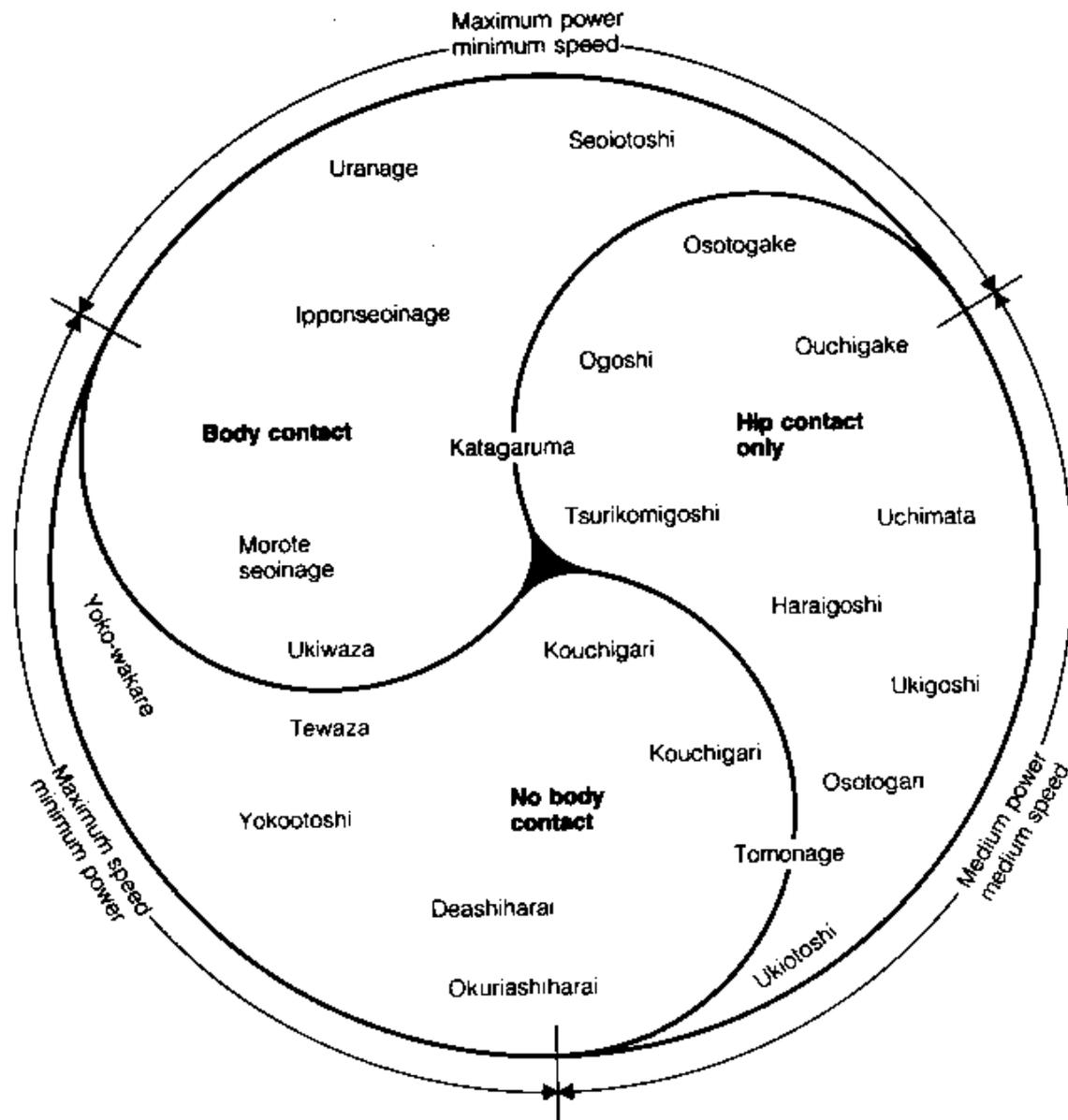
Shonen = u 17 Class, Kyu	Seinen = o 17 Class, Kyu, belt
21, 20, 19	6, Rokkyu, white
18, 17, 16, 15	5, Gokyu, yellow
14, 13, 12, 11	4, yonkyu, orange
10, 9, 8, 7	3, Sankyu, green
6, 5, 4, 3	2, Nikyu, blue
2, 1	1, Ikkyu, brown

The dan ranks are as follows:

Grade	Dan	Belt
Entry	Shodan	black
2	Nidan	black
3	Sandan	black
4	Yondan	black
5	Godan	black
6	Rokudan	black or red & white blocks
7	Shichidan	black or red & white blocks
8	Hachidan	black or red & white blocks
9	Kudan (Nanadan),	black or red
10	Judan	black or red

4. *Types of posture and their use, movement methods and the relation of movement tempo to posture.*

Posture is divided into two types: natural and defensive. Natural (shizentai) is upright, relaxed and flexible, with the feet about shoulder width. Defensive (jigotai) is tenser, with the feet wide, the hips lowered and strength concentrated in one direction. This difference in posture leads to a range of movement tempi: high speed with little strength (4:1), the power coming from the speed, and low speed with lots of strength with the power coming from the strength (1:4). Different throws lend themselves to tempi eg ashi-waza are best suited to high speed (4:1) movement.



5. *Broken balance or posture -- purpose and types: physical and psychological.*

The reason for the efficiency of Judo techniques is the recognition of broken balance (kuzushi). The eight directions of unbalance, momentum and reaction unbalance are the physical foundation of good technique, but balance can be broken in other ways: exhausting your opponent, the confusion of left and right techniques, unexpected or unusual actions, a shout, an air of confidence, a threatening look. Skilled sledging was also used in battle, but is unsportsmanlike and not allowed in Judo contests.

6. *The use and advantages of both the basic sleeve/lapel and the double lapel grips.*

The grip on the judogi transmits your movement to the opponent, either moving him into kuzushi or alerting him of your intentions. The sleeve grip can pull from a distance and allow winding in, the lapel grip can pull, push or lift, but from close up. The style you develop will depend on your grip and these are just the start of many possibilities.

7. *The difference between kesa-gatame and shiho-gatame.*

These are the two basic methods of holding (osaekomi-waza). Kesa-gatame uses the side of the chest and shiho-gatame are fully face down. Current contest rules do not recognise "back down" holds.

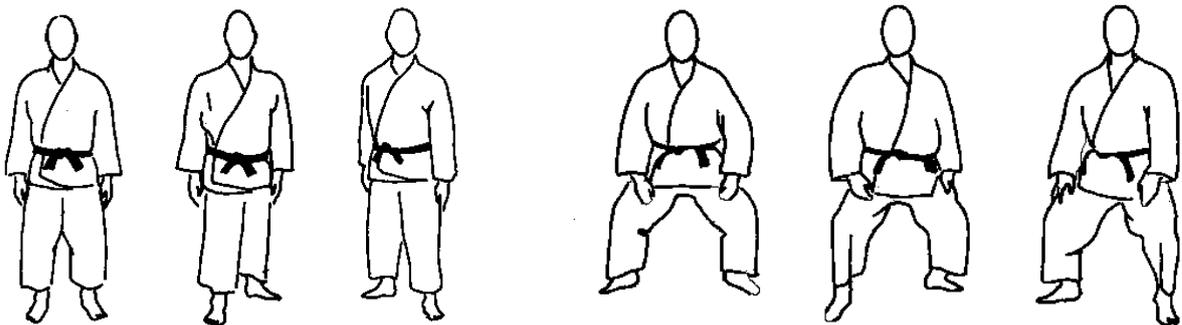
II Practical Knowledge

1. *All lower grade requirements with greater facility.*

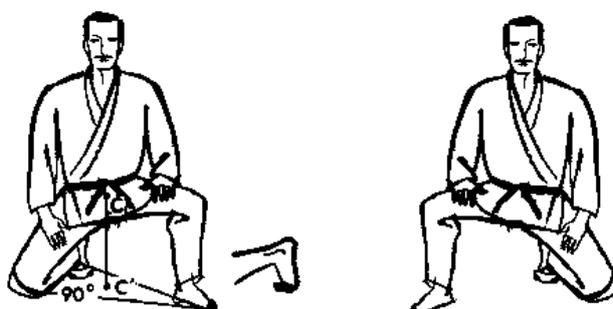
This means that you should continue to study the techniques you learned for the gokyu and be doing them even better.

2. *Basics (Kihon)*

Postures (shisei): basic natural posture (shizenhontai), right natural posture (migi-shizentai), left natural posture (hidari-shizentai), basic defensive posture (jigohontai), right defensive posture (migi-jigotai), left defensive posture (hidari-jigotai),



high kneeling posture (taka-kyoshi-no-kamae) or (kurai-dori) on both sides.

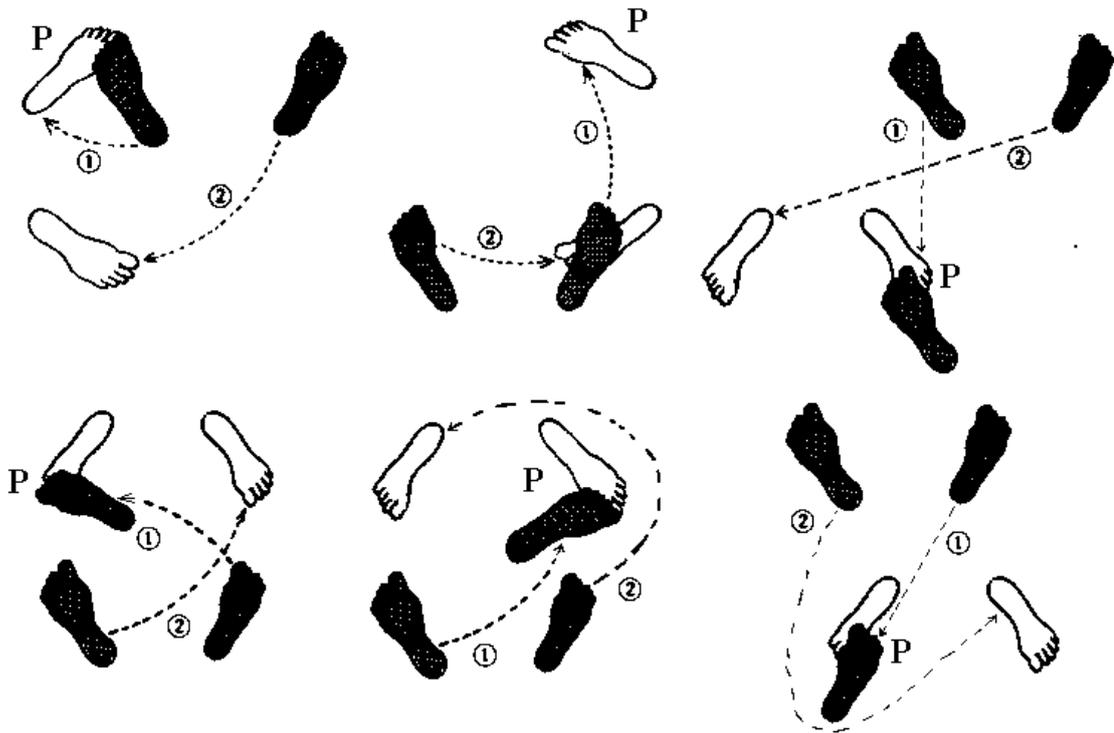


Movement (*shintai*):

normal walking (*ayumi-ashi*), following foot movement (*tsugi-ashi*),

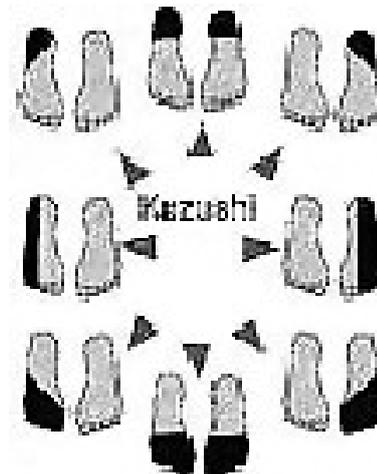
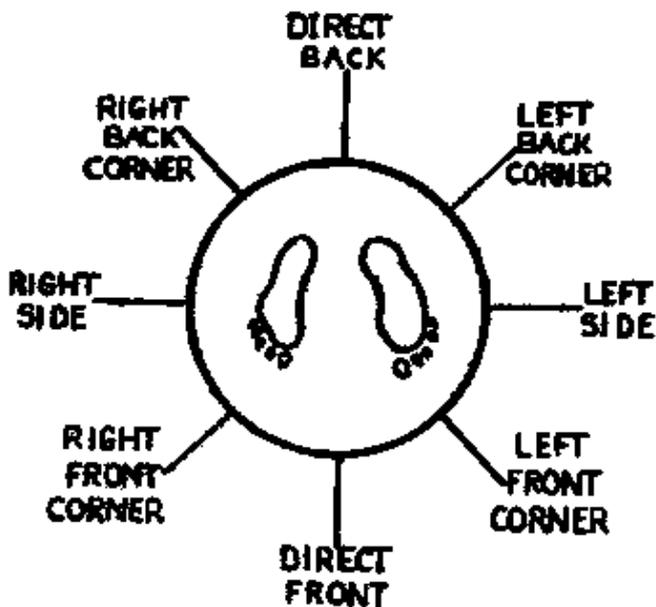


body turning (*tai-sabaki*) -- at least 6 types.



Broken balance (*kuzushi*)

the eight directions of broken balance (*happo-no-kuzushi*).



Analysis of throws I, power elements:

locking hand, driving hand, driving leg, attacking leg, body attack angle.

Thrower's driving hand controls opponent's shoulder strongly.

Thrower's locking hand controls opponent's right shoulder.

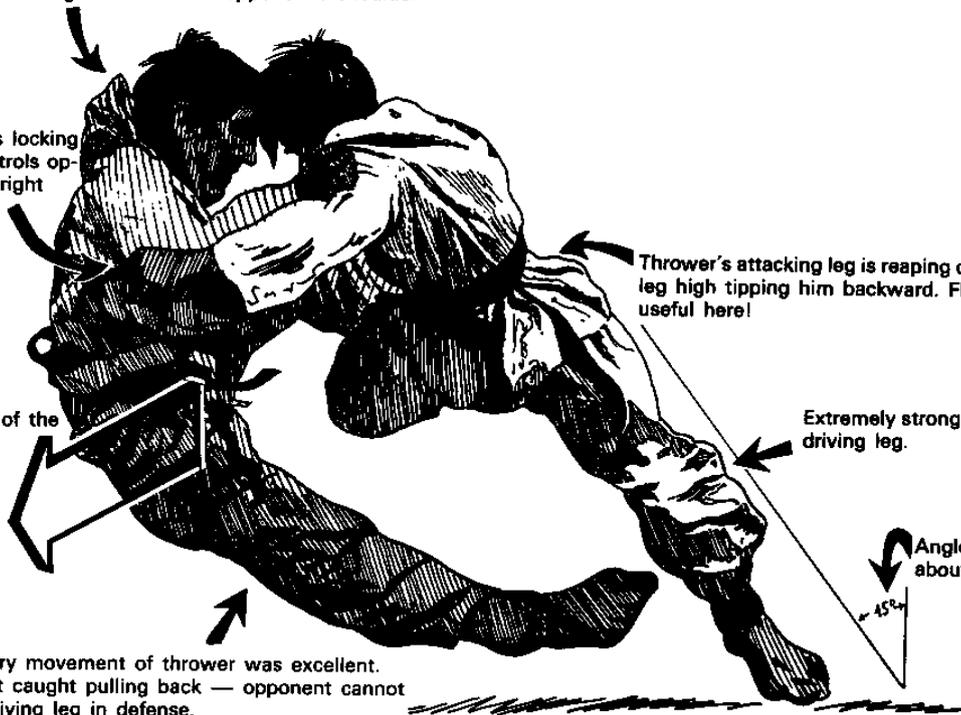
Direction of the throw.

Preliminary movement of thrower was excellent. Opponent caught pulling back — opponent cannot set up driving leg in defense.

Thrower's attacking leg is reaping opponent's leg high tipping him backward. Flexibility is useful here!

Extremely strong locked driving leg.

Angle of attack is about 45 degrees.



Turn-outs, turn-ins:

mae-ukemi from backward throws.



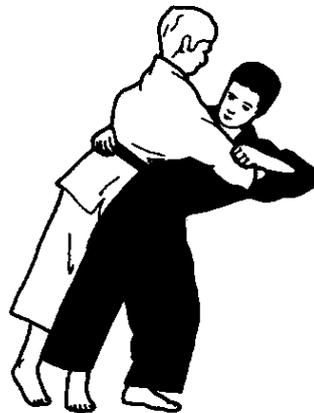
3. Techniques (Waza)

Throwing (Nage-waza) – 12, add the following six to the previous six

Ko-uchi-gari (II-2, A)



Uki-goshi (I-4, K)



De-ashi-barai (I-1, A)



Sasae-tsuri-komi-ashi (I-3, A)



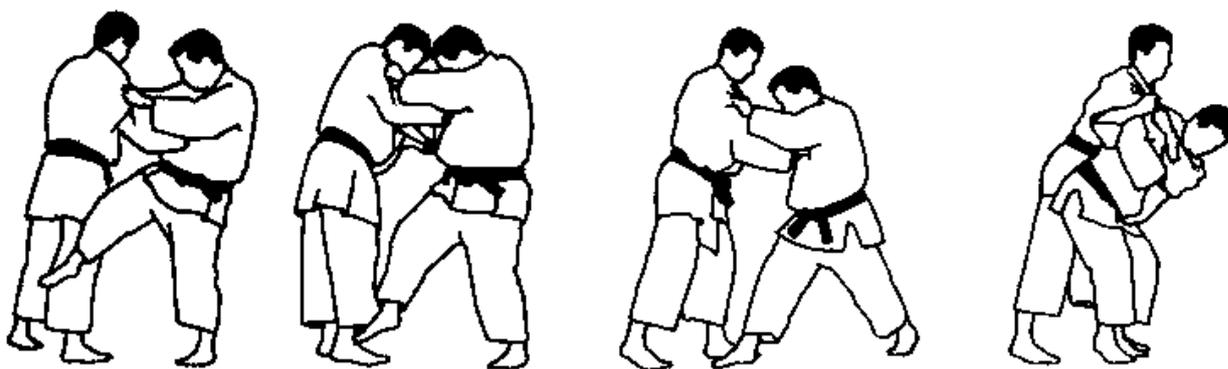
Ko-soto-gari (II-1, A)



Koshi-guruma (II-3, K)



*Combinations (renraku-waza) – 2, add the following to the previous
e.g. O-soto-gari to Seoi-nage or your own choice*



*Counters (kaeshi-waza) – 2, add the following to the previous
e.g. Uki-goshi by Koshi-guruma or your own choice*



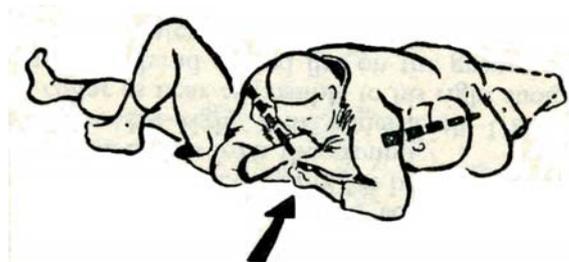
Grappling (Katame-waza)

*Holds (Osae-waza) & escapes (nogare-kata) – 5, add the following three
to the previous two*

Kuzure-yoko-shiho-gatame

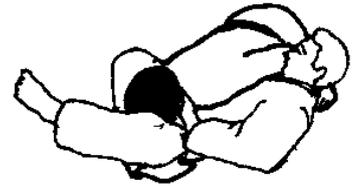
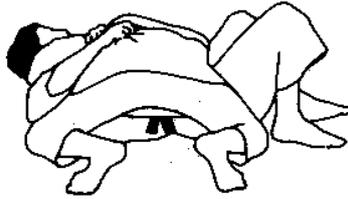


(mune gatame)



Hon-yoko-shiho-gatame

| *escape*



Ushiro-gesa-gatame

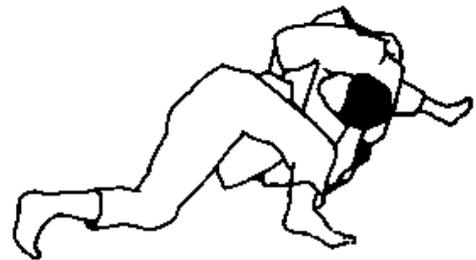
type 1

(opposite view)



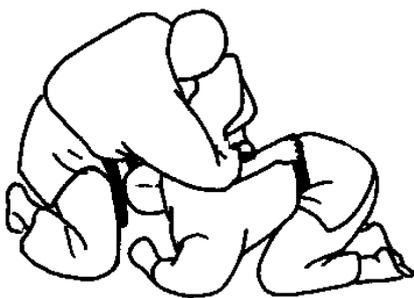
type 2

escape



Entries and leg controls (Hairi-kata) – 6, add the following two to the previous four

Front half-nelson (with leg variation)



Leg lift press and enter (inner & outer)



Strangles (Shime-waza) with variations (henka) -- 3, add the following to the previous

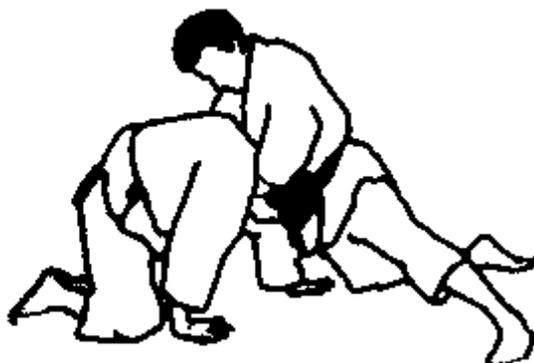
Okuri-eri-jime



(koshi-jime)



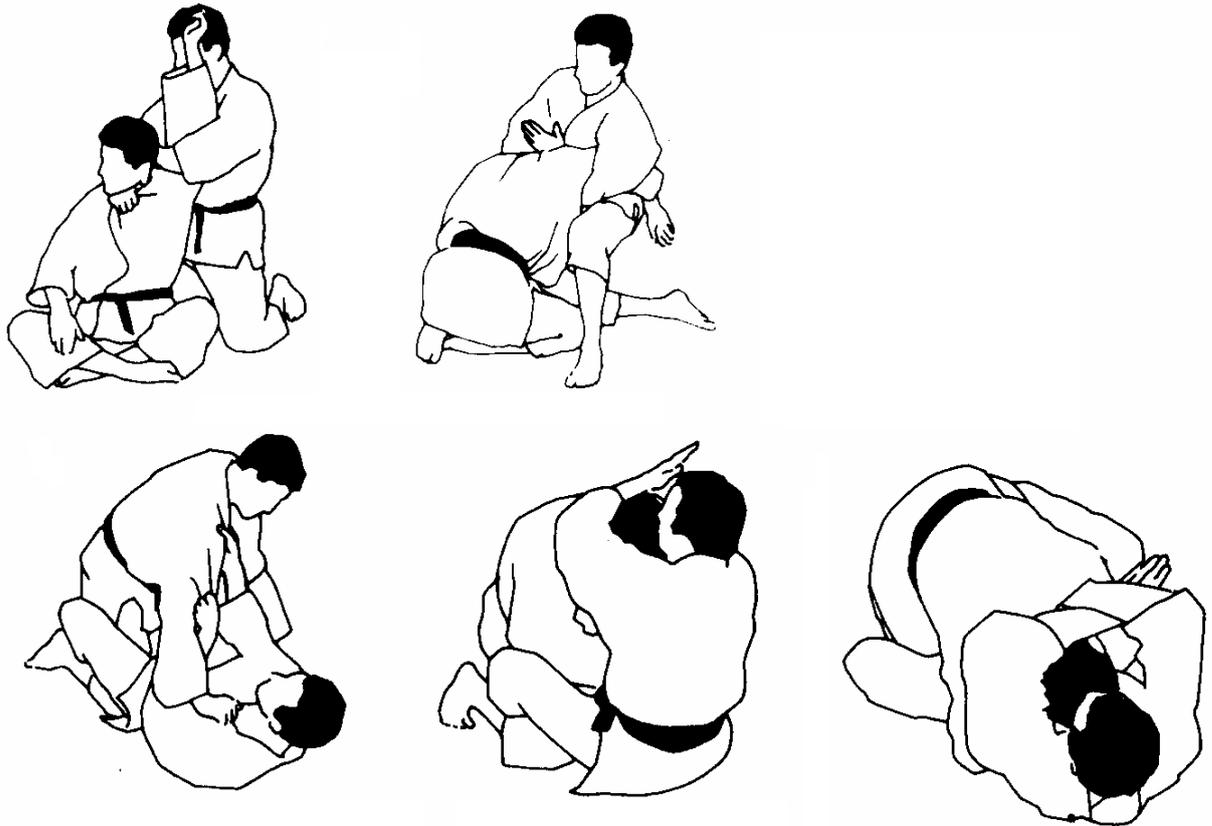
from above



(viewed from underneath)



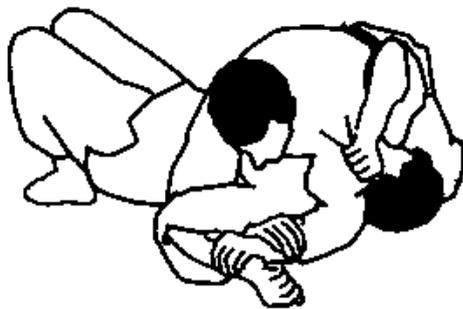
Kata-ha-jime



Jointlocks (Kansetsu-waza) with variations (henka) – 2, add the following to the previous one

(Ude-nejiru-)Ude-garami

*push grip
rotate out (up)*



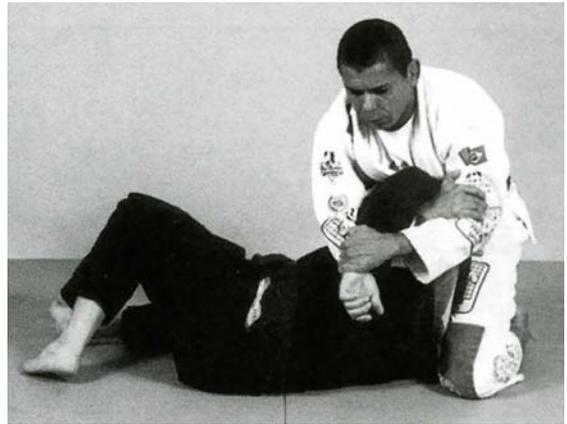
*push grip
rotate in (down)*



*pull grip
rotate out (up)*

No image available

*pull grip
rotate in (down)*



4. *Free practice (Randori)*

The concept of randori, or free practice by competition to gain the most good techniques against your partner, while allowing for the fact that it is not competition, and that the aim is to learn and to determine your limits. It is suggested that about 80% of physical effort should be used to prevent injuries and to allow the practice to continue for an extended time period and cover many partners. Interclub visits and minor contests should also be attempted in a group with the instructor and other members of the club.

Due to the large amount of information and “on the mat” learning required, only the basic syllabus questions will be given for further seinen gradings. The candidate is expected to take their own notes and check judo textbooks. Handouts will be used where information is not readily available from accessible textbooks.

3rd Class — SEINEN SAN-KYU

(green belt)

I Shiai

State level contest points are required for this grade. Competitors require 30 points and 3 months as a seinen yon-kyu. Non-competitors require some service points and 6 months as a seinen yon-kyu or for knowledge only gradings, 9 months as a seinen yon-kyu.

II General Knowledge

1. Improved knowledge of lower grade requirements.
2. Judo terminology related to all aspects of the syllabus.
3. History of judo - name of foundation Judo school, location, starting date, the founder (his life and accomplishments).
4. Difference between judo and jujitsu (martial arts) etc..
5. Explanation and application of: "Jita-kyo-ei" and "Sei-ryoku-zen-yo", the mottos of Judo.
6. Definition of scores and knowledge of major prohibited acts.

III Practical Knowledge

1. All lower grade requirements with greater facility.
2. Kihon

Analysis of throws II, strategic elements:
tsukuri, kuzushi, kake, kime.

Tsukuri: Application of directional and rotational variants with various tai-sabaki methods.

Turn-outs, turn-ins: Cartwheel or elbow-wheel to mae-ukemi from forward throws.

3. Waza

Nage-waza - 18, add the following six to the previous twelve

Tsurikomi-goshi (II-4, K)
Okuri-ashi-barai (II-5, A)
Harai-goshi (II-7, K)
Uchi-mata (II-8, A)

Ko-soto-gake (III-1, A)
Tsurigoshi (III-2, K)

Renraku-waza - 3, add the following to the previous two
e.g. De-ashi-barai to Hiza-guruma
or your own choice

Kaeshi-waza - 3, add the following to the previous two
e.g. Hiza-guruma by O-uchi-gari
or your own choice

Katame-waza

Osae-waza & nogare-kata – 8, add the following three to the previous five

Hon-tate-shiho-gatame
Kuzure-gesa-gatame
Kuzure-kami-shiho-gatame

Hairi-kata - 8, add the following two to the previous six

Turn over from below by leg control
Break out from between legs

Shime-waza with henka - 6, add the following three to the previous three

Gyaku-okuri-eri-jime
Hadaka-jime type II
Juji-jime (kata, gyaku & nami)

Kansetsu-waza with henka - 3, add the following to the previous two

Ude-hishigi-gesa-gatame & ude-nejiru-kesa-gatame
Ude-hishigi-ushiro-gesa-gatame
Ude-hishigi-juji-gatame (3 leg positions, face-up and face-down)

4. Kata

Nage-no-kata - 1 set
e.g. koshi-waza or your own choice

IV Non-competitor Section

1. Kata

Seiryoku-Zenyo Kokumin-Taiiku(-no-kata)
Tandoku Renshu

2. Randori

The free practice should now be firm and purposeful. Combinations, varied grips and the use of various postures and tempos should be in evidence. Randori should be a time to experiment and an enjoyable contest of wits.

2nd Class — SEINEN NI-KYU

(blue belt)

I Shiai

Competitors require 50 State level contest points and 6 months as a seinen san-kyu. Non-competitors require 50 service points and 12 months as a seinen san-kyu or for knowledge only gradings, 18 months as a seinen san-kyu.

II General Knowledge

1. Improved knowledge of lower grade requirements.
2. Judo terminology related to all aspects of the syllabus.
3. Classification of Judo techniques:
 e.g. Nage-waza
 Tachi-waza, Sutemi-waza
 Te-waza, Koshi-waza, Ashi-waza, Masutemi-waza, Yokosutemi-waza.
 Rotators (Rollers, Drivers), Lifters (2 leg, 1 leg).
 Gokyo-no-waza.
 Katame-waza.
 Osae-waza, Shime-waza, Kansetsu-waza.
 Ate-waza.
4. Knowledge of training methods used in judo:
 e.g. Tandoku-renshu, Sotai-renshu
 Drill training
 Uchikomi, Nage-komi
 Kata
 Sutegeiko
 Yako-soku-geiko
 Randori
 Shiai-geiko
 Shiai
5. A good knowledge of the contest rules and their application.

III Practical Knowledge

1. All lower grade requirements with greater facility.
2. Kihon

Kumi-kata and Hairi-kata (Grips and grip breaking/entries):
 Types of grip (high, low, collar, sleeve etc) and how to break through them - at least 4 grips and methods.

Bogyo: Block, twist and cut methods.

3. Waza

Nage-waza - 26, add the following eight to the previous eighteen

Yoko-otoshi (III-3, Y)
Ashi-guruma (III-4, A)
Hane-goshi (III-5, k)
Harai-tsurikomi-ashi (III-6, A)
Tomoe-nage (III-7, M)
Kata-guruma (III-8, T)
Sumi-gaeshi (IV-1, M)
Tani-otoshi (IV-2, Y)

Renraku-waza - 4, add the following one to the previous three
e.g. Hiza-guruma to O-soto-gari
or your own choice

Kaeshi-waza - 4, add the following one to the previous three
e.g. De-ashi-barai by Tsubami-gaeshi
or your own choice

Katame-waza

Osae-waza & nogare-kata - 11, add the following three to the previous eight

Kuzure-tate-shiho-gatame
Kata-gatame
Katate-gesa-gatame

Hairi-kata - 10, add the following two to the previous eight

Wing locks against attacks from the side
Double leg lift with arm pin

Shime-waza with henka - 10, add the following four to the previous six

Eri-guruma-jime (Ushiro-juji-jime)
Sode-guruma-jime
Tsukomi-jime
Ryote-jime

Kansetsu-waza with henka - 6, add the following three to the previous three

Ude-hishigi-waki-gatame (2 directions)
Ude-hishigi-hiza-gatame
Ude-hishigi-te-gatame

4. Kata

Nage-no-kata - 2 sets
e.g. te-waza and koshi-waza or your own choice

IV Non-competitor additional knowledge Section

1. Kata

Seiryoku-zenyo Kokumin-taiiku(-no-kata)
Tandoku-renshu
Sotai-renshu: Kime-shiki

2. Randori

Purpose and an appreciation of space and direction should be shown.

1st Class — SEINEN IK-KYU

(brown belt)

I Shiai

Competitors require 100 State level contest points and 1 year as a seinen ni-kyu. Non-competitors require 100 service points and 2 years as a seinen ni-kyu or for knowledge only gradings, 3 years as a seinen ni-kyu.

II General Knowledge

1. Improved knowledge of lower grade requirements.
2. Judo terminology related to all aspects of the syllabus.
3. History of judo – judan (10th grades), names and the contribution to judo of at least one.
4. Knowledge of the purpose and philosophy of Judo - the 3 culture principle and the application of the mottos:
 Jita-kyo-ei and
 Seiryoku-Zenyo
5. Types of judo kata (forms) and their divisions:
 e.g. Seiryoku-Zenyo Kokumin-Taiiku(-no-kata)
 Nage-no-kata
 Katame-no-kata
 Ju-no-kata
 Go-no-kata
 Joshi-judo-goshinho
 Kodokan-goshinjitsu
 Kime-no-kata
 Renkoho
 Itsutsu-no-kata
 Koshiki-no-kata (Kitoryu-no-kata)

III Practical Knowledge

1. All lower grade requirements with greater facility.
2. Waza

Nage-waza - 34, add the following eight to the previous twenty-six

Hane-makikomi (IV-3, Y)
 Sukui-nage (IV-4, T)
 Utsuri-goshi (IV-5, K)
 O-guruma (IV-6, A)
 Soto-makikomi (IV-7, Y)
 Uki-otoshi (IV-8, T)

O-soto-guruma (V-1, A)

Uki-waza (V-2, T)

Renraku-waza - 6, add the following two to the previous four

e.g. O-goshi to O-uchi-gari or your own choice

Seoi-nage to Ko-uchi-gari or your own choice

Kaeshi-waza - 6, add the following two the previous four

e.g. O-soto-gari by Harai-goshi or your own choice

Sasae-tsurikomi-ashi by Ko-uchi-gari or your own choice

Katame-waza

Osae-waza & nogare-kata - 14, add the following three to the previous eleven

Makura-gesa-gatame

Kami-sankaku-gatame

Tate-sankaku-gatame

Hairi-kata - 12, add the following two to the previous ten

Lapel grip and dive under roll

Triangle head roll

Shime-waza with henka - 14, add the following four to the previous ten

Katate-jime

Jigoku-jime

Kata-tate-ashi-jime

Hidari-ashi-jime / Kami-shiho-ashi-jime (same strangle, positions reversed)

Kansetsu-waza with henka - 11, add the following five to the previous six

Ude-hishigi-hara-gatame

Ude-hishigi-ude-garami &

Ude-hishigi-kannuki-gatame (ude-hishigi-hantai-ude-garami)

Ude-hishigi-shime-gatame (like ude-hishigi-sankaku-gatame)

Ude-nejiru-ude-gatame

Ude-nejiru-hara-gatame

3. Kata

Nage-no-kata - 3 sets

e.g. te-waza, koshi-waza and ashi-waza or your own choice

IV Non-competitor additional knowledge Section

1. Kata

Seiryoku-zenyo Kokumin-taiiku(-no-kata)

Tandoku-renshu

Sotai-renshu: Kime-shiki

Ju-shiki

2. Randori

Both left and right side techniques should be in evidence and some appreciation of strategy and tactics should be developing.

Entry Grade -- SHODAN

(black belt)

I Age Requirement

18 years old

I Shiai

Competitors require 150 State level contest points and 1 year as a seinen ik-kyu or 100 contest points and 2 years as a seinen ik-kyu. Non-competitors require 150 service points and 3 years as a seinen ik-kyu or for 'knowledge only' gradings, 5 years as a seinen ik-kyu.

Practical refereeing at State level to class "C" licence must be achieved.

II General Knowledge

1. Improved knowledge of lower grade requirements.
2. Judo terminology related to all aspects of the syllabus including names of technique variations and nicknames.
3. Knowledge of the State Judo Organisation administrative procedures and officials.
4. At least two principles of strategy/tactics should be able to be stated and explained.
 eg The principle of the Objective
 The principle of the Offensive
 The principle of Mass etc.

III Practical Knowledge

1. All lower grade requirements with greater facility.
2. Waza

Nage-waza -- 42, add the following eight to the previous thirty-four

Yoko-wakare (V-3, Y)
 Yoko-guruma (V-4, Y)
 Ushiro-goshi (V-5, K)
 Ura-nage (V-6, M)
 Sumi-otoshi (V-7, M)
 Yoko-gake (V-8, Y)
 Obi-otoshi (VI-1, T)
 Daki-wakare (VI-2, M)

Renraku-waza -- 8, add

eg Uki-goshi to Ko-uchi-gari

Sasae-tsurikomi-ashi to Uchi-mata

Kaeshi-waza -- 8, add

eg O-uchi-gari by Ko-soto-gake

Seoi-nage by Te-guruma

Katame-waza

Attacks (turnovers and breakdowns) from all directions against a defensive (turtling) opponent, from below with legs around opponent and from between the opponents legs must be studied

Osae-waza & nogare-kata -- 12, as previously listed

Transitions from hold to hold (circle of holds) and hold to strangle and hold to armlock must be shown

Hairi-kata -- 14, add

The "dive"

Forward roll over legs

Shime-waza with henka -- 18, add the following four to the previous fourteen

Kensui-jime (from below and from kesa-gatame)

Kaeshi-jime

Sankaku-jime (3 versions)

Do-jime (not permitted in competition)

Kansetsu-waza with henka -- 16, add the following five to the previous eleven

Ude-nejiru-ashi-gatame (or ashi-sankaku)

Hantai-ude-garami (2 directions of rotation)

Ude-wakare-waki-gatame (from kata-te & ushiro kesa-gatame)

Ude-wakare-sankaku-gatame (these 3 can be called biceps cutters)

Ashi-garami (not permitted in competition)

3. Kata

Nage-no-kata -- complete

Attend a State kata seminar

IV Non-competitor additional knowledge Section

1. Kata

Joshi-judo-goshinho or Go-no-kata

2. Randori

Both left and right side techniques should be in evidence and some appreciation of strategy and tactics should be developing.

3. Refereeing

Attain a State "C" referee licence

The application form for shodan must be downloaded from the Club or State website and filled in by the applicant. You should photocopy 3 additional copies and attach passport photographs to all of the copies

