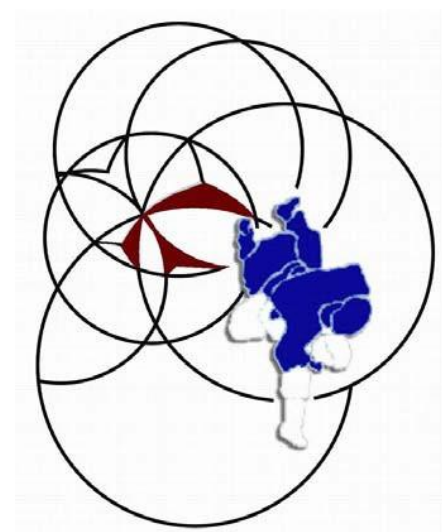
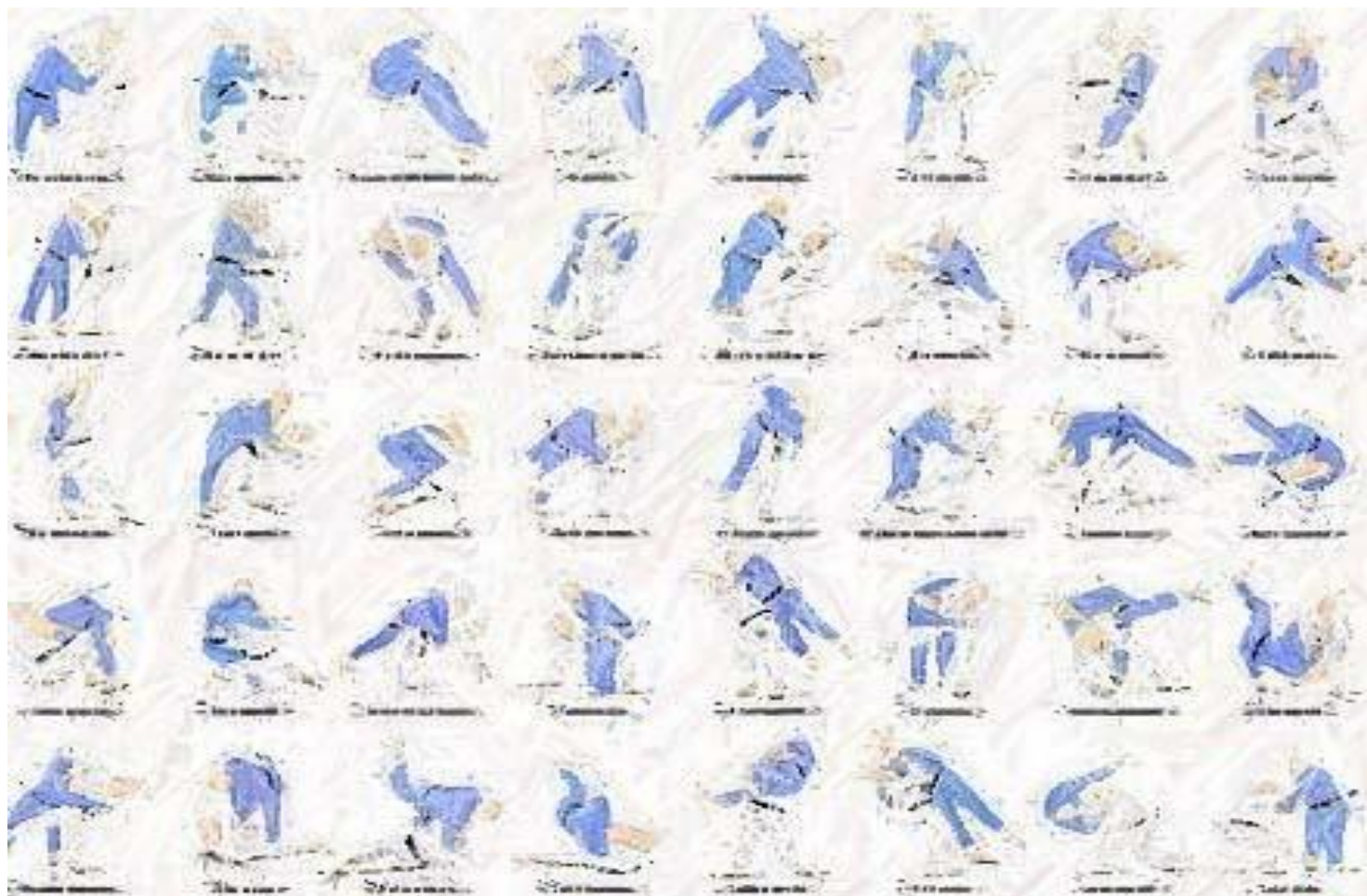


# ***Malta Judo Federation***

Grading Syllabus - Revised v250301



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## Yellow Badge

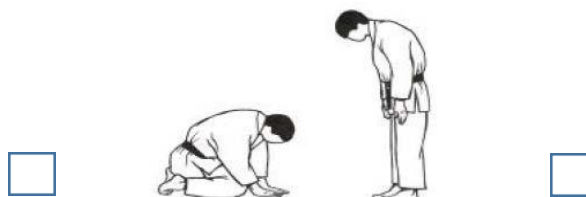
**Badges are intended for students under 6 years of age.**

**Requirements:**

- Minimum Age for White Belt with Yellow Badge is 3 years.
- At least 3 months training.
- A total of 5 Technical Points is required.

### **Bowing [BYL1]**

Perform acceptable Ritsu-Rei and Za-Rei.



Zarei & Ritsu Rei

### **Movements [BYL2]**

Walking Sideways, Forward, and Backwards.

### **Posture [BYL3]**

How to stand in Judo.

### **Motor Skills [BYL4]**

Examples: Acceptable forward roll, monkey walk & commando crawling.

### **Ukemi – (Breakfalls) [BYL5]**

Ushiro-Ukemi (backwards breakfall) and Yoko (sideways breakfall) starting from Lying down position.



1. Ushiro Ukemi



2. Yoko Ukemi



### **Terminology [BYL6]**

Tatami

Judo Mat

Sensei

Teacher

Mate

Wait

Hajime'

Start / Begin

Rei

Bow

# Orange Badge

*Badges are intended for students under 6 years of age.*

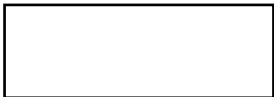
**Requirements:**

- Minimum Age for White Belt with Orange Badge is 3 years 6 months.
- At least 6 months training.
- A total of 10 points with a minimum of 5 Technical Points is required.



## **Bowing [BOR1]**

Acceptable entry on tatami, exiting off the tatami and perform better execution of Ritsu-Rei and Za-Rei.



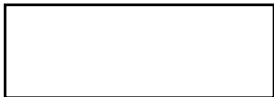
## **Movements [BOR2]**

Walking Sideways, Forward and Backwards.



## **Motor Skills [BOR3]**

Examples: Jumping over, around and under Objects.



## **Ukemi – (Breakfalls) [BOR4]**

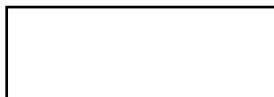
Ushiro-Ukemi and Yoko-Ukemi from sitting position.



1. Ushiro Ukemi



2. Yoko Ukemi



## **Terminology [BOR5]**

Dojo

Judo hall

Ushiro

Backwards

Yoko

Side

Ukemi

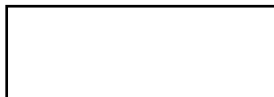
Breakfall

## Green Badge

Badges are intended for students under 6 years of age.

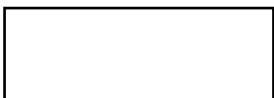
### Requirements:

- Minimum Age for White Belt with Green Badge is 4 years.
- At least 6 months training.
- A total of 10 points with a minimum of 5 Technical Points is required.



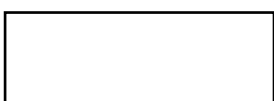
### Bowing [BGR1]

Perform Ritsu-Rei and Za-Rei and how to enter and exit the tatami in the correct manner



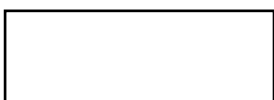
### Movements [BGR2]

Walking in sync with partner in forward, backwards, and sideways directions.



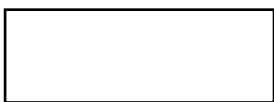
### Kumi-kata [BGR3]

How to grip in Judo (Migi and Hidari).



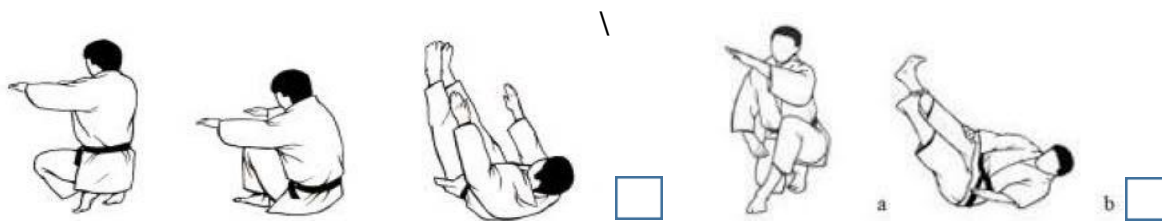
### Use of Tsurite and Hikite while uke is on knees [BGR4]

Candidate must perform acceptable pulling and pushing actions with hands in the correct direction and continue with a technique.



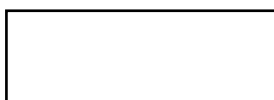
### Ukemi – (Breakfalls) [BGR5]

Ushiro-Ukemi (backwards breakfall) from crouching and Yoko-Ukemi (sideways breakfall) from kneeling positions.



1. Ushiro Ukemi

2. Yoko Ukemi



### Katame-Waza (Grappling Techniques) [BGR6]

#### Osaecomi-Waza (Hold-down Techniques)

Kneeling in front of a partner and turnover into a basic hold

Note

Coach to guide the student to basic principles of Judo hold downs.



### Terminology [BGR7]

Migi

Right

Hidari

Left

Tori

Person doing the technique

Uke

Person receiving the technique

# Blue Badge

Badges are intended for students under 6 years of age.

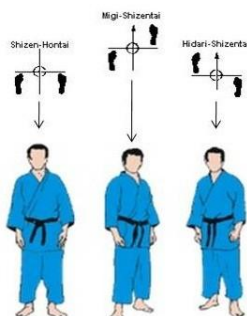
Requirements:

- Minimum Age for White Belt with Blue Badge is 4 years 6 months.
- At least 6 months training.
- A total of 10 points with a minimum of 5 Technical Points is required.



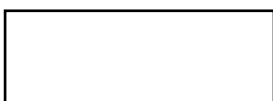
## Posture [BBL1]

How to stand in Judo, Shisen-Tai and Migi-Shisen-Tai and Hidari-Shisen-Tai.



## Movements [BBL2]

Movements in a rotational movement with partner, showing control of each other.



## Use of Tsurite and Hikite while standing [BBL3]

Candidate must perform acceptable pulling and pushing actions with hands in the correct direction and continue with a technique.

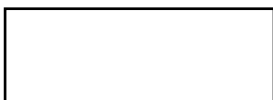


## Ukemi – (Breakfalls) [BBL4]

Ushiro-Ukemi and Yoko-Ukemi from standing positions and acceptable Mae-Mawari-Ukemi and Mae-Ukemi from kneeling position.



Yoko-Ukemi from Standing Position



## Tachi-Waza (Standing Techniques) [BBL5]

To demonstrate one forward throwing technique and one backwards throwing technique.

Note:

Coach to choose one basic throw for Judoka and must help Judoka show direction of throw execution.



## Katame-Waza (Grappling Techniques) [BBL6]

### Osaecomi-Waza (hold-down Techniques)

Hold-down of your choice

#### Note

Coach to guide the student to basic principles of Judo hold downs.



## Terminology [BBL7]

Mae	Front
Obi	Judo belt
Seiza	Formal kneeling posture
Kiritsu	Stand up
Shizen-Tai	Natural position

## Brown Badge

*Badges are intended for students under 6 years of age.*

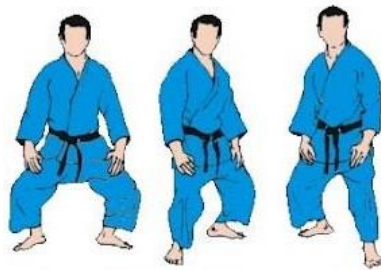
**Requirements:**

- Minimum Age for White Belt with Brown Badge is 5 years.
- At least 6 months training.
- A total of 10 points with a minimum of 5 Technical Points is required.

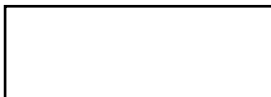


### Posture [WC1] [BBR1]

Jigo-Tai positions – Jigo-Tai, Migi-Jigo-Tai and Hidari-Jigo-Tai



Jigotai - 3 Foot Placements



### Movements [BBR2]

Mae-Sabaki, Ushiro-Sabaki, Mae-Mawari-Sabaki and Ushiro-Mawari-Sabaki (all Migi & Hidari)

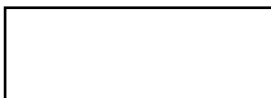


### Ukemi – (Breakfalls) [BBR3]

Mae-Mawari-Ukemi – right (Migi) and Left (Hidari) and Mae-Ukemi (front fall) from squatting position.



Mae-Mawari-Ukemi



### Tachi-Waza (Standing Techniques) [BBR4]

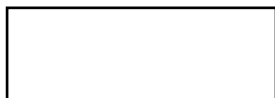
- O-Soto-Otoshi (Ashi-Waza – Leg Techniques)
- Uki-Goshi (Koshi-Waza – Hip Techniques)

A) O-Soto-Otoshi





B) Uki-Goshi

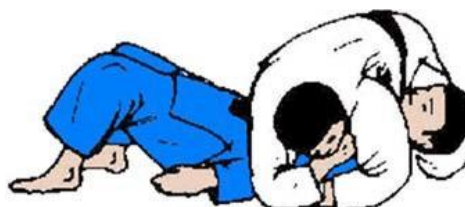


**Katame-Waza (Grappling Techniques) [BBR5]**

**Osaecomi-Waza (Hold-down Techniques)**

Kuzure-Kesa-Gatame

Kuzure-Kesa-Gatame (and 1 variation)



**Terminology [BBR6]**

Ritsu-Rei

Za-rei

Uki

Kumikata

Otoshi

Kesa

Standing bow

Kneeling bow

Floating

Grip

Body drop

Scarf

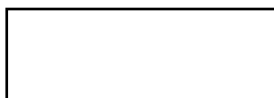
# Black Badge

*Badges are intended for students under 6 years of age.*

**Requirements:**

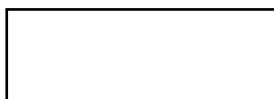
- Minimum Age for White Belt with Brown Badge is 5 years 6 months.
- At least 6 months training.
- A total of 10 points with a minimum of 5 Technical Points is required.

*Candidates are expected to perform all the Badge sections in the correct manner.*



## **Movements [BBK1]**

Tai Sabaki while attacking and under attack. Movements in all directions around the tatami with partner showing control of each other.



## **Ukemi – (Breakfalls) [BBK2]**

Mae-Mawari-Ukemi right (*Migi*) and Left (*Hidari*) from standing position and Mae-ukemi.



**Mae-Mawari-Ukemi**

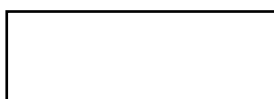


**Mae-Ukemi**



## **Tachi-Waza (Standing Techniques) [BBK3]**

To demonstrate one forward throwing technique whilst Uke is pushing.  
To demonstrate one backwards throwing technique whilst Tori is pushing.  
Candidate is to demonstrate Action / Reaction in the above situations.



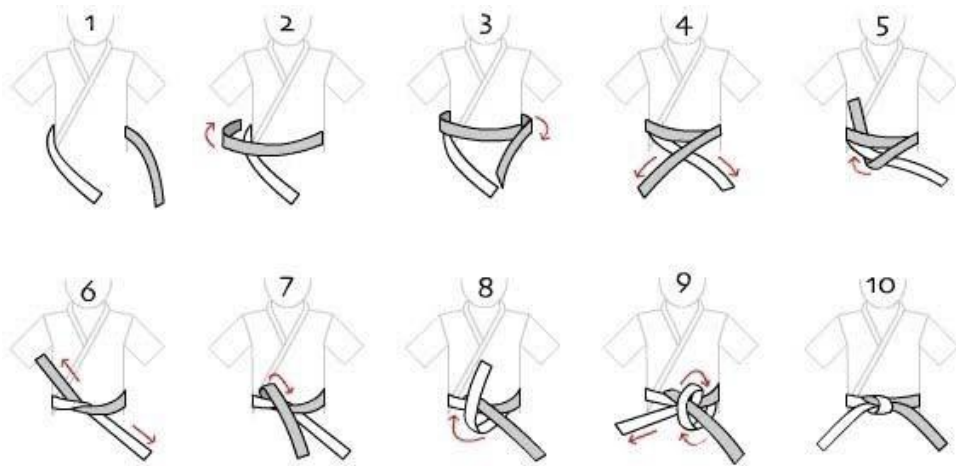
## **Katame-Waza (Grappling Techniques) [BBK4]**

Changes from one hold to another without losing control.  
Turning Uke from an all-fours position to a hold down of your choice



### Others [BBK5]

Correct wearing of Judo Belt (Obi). Proper knotting the belt with equal lengths

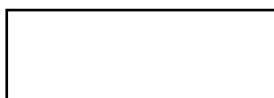


# White - Yellow Belt

## Requirements:

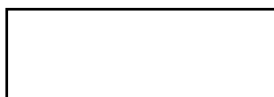
- This grade is intended ONLY for athletes under 16 years of age.
- Minimum age for White- Yellow Belt is 6 Years.
- At least 6 months training or in previous grade (Badges' Grades).
- A total of 10 Points with a minimum of 5 Technical Points is required.
- If the athlete is over 16 years of age, he/she may take the Yellow Belt exam directly from White Belt, in which case, the White-Yellow Belt syllabus will form part of the Yellow Belt syllabus.

All lower grading syllabus forms part of this level



## Movements [WHYL1]

How to step on the Tatami properly during competitions and during training sessions.



## Ukemi – (Breakfalls) [WHYL2]

Mae-mawari-ukemi (Zempo-Kaiten) – Migi & Hidari

Yoko-ukemi – Migi & Hidari

Ushiro-ukemi



## Tachi Waza (Standing Techniques) [WHYL3]

- De-Ashi-Barai (Ashi-waza – Leg techniques))
- O-Soto-Otoshi (Ashi-Waza)
- O-Soto-Gari (Ashi-Waza)
- O-Uchi-Gari (Ashi-Waza)
- Seoi-Nage (Te-Waza)

### A) De-Ashi-Barai



### B) O-Soto-Otoshi



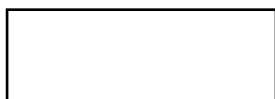
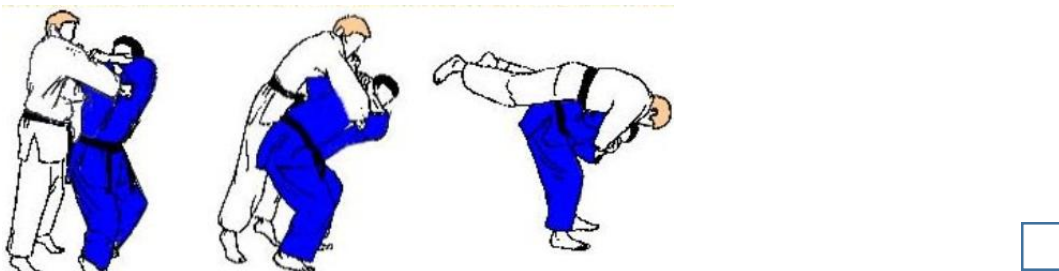
c) O Soto Gari



D) O-Uchi-Gari



E) Seoi-Nage



**Katame-Waza (Grappling Techniques) [WHYL4]**

- A) Kesa-Gatame (Osaecomi-Waza – Hold-down Techniques)
- B) Kuzure-Kesa-Gatame (Osaecomi-Waza)
- C) Kata-Gatame (Osaecomi-Waza)

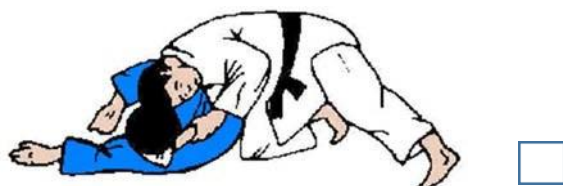
A) Kesa-Gatame



B) Kuzure-Kesa-Gatame (Variation)



C) Kata-Gatame





### Terminology [WHYL5]

Soto	Outer
Gari	Reap
Uchi	Inner
Ashi	Leg
Te	Hand
Koshi	Hip
Kuzure	Modified
Waza	Technique
Kiritsu	Stand-up
Seiza	Kneel Down
O	Major

### *Coaching Notes in preparation for the grading*

- Back to be kept straight when going in for throws
- Good Posture; legs position
- Good Kumikata
- Good Kusushi

# Yellow Belt

## Requirements:

- Minimum age for Yellow Belt is 7 Years.
- At least 6 Months duration in previous grade.
- If the athlete is under 16 years of age and is grading from White-Yellow Belt, a total of 10 Points with a minimum of 5 Technical Points is required.
- If the athlete is over 16 years of age, he/she may take the Yellow Belt exam directly from White Belt, in which case, the White-Yellow Belt syllabus will form part of the Yellow Belt syllabus. A total of 15 Points of which a minimum of 10 Technical Points is required.

All lower grading syllabus forms part of this level



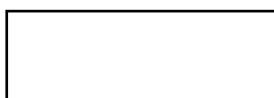
## Movements [YL1]

Uchikomi      Repetition of throwing action without throwing.



## Ukemi – (Breakfalls) [YL2]

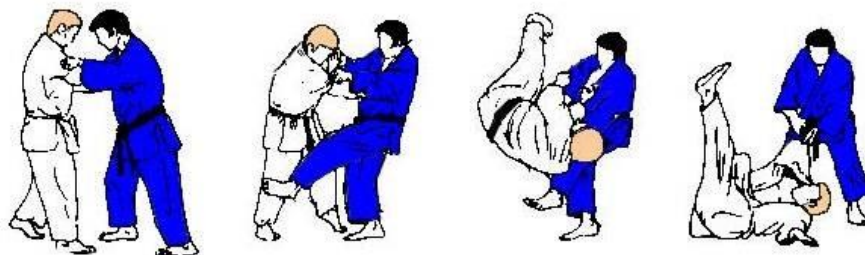
Mae-ukemi      Forward breakfall  
Mae-mawari ukemi      Forward rolling breakfall  
Yoko-ukemi      Side breakfall



## Tachi Waza (Standing Techniques) [YL3]

- Hiza-Guruma (Ashi-Waza – Leg Techniques)
- O-Goshi (Koshi-Waza – Hip Techniques)
- Ippon-Seoi-Nage (Te-Waza – Hand Techniques)
- Sasae-Tsurikomi-Ashi (Ashi-Waza)

### A) Hiza Guruma



### B) O-Goshi

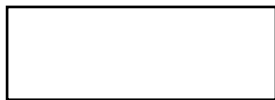




C) Ippon-Seoi-Nage



D) Sasae-Tsuri-Komi-Ashi



**Katame-Waza (Grappling Techniques) [YL4]**

- A) Ushiro-Kesa-Gatame (Osaecomi-Waza – Hold-down Techniques)
- B) Kuzure-Kesa-Gatame (variation A) (Osaecomi-Waza)
- C) Kuzure-Kesa-Gatame (variation B) (Osaecomi-Waza)

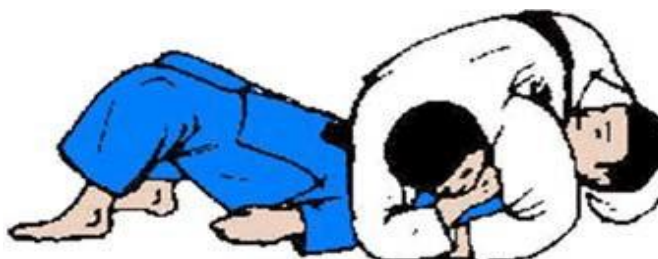
A) Ushiro-Kesa-Gatame



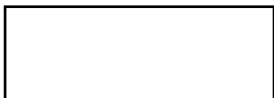
B) Kuzure-Kesa-Gatame (Variation A)



C) Kuzure-Kesa-Gatame (Variation B)







## Terminology [YL5]

Mune	Chest
Tsuri	Lift
Mae	Front
Kumikata	Classical Gripping Technique
Kuzushi	Breaking of Balance
Tsukuri	Set-up to execute technique
Kake'	Execution of technique
Hagime	Start
Mate'	Stop
Osaekomi	Hold Down
Ippon	Full Point
Kiotsuke	Stand in attention with closed heels
Ko	Minor
Hiza	Knee

### *Coaching Notes in preparation for the grading*

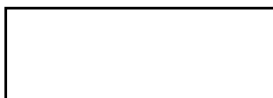
- Mae-mawari-ukemi – to demonstrate the position of judoka when landing on the floor.
- Tachi-Waza – to be demonstrated both right and left.
- Ne-Waza – to be demonstrate both right and left.
- All Ukemi to be taught by Yellow Belt level.

# Yellow-Orange Belt

## Requirements:

- Minimum Age for Yellow-Orange Belt is 8 Years.
- At least 6 Months duration in previous grade.
- If the athlete is under 16 years of age and is grading from Yellow Belt, a total of 20 Points with a minimum of 10 Technical Points is required.
- If the athlete is over 16 years of age, he/she may take the Orange Belt exam directly from Yellow Belt, in which case, the Yellow-Orange Belt syllabus will form part of the Orange Belt syllabus.

All lower grading syllabus forms part of this level



## Rules & Regulations [YLOR1]

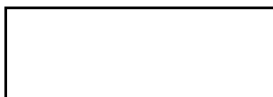
Osaekomi-Waza

IJF SOR – Refereeing Rules – Article 17 – Page 153



## Movements [YLOR2]

Tendoku-Renshui	Educational throwing movements
Tai-Sabaki	Body movement in all directions
Go	Blocking of an attack
Chowa	Anticipating an attack
Yawara	Carry on opponent's action



## Tachi Waza (Standing Techniques) [YLOR3]

- Ko-Soto-Gari (Ashi-Waza – Leg Technique)
- Ko-Uchi-Gari (Ashi-Waza)
- Tai-Otoshi (Te-Waza – Hand Technique)
- Harai Goshi (Koshi-Waza – Hip Texhnique)

### A) Ko-Soto-Gari



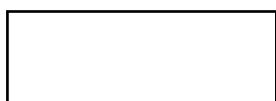
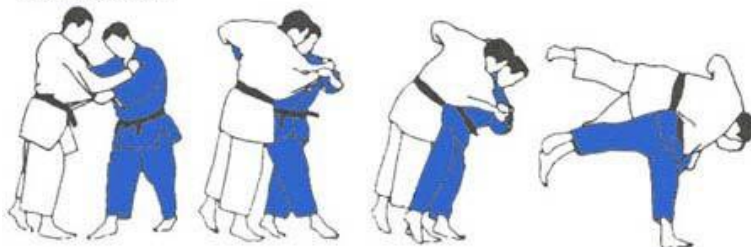
### B) Ko-Uchi-Gari



C) Tai-Otoshi



D) Harai-Goshi



**Katame-Waza (Groundwork) [YLOR4]**

- A) Yoko-Shiho-Gatame (Osaecomi-Waza – Hold-down Techniques)
- B) Kami Shiho Gatame (Osaecomi-Waza)

Basic turnovers with Uke on all fours, Tori attacking from the side.  
Continuation of control from one hold to another.

A)



Yoko-Shiho-Gatame



B)



Kami-Shiho-Gatame





## Terminology [YLOR5]

Sore-Made	Time is up
Sono-Mama	Freeze – do not move
Yoshi	Continue (after Sono-Mama)
Toketa	Hold down broken
Waza-ari	Almost Ippon
Randori	Free practice, Free sparring

### ***Coaching Notes in preparation for the grading***

A good knowledge of Posture and Tai Sabaki.

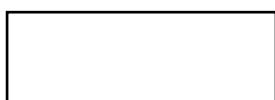
Judokas have a great feeling of belonging to a special group. It teaches good manners, respect for each other and builds confidence and self-esteem.

# Orange Belt

## Requirements:

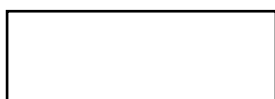
- Minimum Age for Orange Belt is 9 Years.
- At least 6 Months duration in previous grade.
- If the athlete is under 16 years of age and is grading from Yellow-Orange Belt, a total of 20 Points with a minimum of 10 Technical Points is required.
- If the athlete is over 16 years of age, he/she may take the Green Belt exam directly from Yellow Belt, in which case, the Yellow-Orange Belt syllabus will form part of the Orange Belt syllabus. A total of 20 Points with a minimum of 15 Technical Points is required.

## All lower grading syllabus forms part of this level



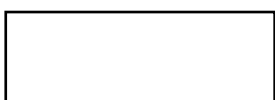
### Movements [OR1]

Yaku-Soko-Geiko Free Throwing Practice.



### Rules & Regulations [OR2]

Entry to and Exit from Field of Play	IJF SOR – Competition Venue – Article 8.6 – Page 79
Judogi Colour	IJF SOR – Judogi Rules – Article C 1.9 – Page 108
Judogi Size	IJF SOR – Judogi Rules – Article C 1.10 – Page 108
T-shirt (for Women)	IJF SOR – Judogi Rules – Article C 1.11 – Page 110
Referees and Officials	IJF SOR – Refereeing Rules – Article 1 – Page 119



### Tachi-Waza (Standing Techniques) [OR3]

- Koshi-Guruma (Koshi-Waza – Hip Techniques)
- Tsuri-Komi-Goshi (Koshi-Waza)
- Okuri-Ashi-Barai (Ashi-Waza)
- Uchi-Mata (Ashi-Waza)

#### A) Koshi-Guruma



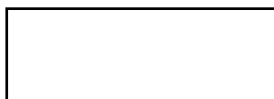
#### B) Tsuri-Komi-Goshi



C) Okuri-Ashi-Barai



D) Uchi-Mata

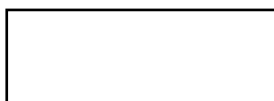


**Katame-Waza (Grappling Techniques) [OR4]**

- A) Kuzure-Kami-Shiho-Gatame (Osaecomi-Waza – Hold-down Techniques)
- B) Tate-Shiho Gatame (Osaecomi-Waza)

A) Kuzure-Kami-Shiho-Gatame

B) Tate-Shiho-Gatame



**Terminology [OR5]**

Waza-ari-Awasete-Ippon	2 Waza ari almost an Ippon.
Shido	Penalty
Honsoku-Make	Disqualification
Kyu	Student Grade
Shiai	Contest, Match, Bout



**Other [OR6]**

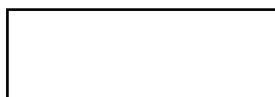
Different valid Kumikata

# Orange-Green Belt

## Requirements:

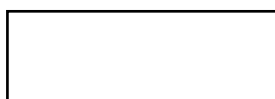
- Minimum Age for Orange-Green Belt is 10 Years.
- At least 6 Months duration in previous grade.
- If the athlete is under 16 years of age and is grading from Orange Belt, a total of 30 Points with a minimum of 15 Technical Points is required.
- If the athlete is over 16 years of age, he/she may take the Green Belt exam directly from Orange Belt, in which case, the Orange-Green Belt syllabus will form part of the Green Belt syllabus.

All lower grading syllabus forms part of this level



## Movements [ORGR1]

Tokui-Waza	Favourite technique applied in different situations.
Renraku-Waza	Combination Techniques performed in different direction.
Renzoku-Waza	Combination Techniques performed in the same direction.



## Rules & Regulations [ORGR2]

Position and Function of the Referee	IJF SOR – Refereeing Rules – Article 2 – Page 120
Role of Non-Officiating Referees	IJF SOR – Refereeing Rules – Article 3 – Page 121
Ippon	IJF SOR – Refereeing Rules – Article 14 – Page 149
Waza ari & Yuko	IJF SOR – Refereeing Rules – Article 15 – Page 151



Waza ari



Yuko



## Nage-Waza (Throwing Techniques) [ORGR3]

- Ko-Soto-Gake (Ashi-Waza)
- Ashi-Guruma (Ashi-Waza)
- Yoko-Otoshi (Yoko-Sotemi-Waza – Side Sacrifice Techniques)

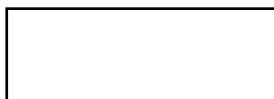
A) Ko-Soto-Gake



B) Ashi-Guruma



C) Yoko-Otoshi



**Katame-Waza (Grappling Techniques) [ORGR4]**

A good knowledge of Turnovers and escape techniques from various hold downs.



**Shime-Waza (Strangulation Techniques) [ORGR5]**

(Athletes under 15 years of age are expected to demonstrate the correct position of the technique but NOT EXECUTE the technique unless done against someone over 15 years of age).

Basic difference between strangles & chokes.

- A) Nami-Juji-Jime
- B) Kata-Juji-Jime
- C) Giaku-Juji-Jime

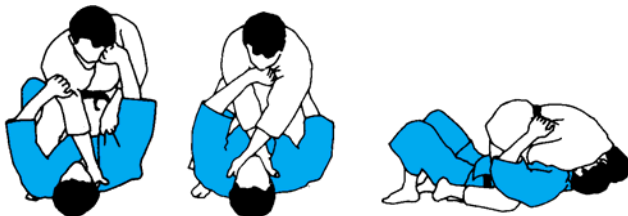
A) Nami-Juji-Jime



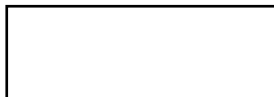
B) Kata-Juji-Jime







C) Gyaku-Juji-Jime



### Kansetsu-Waza (Armlock Techniques) [ORGR6]

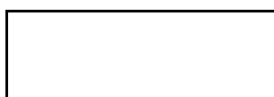
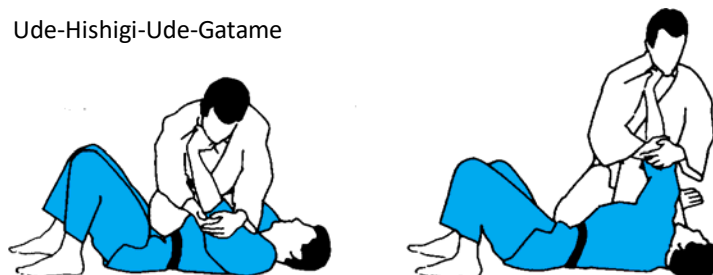
(Athletes under 15 years of age are expected to demonstrate the correct position of the technique but NOT EXECUTE the technique unless done against someone over 15 years of age).

- A) Ude-Hishigi-Juji- Gatame
- B) Ude-Hishigi-Ude-Gatame

A) Ude-Hishigi-Juji- Gatame



B) Ude-Hishigi-Ude-Gatame



### Terminology [ORGR7]

Taiso	Physical Exercise
Dan	Master's Advance Grade
Gari	Reap
Guruma	Wheel
Anza	Sitting cross-legged

### Coaching Notes in preparation for the grading

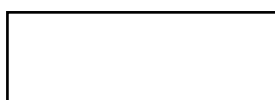
Coach is to explain the principles and safety when applying arm locks, strangles and chokes.

# Green Belt

## Requirements:

- Minimum Age for Green Belt is 11 Years.
- At least 6 Months duration in previous grade.
- If the athlete is under 16 years of age and is grading from Orange-Green Belt, a total of 30 Points with a minimum of 15 Technical Points is required.
- If the athlete is over 16 years of age, he/she may take the Green Belt exam directly from Orange Belt, in which case, the Orange-Green Belt syllabus will form part of the Green Belt syllabus. A total of 30 Points with a minimum of 25 Technical Points is required.

All lower grading syllabus forms part of this level



## Rules & Regulations [GR1]

Waza-ari-Awasete-Ippon	IJF SOR – Refereeing Rules – Article 16 – Page 152
Prohibited Acts & Penalties	IJF SOR – Refereeing Rules – Article 18 – Page 155
Prohibited Acts & Penalties – Shido (Slight Infringements Group)	IJF SOR – Refereeing Rules – Article 18.1 – Page 156

Waza-ari-Awasete Ippon



## Nage-Waza (Throwing Techniques) [GR2]

- Hane-Goshi (Koshi-Waza)
- Harai-Tsurikomi-Ashi (Ashi-Waza)
- Tomoe-Nage (Ma-Sutemi-Waza – Rear Sacrifice Techniques)
- Kata-Guruma (Te-Waza – Hand Techniques)

### A) Hane-Goshi



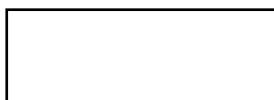
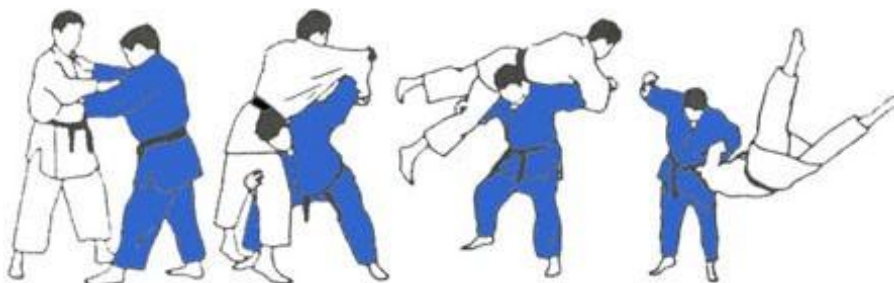
B) Harai-Tsurikomi-Ashi



C) Tomoe-Nage



D) Kata-Guruma



**Shime-Waza (Strangulation Techniques) [GR3]**

(Athletes under 15 years of age are expected to demonstrate the correct position of the technique but NOT EXECUTE the technique unless done against someone over 15 years of age).

Basic difference between strangles & chokes.

- A) Hadaka-Jime
- B) Tsukkomi-Jime



A) Hadaka Jime



B) Tsukkomi Jime





### Kansetsu-Waza (Armlock Techniques) [GR4]

(Athletes under 15 years of age are expected to demonstrate the correct position of the technique but NOT EXECUTE the technique unless done against someone over 15 years of age).

- A) Ude-Garami
- B) Ude-Hishigi-Waki-Gatame
- C) Ude-Hishigi-Hara-Gatame

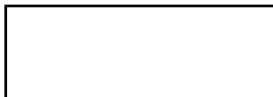


A) Ude-Garami



B) Ude-Hishigi-Waki-Gatame

- C) Ude-Hishigi-Hara-Gatame



### Terminology [GR5]

Guruma

Wheel

Eri

Collar of Jacket

Kata

Shoulder or Model Technique

Hikite

Pulling hand

Tsurite

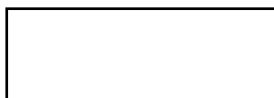
Lifting hand

# Green-Blue Belt

## Requirements:

- Minimum Age for Green-Blue Belt is 12 Years.
- At least 6 Months duration in previous grade.
- If the athlete is under 16 years of age and is grading from Green Belt, a total of 40 Points with a minimum of 20 Technical Points is required.
- If the athlete is over 16 years of age, he/she may take the Blue Belt exam directly from Green Belt, in which case, the Green-Blue Belt syllabus will form part of the Blue Belt syllabus.

## All lower grading syllabus forms part of this level



### Rules & Regulations [GRBL1]

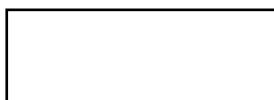
Referee Gestures

IJF SOR – Refereeing Rules – Article 4 – Page 121

Prohibited Acts & Penalties –

Hansoku make

IJF SOR – Refereeing Rules – Article 18.2 – Page 168



### Nage-Waza (Throwing Techniques) [GRBL2]

**ALL TECHNIQUES MUST BE DONE ON THE MOVE**

- A) Sumi-Gaeshi (Ma-Sutemi-Waza – Rear Sacrifice Techniques)
- B) Tani-Otoshi (Yoko-Sutemi-Waza – Side Sacrifice Techniques)
- C) Hane-Makikomi (Yoko-Sutemi-Waza)
- D) Sukui-Nage (Te-Waza – Hand Techniques)

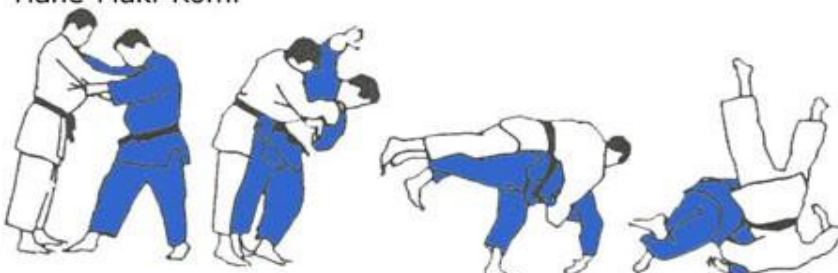
#### A) Sumi-Gaeshi



#### B) Tani-Otoshi



#### C) Hane-Maki-Komi



#### D) Sukui-Nage



#### Shime-Waza (Strangulation Techniques) [GRBL3]

(Athletes under 15 years of age are expected to demonstrate the correct position of the technique but NOT EXECUTE the technique unless done against someone over 15 years of age).

- A) Kataha-Jime
- B) Okuri-Eri-Jime



A) Kataha-Jime



B) Okuri-Eri-Jime



Green-Blue Belt



#### Movements [GRBL4]

Katame-Waza    Hold down combination Techniques without losing control of opponent



#### Terminology [GRBL5]

Joseki	Place in Dojo where Sensei Sits
Maitta	I give Up (used in Groundwork)
Soto	Outer
Uchi	Inner
Hon	Basic

#### Coaching Notes in preparation for the grading

Coach to assist the student to understand how to adapt judo to suit them. Study and adapt Judo for different types of opponents.

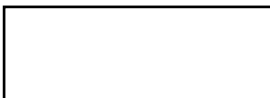


# Blue Belt

## Requirements:

- Minimum Age for Blue Belt is 13 Years.
- At least 6 Months duration in previous grade.
- If the athlete is under 16 years of age and is grading from Green-Blue Belt a total of 40 Points with a minimum of 20 Technical Points is required.
- If the athlete is over 16 years of age, he/she may take the Blue Belt exam directly from Green Belt, in which case, the Green-Blue Belt syllabus will form part of the Blue Belt syllabus. A total of 60 Points with a minimum of 40 Technical Points is required.

All lower grading syllabus forms part of this level



## Rules & Regulations [BL1]

Location (Valid Areas)

IJF SOR—Refereeing Rules – Article 5 – Page 134

Transition – Tachi-waza ↔ Ne-waza

IJF SOR—Refereeing Rules – Article 10 – Page 137



## Nage-Waza (Throwing Techniques) [BL2]

- A) Utsuri-Goshi (Koshi-Waza)
- B) O-Guruma (Ashi-Waza)
- C) Soto-Makikomi (Yoko-Sutemi-Waza)
- D) Uki-Otoshi (Te-Waza)

### A) Utsuri-Goshi



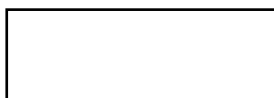
### B) O-Guruma



C) Soto-Maki-Komi



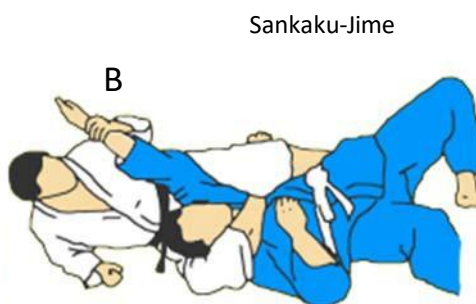
D) Uki-Otoshi



**Shime-Waza (Strangulation Techniques) [BL3]**

(Athletes under 15 years of age are expected to demonstrate the correct position of the technique but NOT EXECUTE the technique unless done against someone over 15 years of age).

- A) Sankaku-Jime
- B) Sankaku-Jime (Variation 1)
- C) Sankaku-jime (Variation 2)

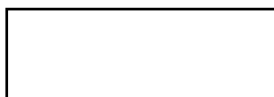


Sankaku-Jime



**Movements [BL4]**

Two Gaeshi-Waza (Counter Techniques)



**Terminology [BL5]**

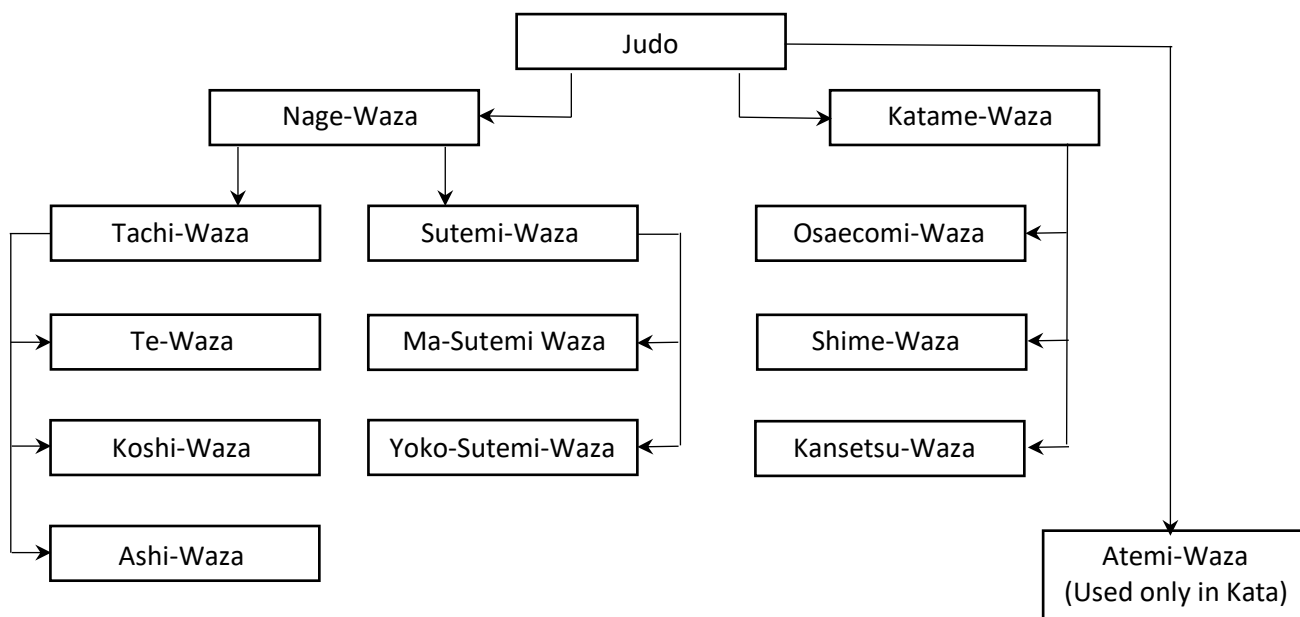
Harai / Barai	Sweep
Hane	Spring
Hadaka	Naked
Garami	Entanglement
Tachi-Waza	Standing Technique
Sutemi-Waza	Sacrifice Technique





## Other [BL6]

Sections and sub-sections of Judo



## Nage-No-Kata [BL7]

Candidates are required to perform the first set of the Nage-No-Kata as Tori.

Nage-No-Kata – First set (Te-Waza)

Uki-Otoshi

Seoi-Nage

Kata-Guruma

### Coaching Notes in preparation for the grading

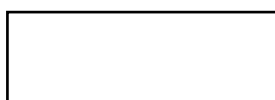
Coach to assist students to understand how to adapt judo to suit them. Study and adapt Judo for different types of opponents.

# Blue-Brown Belt

## Requirements:

- Minimum Age for Blue-Brown Belt is 14 Years.
- At least 6 Months duration in previous grade.
- If the athlete is under 16 years of age and is grading from Blue Belt a total of 50 Points with a minimum of 25 Technical Points is required.
- If the athlete is over 16 years of age he/she may take the Brown Belt exam directly from Blue Belt, in which case, the Blue-Brown Belt syllabus will form part of the Brown Belt syllabus.

All lower grading syllabus forms part of this level



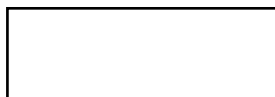
## Rules & Regulations [BLBR1]

Technique coinciding  
with time signal

IJF SOR – Refereeing Rules – Article 8 – Page 135

Start of Contest

IJF SOR – Refereeing Rules – Article 9 – Page 136



## Nage-Waza (Throwing Techniques) [BLBR2]

**ALL TECHNIQUES MUST BE DONE ON THE MOVE**

- O-Soto-Guruma
- Ushiro-Goshi
- Ura-Nage
- Yoko-Wakare

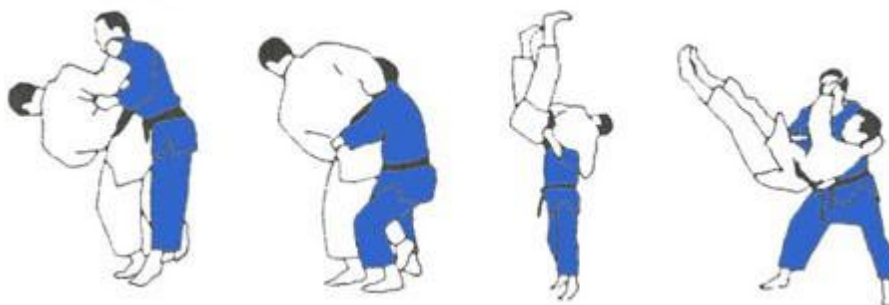
### A) O-Soto-Guruma



### B) Yoko-Wakare



C) Ushiro-Goshi



D) Ura-Nage



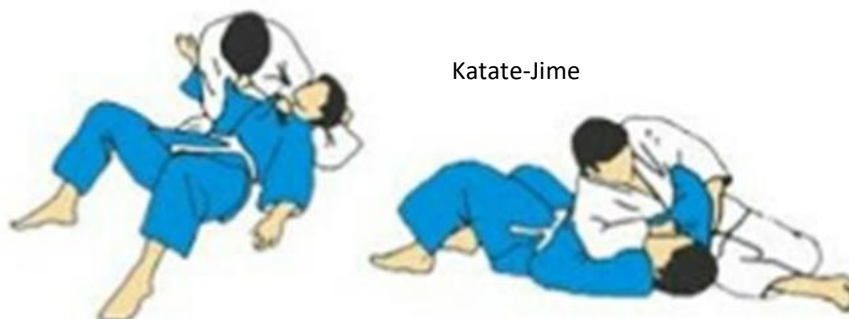
Note: Crash Mat can be used when executing Ura Nage



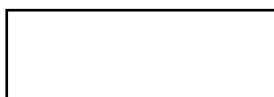
**Shime-Waza (Strangulation Techniques) [BLBR3]**

(Athletes under 15 years of age are expected to demonstrate the correct position of the technique but NOT EXECUTE the technique unless done against someone over 15 years of age).

Katate-Jime



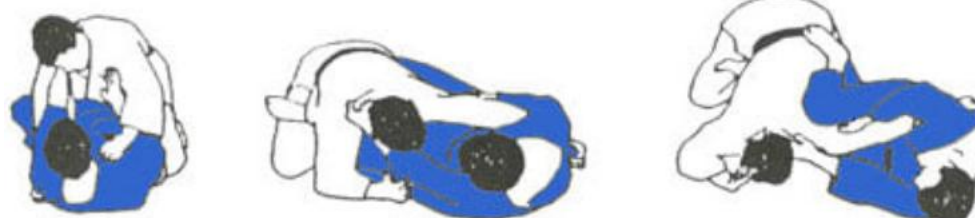
Katate-Jime



**Kansetsu-Waza (Armlock Techniques) [BLBR4]**

(Athletes under 15 years of age are expected to demonstrate the correct position of the technique but NOT EXECUTE the technique unless done against someone over 15 years of age).

Ude-Hishigi-Hiza-Gatame



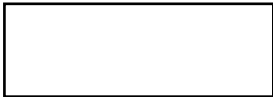
Ude-Hishigi-Waki- Gatame





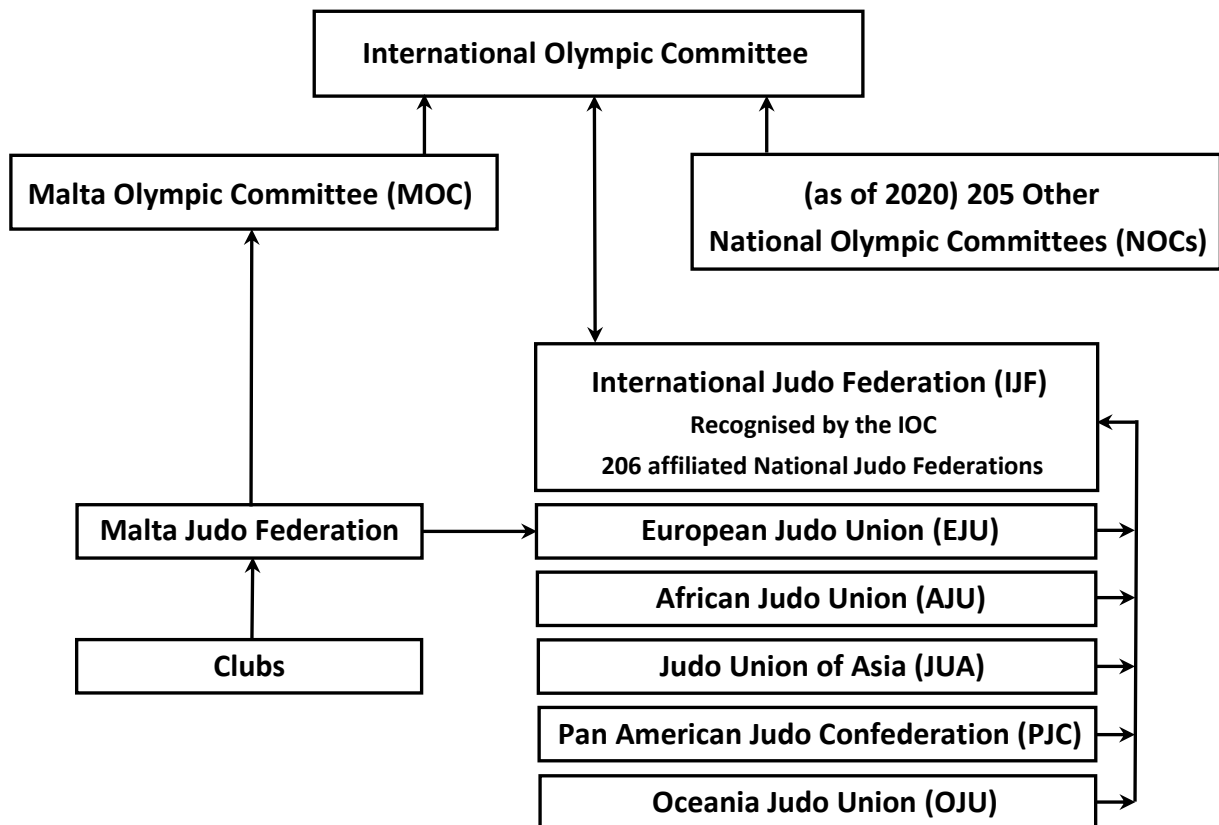
### Terminology **[BLBR5]**

Gake	Hook
Shiho	Four Quarters
Mae	Front
Tsuri	Lift
Seoi	Back Carry
Ude	Arm
Sasae	Propping
Kami	Upper



### General **[BLBR6]**

Basic Knowledge of European Judo Union, International Judo Federation and International Olympic Committee





## **Nage-No-Kata [BLBR7]**

Candidates are required to perform the first two sets of the Nage-No-Kata as Tori.

### **Nage-No-Kata – First set (Te-Waza)**

Uki-Otoshi

Seoi-Nage

Kata-Guruma

### **Nage-No-Kata – Second set (Goshi-Waza)**

Uki-Goshi

Harai-Goshi

Tsurikomi-Goshi

### ***Coaching Notes in preparation for the grading***

Coach to assist student to understand Kata basics.

At this stage students should have a proper knowledge of the Go Kyu.

Judo is unique in instilling confidence, self-esteem, and the ability to focus in its students. Whatever you end up doing later in life, the lessons learned in Judo will help to ensure your success. It also develops a level of body awareness and coordination that makes every participant a stronger, healthier and better all-around human being.

# Brown Belt

## Requirements:

- Minimum Age for Brown Belt is 15 Years.
- If the athlete is under 16 years of age and is grading from Blue-Brown Belt, at least 6 months duration in previous grade is required.
- If the athlete is under 16 years of age and is grading from Blue-Brown Belt, a total of 50 Points of which a minimum of 25 Technical Points is required.
- If the athlete is over 16 years of age and is grading directly from Blue Belt, at least 12 months duration in previous grade is required.
- If the athlete is over 16 years of age, he/she may take the Brown Belt exam directly from Blue Belt, in which case, the Blue-Brown Belt syllabus will form part of the Brown Belt syllabus. A total of 90 Points of which a minimum of 50 Technical Points is required.

All lower grading syllabus forms part of this level



## Rules & Regulations [BR1]

Application of mate IJF SOR – Refereeing Rules – Article 11 – Page 143

End of the Contest IJF SOR – Refereeing Rules – Article 13 – Page 146



## Tachi Waza (Standing up Techniques) [BR2]

**ALL TECHNIQUES MUST BE DONE ON THE MOVE**

- A) Uki Waza
- B) Yoko Guruma
- C) Sumi Otoshi
- D) Yoko Gake

### A) Uki-Waza



### B) Yoko-Guruma



c) Sumi-Ostoshi



D) Yoko-Gake



**Shime Waza (Strangulation Techniques) [BR3]**

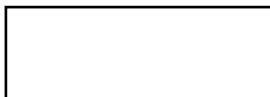
(Athletes under 15 years of age are expected to demonstrate the correct position of the technique but NOT EXECUTE the technique unless done against someone over 15 years of age).

- A) Ryote-Jime
- B) Sode-Guruma-Jime

A) Ryote-Jime



B) Sode-Guruma-Jime



**Terminology [BR4]**

Sode	Sleeve
Okuri	Assist
Kubi	Neck
Mata	Inside top of thigh
Gyaku	Reverse
Tani	Valley
Mune	Chest
Makikomi	Wrap or Roll



### **General [BR5]**

Refereeing - Culture, History and Principles:  
IJF SOR – Refereeing Rules – D1.1 – Pages 117



### **Nage-No-Kata [BR6]**

Candidates are required to perform the first three sets of the Nage-No-Kata as Tori.

Nage-No-Kata – First set (Te-Waza)

Uki-Otoshi

Seoi-Nage

Kata-Guruma

Nage-No-Kata – Second set (Goshi-Waza)

Uki-Goshi

Harai-Goshi

Tsurikomi+Goshi

Nage-No-Kata – Third set (Ashi-Waza)

Okuri-Ashi-Barai

Sasae-Tsurikomi-Ashi

Uchi-Mata



# NAGE - NO - KATA



UKI OTOSHI



SEOI NAGE



KATA GURUMA



UKI OTOSHI



HARAI GOSHI



TSURIKOMI GOSHI



OKURI ASHI HARAI



SASAE TSURIKOMI ASHI



UCHI MATA



TOMOE NAGE



URA NAGE



SUMI GAESHI



YOKO GAKE



YOKO GURUMA



UKI WAZA

# Personal Record Sheet

Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Date started Judo: \_\_\_\_\_

Club: \_\_\_\_\_

MJF Reg No. \_\_\_\_\_

Grade Awarded	Date	Examiners
White-Yellow Belt		
Yellow Belt		
Yellow-Orange Belt		
Orange Belt		
Orange-Green Belt		
Green Belt		
Green-Blue Belt		
Blue Belt		
Blue-Brown Belt		
Brown Belt		

Personal Records

## Activities Record Sheet

Name: \_\_\_\_\_ Surname: \_\_\_\_\_

*Date of Birth:* \_\_\_\_\_ *Date started Judo:* \_\_\_\_\_

Club: \_\_\_\_\_

MJF Reg No. \_\_\_\_\_

[illegible]

## Personal Records

[illegible]

[illegible]