



# BRITISH JUDO ASSOCIATION

# SYLLABUS

## 13<sup>TH</sup> MON TO 15<sup>TH</sup> MON



**Kumi-kata (right against right)**  
Engagement position

**Yoko-guruma**  
Side wheel

**Tani-otoshi**  
Valley drop

**Ude-garami**  
Entangled armlock

**Kuzure-kesa-gatame to Ude-garami**



**Tomoe-nage**  
Circle throw

**Yoko-tomoe-nage**  
Side circle throw

**Gyaku-juji-jime**  
Reverse Cross Strangle

**Juji-jime**  
Cross strangle

**Nami-juji-jime**  
Normal cross strangle

**Okuri-eri-jime**  
Sliding collar strangle

**Kumi-kata (right against left)**

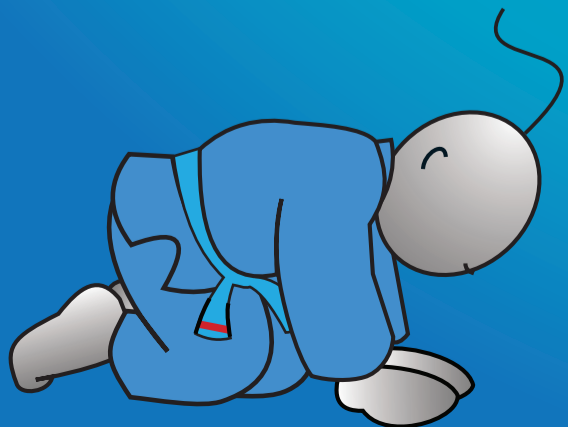


**Uki-waza**  
Floating throw

**Soto-maki-komi**  
Outside winding throw

**Koshi-jime**  
Hip strangle

**Kata-te-jime**  
Strangle with one hand



## REQUIREMENTS

From 14th Mon onwards you will learn Shime-waza (strangles) which you must learn only when you are supervised by your coach.

As a blue belt you should have a thorough understanding of these techniques. You will also be required to demonstrate good Randori skills with knowledge of gripping, counters and combinations.

