

# BRITISH JUDO



## MON GRADE PROMOTION SYLLABUS

(Revised edition December 2024)

## **INTRODUCTION**

This syllabus, effective from October 2024, supersedes all previously published syllabi. This update has minor technical changes; some techniques have been removed, and the order has been changed for some grades.

The syllabus aims to give players a wide range of technical knowledge whilst emphasising quality over quantity. Combinations, counters, transitions, and quality randori are introduced at key points. There is also an introduction to Kata, emphasising how it relates to learning and the practice of competitive skills.

The syllabus is linked to an advised competition experience pathway; however, it can be standalone for players unable to compete because of physical or other issues. It should provide both the underpinning basics for the contest player and the skills needed for a recreational player to be proficient and better understand Judo.

To some extent, each belt colour is thematic, and players should be aware of the themes in general to understand the reasons behind what they are learning.

The syllabus is almost identical between the Mon and Kyu grades to allow easy transfer from Mon to Kyu and assist with mixed-age group coaching where needed. A Kyu grade player would need to complete all three Mon sections in that colour band, but assessing them separately and sequentially at different times would be acceptable.

All previously taken theory examinations for 7-18th Mon that are higher than the pre-2008 syllabus contest grade are no longer valid. For example, a judoka returning to Judo with the competitive grade of 10<sup>th</sup> Mon, but with the old theory signed up for 18<sup>th</sup> Mon, is deemed 10<sup>th</sup> Mon, not 18<sup>th</sup> Mon.

Within the British Judo Association (BJA), the 18 Mon grades are indicated by the following coloured belts:

|         |        |                 |          |       |              |
|---------|--------|-----------------|----------|-------|--------------|
| 1st Mon | Red    | + 1 Yellow Tag  | 10th Mon | Green | + 1 Red Tag  |
| 2nd Mon | Red    | + 2 Yellow Tags | 11th Mon | Green | + 2 Red Tags |
| 3rd Mon | Red    | + 3 Yellow Tags | 12th Mon | Green | + 3 Red Tags |
| 4th Mon | Yellow | + 1 Red Tag     | 13th Mon | Blue  | + 1 Red Tag  |
| 5th Mon | Yellow | + 2 Red Tags    | 14th Mon | Blue  | + 2 Red Tags |
| 6th Mon | Yellow | + 3 Red Tags    | 15th Mon | Blue  | + 3 Red Tags |
| 7th Mon | Orange | + 1 Red Tag     | 16th Mon | Brown | + 1 Red Tag  |
| 8th Mon | Orange | + 2 Red Tags    | 17th Mon | Brown | + 2 Red Tags |
| 9th Mon | Orange | + 3 Red Tags    | 18th Mon | Brown | + 3 Red Tags |

## **GRADING PROCEDURES**

Promotion within the Mon grades is based on technical knowledge, understanding, Japanese terminology, and supplementary knowledge. There is no contest requirement in the Mon Grade syllabus. However, there is a progressively structured Randori element at the higher grades, where at the highest level, Randori is based on open skills.

The same coach who instructed the candidate can also grade them up to 9<sup>th</sup> Mon in the club environment.

For 10<sup>th</sup> Mon and above, they may grade within their club. Candidates may also grade at Inter-club, area promotion examinations, and any other event such as a Technical Training course. It is good practice that the examiner should differ from the coach.

With regular study and training, the judoka should be able to complete the syllabus by 15 years of age (the keen judoka may complete it as early as 14). It is, however, vitally important that they follow the progressive study of techniques detailed in this syllabus and attempt promotion to the next grade regularly.

## **IMPORTANT NOTES:**

1. Candidates can only be graded one grade at a time. (See Fast Tracking and Fast Track Policy in General Information for exceptional circumstances).

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2. Although there is no contest requirement in this promotion syllabus, judoka are encouraged to participate in a competition of the appropriate level for their age and experience. Many competitive opportunities can be used to supplement the judoka's technical development.
3. The minimum age a judoka may attempt promotion is eight years of age. There are recommended age bands for each grade, as detailed on the following pages. In consultation with their coach, judoka may seek promotion under the Kyu Grade syllabus upon reaching 14 years of age.
4. Judoka, aged 14 and 15, choosing to seek promotion under the Kyu Grade Syllabus, are not required to take out senior membership of the BJA. Players are encouraged to seek advice from their coach on seeking promotion under the Kyu Grade Syllabus.
5. Junior judoka holding the grade of 1st Kyu, aged 14, can collect promotion points towards their Dan grade in point-scoring competitions but cannot enter Dan gradings until age 15. Age 15 is also the minimum age at which they can register for promotion to 1st Dan, as specified in the Dan Grade Syllabus.

### GENERAL INFORMATION

All candidates must hold current full BJA Individual Membership; this membership number will be recorded on the Grade Registration Sheet.

Grading assessment success is registered at BJA Head Office within 28 days by completing the Grade Registration Sheet following the instructions on the sheet or registering the grade online or on The Dojo.

### GRADING FEES

The BJA charges a grade registration fee of £14. This fee is used to administer and develop the BJA's grading schemes and must be forwarded to the BJA along with the completed Grade Registration Sheet or paid online.

The BJA recognises that grading organisers may add a surcharge to the £14 grading fee to cover additional costs such as venue hire, examiner's expenses, etc. The BJA recommends a maximum surcharge of £5 but recognises that grading organisers may charge more depending on circumstances. The grading organiser should retain any surcharge and not send it to the BJA.

### AUTHORITY TO GRADE

The following may conduct examinations as specified by the Memorandum and Articles of the Association and Byelaws of the Association. They must have either a current valid coach award or examiner's card, hold current full individual membership, have completed the appropriate grading revalidation module, and are the only people authorised to submit a completed Grade Registration Sheet:

|                    |                                           |
|--------------------|-------------------------------------------|
| Novice to 6th Mon  | BJA Level 1 Coach - <b>see note below</b> |
| Novice to 18th Mon | BJA Level 2 Coach - <b>see note below</b> |
|                    | BJA Level 3 Coach                         |
|                    | BJA Senior Examiner                       |

**Note:** Coaches who qualify from January 2013 must attend the appropriate Technical Grading Coach Revalidation module to grade judoka Level 1 and Level 2.

## **TIME REQUIREMENTS/FREQUENCY OF PROMOTIONS**

### **Novice up to and including 6<sup>th</sup> Mon**

Candidates may be promoted one Mon every calendar month.

### **6<sup>th</sup> Mon and above**

Candidates are limited to one promotion every two calendar months.

A month is a calendar month; e.g., a candidate can be examined on any date in January and then on any date in March. This means a candidate could theoretically be promoted six times per year, following a learning pathway of continuous progress; however, it is anticipated they would go up one belt colour per year. There is no limit to the number of attempts to gain promotion.

**Note:** Until May 2019, those candidates aged 5-7 who have elected to remain in the Mon scheme rather than transfer to the Sho scheme may be promoted one Mon every three calendar months.

## **NOTES ON THE TECHNICAL REQUIREMENTS**

For promotion to all grades, candidates must know the common English names and meanings of all Japanese terminology used for the grade and, where appropriate, must be able to discuss with the examiner the reasons for their choice of technique, grip, etc. Examination of Japanese terminology should be applicable to the age and grade of the candidate.

Techniques must be demonstrated in an appropriate practical situation, and the exam process is intended to become more in-depth as the candidate progresses through the grades and acquires more knowledge and understanding of Judo.

Some terminology, such as the principal terms used in refereeing, has been included in the earlier grades to ensure the candidate is conversant with it. From 7<sup>th</sup> Mon and above, there is no specific Ukemi requirement. The candidate may, however, be required to act as Uke and must be able to demonstrate the level of Ukemi needed for the grade.

All demonstrations will be presented formally, static or on the move, to the candidate's preferred side. All techniques will be demonstrated once only. The examiner may ask for further demonstrations and will also test that the candidate understands the fundamental principles involved in the application of the technique, Kuzushi (balance breaking), Tsukuri (positioning), Kake (application of force), and Kime (control). Techniques and applications must be demonstrated appropriately, including attacking opportunity, best grip, and movement.

The examiner may decide to test the candidate on items from previous grades that have already been passed.

Examination candidates must wear clean judogi and maintain a high standard of personal hygiene. If their hair is long enough to impede their partner, it must be secured back. No metallic or hard object, including body piercings, may be worn. Rings must be removed; covering them with adhesive tape is not sufficient.

## **CONTEST RULES**

Candidates must be conversant with the contest rules, particularly the prohibited acts. Male and female candidates may be examined together, as can candidates of different ages and physiques.

At 14 years of age, candidates achieving 18<sup>th</sup> Mon can convert to 1<sup>st</sup> Kyu. It is strongly recommended that they have a contest activity record on at least two occasions recorded in their BJA Record Book under "Record of Judo Events Attended" (signed by a BJA official or coach) before entering their first competitive Dan grading. Also, they must be at least 15 years old to enter the Dan grading and be promoted. SEs will carry out random checks of Record Books during the grading booking-in process.

Although there are no specified requirements, the candidate must understand and observe the simple regulations and terminology governing Randori, including the correct method for signalling submission.

The grading assessment can be carried out in many ways, examples listed below:

- Holding a formal grading session where the judoka is tested on all the grading requirements.
- Assessing over a period of sessions until all grading requirements have been satisfied.
- Continuous assessment of the judoka during the period of instruction until the assessor coach is satisfied that the judoka has demonstrated all the grading requirements.

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If all requirements, including time in grade, have been satisfied, promotion is valid from the date in the Record Book, not from when the BJA Head Office receives the Grade Registration Sheet. However, if the requirements are not satisfied, the BJA Head Office may declare the grade invalid.

Formal notification to the candidate of successful promotion can be carried out in many ways, examples listed below:

- Signing of Record Book and presentation to the judoka.
- Formal presentation of BJA certificate at the end of class after the grade is registered with BJA and the certificate received.
- Formal presentation of the new coloured belt at the end of class.

### RECOMMENDED COMPETITION/RANDORI PROGRAMME

|                                         |                                                                                                                                                                                                                                                                                   |
|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Novice - 3rd Mon                        | Judokas should be proficient in light Randori/Nage-komi/Ukemi and be sufficient to support entry into red belt events. They enter one red belt event or closed Level 1 club competition (this can just be pairing players for informal contests with a Level 2 coach refereeing). |
| 4 <sup>th</sup> - 6 <sup>th</sup> Mon   | Judoka should be proficient as above to support their participation in mini-mon comps. Enters mini-mon competition for yellow belts or takes part in inter-club Randori or competition - Level 2                                                                                  |
| 7 <sup>th</sup> - 9 <sup>th</sup> Mon   | Judoka participates in the regular club Randori. Enters low-level area or equivalent Level 2 competitions or multi-club Randori such as that in county squad training.                                                                                                            |
| 10 <sup>th</sup> - 12 <sup>th</sup> Mon | The judoka participates in the above, enters the area or equivalent Level 3 competitions, and participates in the Area or equivalent Randori/training.                                                                                                                            |
| 13 <sup>th</sup> - 15 <sup>th</sup> Mon | Judoka satisfies all the above and enters a National or equivalent Level 4 championship.                                                                                                                                                                                          |
| 16 <sup>th</sup> - 18 <sup>th</sup> Mon | Judoka should be competing and participating in a level of Randori that would prepare them to enter their first competitive Dan grading.                                                                                                                                          |

### JUDO KIDS SHO AWARDS DEVELOPMENT PROGRAMME

**All new junior members under eight will follow the Sho Awards as described in the Shō Award Development Programme.** On reaching 8 years of age, the young player will be awarded a Mon grade to reflect their Shō award. However, the coach ultimately decides which grade the player will transfer to. An example would be a player who holds 3<sup>rd</sup> or 4<sup>th</sup> Shō will transfer to 1<sup>st</sup> Mon. See Table 2 below for the transfer details.

**Table 2: Transfer of Shō Awards to Mon Grade**

| Shō                                                   | Mon                 |
|-------------------------------------------------------|---------------------|
| 1 <sup>st</sup> & 2 <sup>nd</sup> Shō                 | Novice              |
| 3 <sup>rd</sup> & 4 <sup>th</sup> Shō                 | 1 <sup>st</sup> Mon |
| 5 <sup>th</sup> 6 <sup>th</sup> & 7 <sup>th</sup> Shō | 2 <sup>nd</sup> Mon |
| 8 <sup>th</sup> & 9 <sup>th</sup> Shō                 | 3 <sup>rd</sup> Mon |

### QUALITY CONTROL

Club gradings may be subject to visits from the Area Director of Examiners (ADofE) or BJA staff to support and ensure a consistent application of the examination criteria. These visits will be selected to sample a percentage of the clubs within the area. The BJA may appoint other authorised officials to carry out this responsibility. Area and Club gradings may be visited by BJA staff to ensure consistent application of the exam criteria.

### PERSONAL CHOICE

There is an element of personal choice for each grade. This element has been included to encourage originality and assist the judoka in developing a personal style suitable for their physique and personality.

### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

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A limited amount of supplementary knowledge is required, mainly emphasising using the correct Japanese terminology. For promotion to all grades, candidates must know the common English names and meanings of all Japanese terminology used for the grade and, where appropriate, must be able to discuss with the examiner the reasons for their choice of technique, grip, etc.

### CONVERSION TO THE KYU GRADE SYLLABUS

Judoka of 14 years of age and above who hold a Mon grade may, if they wish, convert to a Kyu grade. The following table will be used for all Mon to Kyu grade conversions. It may appear that the junior is converting to a lower level of examination; however, this is to allow for a period of assimilation into the Kyu grade system and to cover all the grading requirements. Judoka holding a Mon grade should be converted to the equivalent Kyu grade on reaching 18 years of age. The coach must enter the conversion in the judoka's Record Book and inform the BJA office in writing by letter, email or Grade Registration Sheet of this conversion – there is no fee.

Judoka that do not have 3 Mon tabs that wish to convert to a Kyu grade of the same belt colour as their Mon grade are permitted to fast track e.g. a 16th Mon Brown belt one tab can take both the 17<sup>th</sup> and 18<sup>th</sup> Mon assessments then convert to 1<sup>st</sup> Kyu. The coach would put on the Grade Registration sheet FROM GRADE 16<sup>th</sup> Mon TO GRADE 1<sup>st</sup> Kyu – the fee would be the standard grade registration fee of £14

| Mon Grade | Kyu Grade  | Mon Grade | Kyu Grade  |
|-----------|------------|-----------|------------|
| 1st Mon   | Novice     | 10th Mon  | to 4th Kyu |
| 2nd Mon   | Novice     | 11th Mon  | to 4th Kyu |
| 3rd Mon   | to 6th Kyu | 12th Mon  | to 3rd Kyu |
| 4th Mon   | to 6th Kyu | 13th Mon  | to 3rd Kyu |
| 5th Mon   | to 6th Kyu | 14th Mon  | to 3rd Kyu |
| 6th Mon   | to 5th Kyu | 15th Mon  | to 2nd Kyu |
| 7th Mon   | to 5th Kyu | 16th Mon  | to 2nd Kyu |
| 8th Mon   | to 5th Kyu | 17th Mon  | to 2nd Kyu |
| 9th Mon   | to 4th Kyu | 18th Mon  | to 1st Kyu |

### CANDIDATES FROM IJF/EJU MEMBER ORGANISATIONS

It is acknowledged that many judoka from other countries reside in the UK and join the BJA. If they hold a grade in an association that is a member of the International Judo Federation (IJF) or European Judo Union (EJU), then that grade is accepted by the BJA. Examiners are to convert the colour belt from the original association to the equivalent BJA grade, e.g., An IJF Mon/Junior Blue belt would become a BJA 15th Mon. The standard grade registration fee of £14 applies. If the judoka has no proof of grade, see fast-tracking below.

### TRANSFER OF GRADES FROM NON-BJA ORGANISATIONS

In a similar way to the process for recognising IJF and EJU judoka, candidates from non-BJA organisations (including independent organisations), that have joined the BJA may convert from the colour held in the previous organisation to the colour appropriate to the BJA grade. However, they must undertake the examination of all the previous grades, and this can be done by examining a percentage of the syllabus deemed suitable by the examiner. If the examiner is satisfied that the candidate has demonstrated the knowledge and understanding appropriate to the grade being converted, he can add the candidate's name to the Grade Registration Sheet, annotating the "From Grade" block as initials of the previous organisation, e.g., British Judo Council (BJC). The standard grade registration fee of £14 applies. If the judoka has no proof of grade, see fast-tracking below.

### FAST-TRACKING

Judokas taking up the sport at 12 years of age and above may be 'Fast Tracked' in their first year of BJA membership, a maximum of three Mon grades in any of their gradings, i.e., Novice to 3rd Mon and 3rd Mon to 6th Mon, novice to 2nd Mon, 2nd Mon to 4th Mon, 4th Mon to 6th Mon or any combination of jumps up to the maximum grade of 6th Mon.

Any judoka where the BJA has no record of their grade, and they have no record of grade for reasons such as lost Record Book, achieved grade before BJA computer records, returning to Judo after a long absence, etc, may be assessed by the ADofE or appropriate member of the BJA staff to re-join

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the grading scheme in the proper grade commensurate with prior technical knowledge. The ADofE or relevant member of the BJA staff may appoint an authorised official to carry out this responsibility.

Judoka aged 12 and above who have completed a formal beginner's course, such as a club introductory course, can be promoted up to a maximum of 6<sup>th</sup> Mon in their first grading. This must be a formal course approved by the Gradings Manager with a minimum of 12 hours of instruction. Judoka under 12 on the same courses can be promoted to a maximum of 3<sup>rd</sup> Mon. Completion of the course must be specified on the Grade Registration Sheet.

### **FAST-TRACKING POLICY IN EXCEPTIONAL CIRCUMSTANCES**

The British Judo Association (BJA) recognises that all judoka have varying levels of capacity for learning, depending on a vast range of factors, including age, ability, experience, and frequency of judo instruction. To provide a credible and fair grading scheme, individuals authorised to conduct grading examinations for Mon and Kyu grades following the syllabus instructions may, under exceptional circumstances, apply to deviate from the syllabus time requirements or frequency of promotions to promote a candidate. They are to follow the process as detailed below:

- The individual proposing to conduct the promotion examination must seek prior approval from the BJA Gradings Officer by e-mail or letter.
- They must explain the extenuating circumstances, the candidate's age, and the grading history, including grades achieved and the date awarded.
- The application must also confirm that the candidate has, in their opinion, the necessary skills to complete the syllabus requirements for the grade that is being recommended. All applications will be subject to random verification on a sampling basis by a commission-appointed official to maintain an audit trail.
- The BJA Gradings Officer will make a decision set by earlier precedents.
- The BJA Gradings Officer will inform the individual proposing to conduct the promotion examination of the final decision, which will be copied to the BJA Head office.
- On receipt of approval, the individual proposing to conduct the promotion examination may then conduct the assessment and submit the grade Registration Sheet with BJA Gradings Officer authorisation.
- In addition to the grading fee, an additional administration charge of £10.00 per candidate must be submitted with a grade registration sheet.
- When entering the new grade in the Record Book, the coach must enter "Authorised Fast Track Promotion" and the date in the space where no grade is recorded.

**NOTE:** The BJA is committed to ensuring that all judoka are of the correct grade in accordance with their ability, and it is considered poor practice for judoka to be held back in a lower grade to obtain an advantage in certain levels of competition.

### **GRADINGS FOR ADAPTIVE JUDOKA**

The grading syllabus aims to help coaches provide a safe, enjoyable, and stimulating learning environment where players of all abilities feel confident and motivated to reach their potential.

The coach/examiner and judoka should work together. In the practical section, where a technique is impossible due to the judoka's restriction or limitation, the coach/examiner and the judoka should replace the technique with a substitute technique more appropriate but within the grading criteria. For example, if the exam states two throws and two hold-downs, it may be more appropriate to have four hold-downs.

For the verbal part of the exam, the judoka can pass on the information required to the examiner by any appropriate means. There is no pass or fail; the examination process can take minutes or several days. When the examiner is satisfied that the candidate has completed the requirements for the grade, the promotion is registered with the BJA and recorded in the candidate's Record Book.

Where techniques are substituted to demonstrate their skill and knowledge, the intention is to reach the same standard by alternative equivalent means. The purpose is not to lower the standard to be demonstrated but to allow some flexibility in reaching the standard indicated by the grade the judoka aims to achieve. A significant amount of discretion is given to the coach and/or examiner, with the grading scheme being very flexible in dealing with all needs, and all mainstream documentation should be utilised. Although generally considered best practice that a different person should examine than the coach, it is acknowledged that the candidate's coach is best placed to determine the judoka's ability and best time to carry out the exam.

### **SUMMARY:**

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Following a process of collaboration and consultation between the coach, assessor, judoka, and, in some cases, the parent, the mainstream grading scheme can be used for all disabled judoka. When a judoka cannot carry out a published part of the exam, this can be substituted for a technique more appropriate to that judoka's needs. These instructions aim to assist coaches in making reasonable syllabus adjustments and remove barriers to progress where appropriate. Naturally, it must be accepted that in the same way as a mainstream judoka, there will eventually be a point in the disabled judoka chosen pathway where it is impossible to progress any further in the same way that all judoka, at some stage, reach their progression limit.

### **THE JUDO MORAL CODE**

Knowledge of the judo moral code as detailed in the Record Book is required for each grade up to and including 6th Mon. Examiners must ensure that candidates know and understand the Code appropriate to their chronological age and experience in the sport.

### **ADDITIONAL RESOURCES AND INFORMATION**

The BJA is developing additional resources to support candidates seeking promotion. These resources will be available on the BJA website ([Grading Resources—British Judo](#)). Any queries or requests for further information should be addressed to the BJA at the address below.

British Judo Head Office  
University of Wolverhampton – Walsall Campus  
Gorway Road  
Walsall  
WS1 3BD



## **NOVICE – 1ST MON**

### **WHITE BELT TO RED BELT 1 TAB**

(Age Recommendation 8-10yrs)

#### **FUNDAMENTAL SKILLS**

##### **UKEMI:**

- Ushiro Ukemi

##### **TACHI-WAZA:**

- Osoto-otoshi

##### **OSAE-KOMI-WAZA:**

- Kesa-gatame

#### **PERFORMANCE SKILLS**

##### **TRANSITION INTO NE-WAZA:**

- Osoto-otoshi into Kesa-gatame

##### **NE-WAZA:**

- Escape from Kesa-gatame by trapping Uke's leg.

#### **PERSONAL CHOICE**

- Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

*The judoka can choose which techniques to demonstrate and demonstrate them to the left or right using any suitable grip.*

#### **SUPPLEMENTARY JUDO KNOWLEDGE**

- Explain the meaning of the following Japanese words:
  - Hajime
  - Mate
  - Rei
- In which country was Judo devised?
- Explain the meaning of the Japanese terminology used for this grade (see table below).

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| <b>JAPANESE</b> | <b>ENGLISH DESCRIPTION</b>                                   |
|-----------------|--------------------------------------------------------------|
| Judogi          | Judo Uniform                                                 |
| Judoka          | Judo player                                                  |
| Hajime          | Begin - Referee's command to start a judo contest.           |
| Ne-waza         | Groundwork Techniques                                        |
| Osaekomi-waza   | Holding Techniques                                           |
| Kesa-gatame     | Scarf Hold                                                   |
| Mate            | Wait – Referee's command to temporarily halt a judo contest. |
| O-soto-otoshi   | Major Outer Drop Throw                                       |
| Rei             | Standing Bow                                                 |
| Tachi-waza      | Standing Techniques                                          |
| Ushiro Ukemi    | Rear breakfall                                               |

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MON GRADE PROMOTION SYLLABUS**

**1<sup>ST</sup> MON – 2<sup>ND</sup> MON**

**RED BELT 1 TAB TO RED BELT 2 TABS**

(Age Recommendation 8-10yrs)

**FUNDAMENTAL SKILLS**

**UKEMI:**

- Yoko Ukemi

**TACHI-WAZA:**

- Deashi-barai

**OSAE-KOMI-WAZA:**

- Mune-gatame

**PERFORMANCE SKILLS**

**TRANSITION INTO NE-WAZA:**

- De-ashi-barai into Mune-gatame

**NE-WAZA:**

- Escape from Mune-gatame using a 'bridge and roll' action.

**PERSONAL CHOICE**

- Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

*The judoka can choose which techniques to demonstrate and demonstrate them to the left or right using any suitable grip.*

**SUPPLEMENTARY KNOWLEDGE**

- Explain the meaning of the following Japanese words:
  - Osaekomi
  - Randori
  - Toketa
- Demonstrate the correct procedure for standing and kneeling bows.
- Who was the founder of modern Judo?
- What is the Judo Moral Code?
- Explain the meaning of the Japanese terminology used for this grade (see table below).

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| <b>JAPANESE</b> | <b>ENGLISH DESCRIPTION</b> |
|-----------------|----------------------------|
| Deashi-barai    | Advanced Foot Sweep        |
| Mune-gatame     | Chest Hold                 |
| Osaekomi        | Holding Technique          |
| Randori         | Free Practice              |
| Rei             | Standing Bow               |
| Toketa          | Hold Broken                |
| Yoko-ukemi      | Side Breakfall             |

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**2ND MON – 3RD MON**

**RED BELT 2 TABS TO RED BELT 3 TABS**

(Age Recommendation 8-10yrs)

**FUNDAMENTAL SKILLS**

**UKEMI:**

- Mae Mawari Ukemi (3 version)

**TACHI-WAZA:**

- Uki-goshi

**OSAE-KOMI-WAZA:**

- Kuzure-kesa-gatame

**PERFORMANCE SKILLS**

**TRANSITION:**

- Uki-goshi into Kuzure-kesa-gatame

**NE-WAZA:**

- Escape from Kuzure-kesa-gatame using 'sit up and push'.

**PERSONAL CHOICE**

- Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

*The judoka can choose which techniques to demonstrate and demonstrate them to the left or right using any suitable grip.*

**SUPPLEMENTARY KNOWLEDGE**

- Explain the meaning of the following Japanese words:
  - Dojo
  - Judogi
  - Zori
  - Uke
  - Tori
- Demonstrate the correct wearing of the judogi and tying of the belt.
- Explain the meaning of the Japanese terminology used for this grade (see table below).

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| <b>JAPANESE</b>    | <b>ENGLISH DESCRIPTION</b>        |
|--------------------|-----------------------------------|
| Dojo               | Judo Practice Hall                |
| Judogi             | Judo Uniform                      |
| Kuzure-kesa-gatame | Modified Scarf Hold               |
| Mae mawari ukemi   | Forward rolling breakfall         |
| Tori               | The Offensive or Attacking Judoka |
| Uke                | The Defensive or Defending Judoka |
| Uki-goshi          | Floating Hip Throw                |
| Zori               | Judo Footwear                     |

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MON GRADE PROMOTION SYLLABUS**

**3<sup>RD</sup> MON – 4<sup>TH</sup> MON**

**RED BELT 3 TABS TO YELLOW BELT 1 TAB**

(Age Recommendation 8-10yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Tai-otoshi

**OSAE-KOMI-WAZA:**

- Yoko-shiho-gatame

**PERFORMANCE SKILLS**

**TRANSITION:**

- Tai-otoshi into Yoko-shiho-gatame

**NE-WAZA:**

- Escape from Yoko-shiho-gatame using 'trap, bridge and roll'.
- With Uke in a face-down prone position, turn them into Yoko-shiho-gatame.

**KUMI-KATA:**

- Demonstrate the right and left standard grips.

*The judoka will require knowledge of Kumi-kata at this grade and must demonstrate the standard grips and alternatives.*

**PERSONAL CHOICE**

- Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

*The judoka can choose which techniques to demonstrate and demonstrate them to the left or right using any suitable grip.*

**SUPPLEMENTARY KNOWLEDGE**

- Explain the meaning of all the Japanese terminology used in this section.
- Demonstrate a basic knowledge of the Judo Moral Code.

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| <b>JAPANESE</b>   | <b>ENGLISH DESCRIPTION</b> |
|-------------------|----------------------------|
| Kumi-kata         | Engagement Position        |
| Tai-otoshi        | Body Drop Throw            |
| Yoko-shiho-gatame | Side Four Quarters Hold    |

**BRITISH JUDO ASSOCIATION  
MON GRADE PROMOTION SYLLABUS**

**4<sup>TH</sup> MON – 5<sup>TH</sup> MON**

**YELLOW BELT 1 TAB TO YELLOW BELT 2 TABS**

(Age Recommendation 8-10yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Ippon-seoi-nage

**OSAE-KOMI-WAZA:**

- Kami-shiho-gatame

**PERFORMANCE SKILLS**

**TRANSITION:**

- Ippon-seoi-nage into Kami-shiho-gatame

**NE-WAZA:**

- With Uke in an 'all fours@ position, turn them into Kesa-gatame.
- Escape from Kami-shiho-gatame using 'action and reaction'.

**KUMI-KATA:**

- Demonstrate alternatives to the right and left standard grips.

**PERSONAL CHOICE**

- Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

*The judoka can choose which techniques to demonstrate and demonstrate them to the left or right using any suitable grip.*

**SUPPLEMENTARY KNOWLEDGE**

- Know the meaning of all the Japanese terminology used in this section.
- Demonstrate a sound knowledge of the Judo Moral Code.

---

**JAPANESE**

**ENGLISH DESCRIPTION**

Ippon-seoi-nage

One Arm Shoulder Throw

Kami-shiho-gatame

Upper Four Quarters Hold

**BRITISH JUDO ASSOCIATION  
MON GRADE PROMOTION SYLLABUS**

**5<sup>TH</sup> MON – 6<sup>TH</sup> MON**

**YELLOW BELT 2 TABS TO YELLOW BELT 3 TABS**

(Age Recommendation 8-10yrs)

**FUNDAMENTAL SKILLS**

**UKEMI:**

- Mae Ukemi

**TACHI-WAZA:**

- Ouchi-gari

**OSAE-KOMI-WAZA:**

- Tate-shiho-gatame

**PERFORMANCE SKILLS**

**TRANSITION:**

- Ouchi-gari into Tate-shiho-gatame

**NE-WAZA:**

- Escape from Tate-shiho-gatame using a 'clamp and roll' action.
- With Uke in an 'all fours@ position, turn them into Mune-gatame.

**KUMI-KATA:**

- Demonstrate double lapel and high collar grips.

**NAGE-KOMI /RANDORI:**

- Demonstrate Nage-komi with a cooperative partner.

*At this grade, the judoka requires knowledge of Nage-komi, which they will demonstrate in light Randori, lasting approximately two minutes.*

*In this demonstration, each judoka alternates throwing their partner. While repetition is permitted, the assessor seeks a wide array of techniques showcased, ideally demonstrating proficiency on both the right and left sides. Emphasising versatility and skill remains paramount during this demonstration.*

**PERSONAL CHOICE:**

- Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

*The judoka can choose which techniques to demonstrate and demonstrate them to the left or right using any suitable grip.*

**SUPPLEMENTARY KNOWLEDGE**

- Know the meaning of all the Japanese terminology used in this section.
- Give two examples of actions against the contest rules.

---

| <b>JAPANESE</b>   | <b>ENGLISH DESCRIPTION</b>    |
|-------------------|-------------------------------|
| Mae Ukemi         | Front Breakfall               |
| Nage-komi         | Repetitive Throwing           |
| Ouchi-gari        | Major Inner Reaping Throw     |
| Randori           | Free Practice                 |
| Tate-shiho-gatame | Lengthwise Four Quarters Hold |

**BRITISH JUDO ASSOCIATION**  
**MON GRADE PROMOTION SYLLABUS**

**6<sup>TH</sup> MON – 7<sup>TH</sup> MON**

(Age Recommendation 8-11yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Kouchi-gari
- Tsuru-komi-goshi
- O-goshi

**PERFORMANCE SKILLS**

**TACHI-WAZA:**

- Ouchi-gari into Kouchi-gari
- Kouchi-gari into Osoto-gari or Osoto-gake
- Ouchi-gari countered by Tsuru-komi-goshi.

**NE-WAZA:**

- Escape from Kesa-gatame using 'bridge and roll'.
- Move into Kesa-gatame from between Uke's legs.

**RANDORI:**

- Demonstration of light Randori with a cooperative partner  
*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides.*

**PERSONAL CHOICE**

- Demonstrate two tachi-waza and one ne-waza technique.  
*The judoka can choose which techniques they would like to show and demonstrate them to the left or right using any suitable grip.*

**SUPPLEMENTARY KNOWLEDGE**

- Give two examples of actions against the contest rules.
- Name three items from the judo moral code.
- Explain the meaning of the Japanese words:
  - Waza-ari-awasete-ippon
- Explain the meaning of all the Japanese terminology used in this section.
- Demonstrate the proper procedures for entering and leaving the mat for a contest.

---

| <b>JAPANESE</b>        | <b>ENGLISH DESCRIPTION</b> |
|------------------------|----------------------------|
| Kouchi-gari            | Minor Inner Reaping Throw  |
| O-goshi                | Major Hip Throw            |
| Tsuru-komi-goshi       | Drawing Hip Throw          |
| Waza-ari-awasete-ippon | Almost Ippon               |
| Yoko-shiho-gatame      | Side four quarters hold    |

## **7TH MON – 8TH MON**

(Age Recommendation 8-11yrs)

### **FUNDAMENTAL SKILLS**

#### **TACHI-WAZA:**

- Kosoto-gari
- Kosoto-gake
- Morote-seoi-nage

### **PERFORMANCE SKILLS**

#### **TACHI-WAZA:**

- Kouchi-gari into Morote-seoi-nage
- Tai-otoshi countered by Kosoto-gake or Kosoto-gari

#### **NE-WAZA:**

- Move into Yoko-shiho-gatame from between Uke's legs.
- Turnover from underneath Uke into Tate-shiho-gatame

#### **RANDORI:**

- Demonstration of Randori with a cooperative partner.

*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.*

### **PERSONAL CHOICE**

- Demonstrate two tachi-waza and one ne-waza technique.

*The judoka can choose which techniques they would like to show and demonstrate them to the left or right using any suitable grip.*

### **SUPPLEMENTARY KNOWLEDGE**

- Name three items from the judo moral code.
- Explain the meaning of all the Japanese terminology used in this section.
- Explain the meaning of the Japanese words:
  - Shido
  - Hansoku-make
- Demonstrate the Referee's signals for:
  - Mate
  - Osaekomi
  - Toketa
  - Adjusting the judogi.
- Give two examples of actions (not grips) against the contest rules for negative and safety reasons.

---

| <b>JAPANESE</b>  | <b>ENGLISH DESCRIPTION</b> |
|------------------|----------------------------|
| Kosoto-gake      | Minor Outer Hook Throw     |
| Kosoto-gari      | Minor Outer Reaping Throw  |
| Morote-seoi-nage | Two-Handed Shoulder Throw  |
| Shido            | Minor infringement         |
| Hansoku-make     | Disqualification           |



**BRITISH JUDO ASSOCIATION  
MON GRADE PROMOTION SYLLABUS**

**8<sup>TH</sup> MON – 9<sup>TH</sup> MON**

(Age Recommendation 8-11yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Osoto-gari
- Seoi-otoshi

**PERFORMANCE SKILLS**

**TACHI-WAZA:**

- Ippon-seoi-nage into Kouchi-gari
- Any techniques, as combinations with:
  - Seoi-otoshi
  - Kouchi-gari

**NE-WAZA:**

- Arm roll with Uke approaching from the front.
- Arm roll with Uke approaching from behind.

**RANDORI:**

- Demonstration of Randori with a cooperative partner.

*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.*

**PERSONAL CHOICE**

- Demonstrate two tachi-waza and one ne-waza technique.

*The judoka can choose which techniques they would like to show and demonstrate them to the left or right using any suitable grip.*

**SUPPLEMENTARY KNOWLEDGE**

- Name three items from the judo moral code.
- Explain the meaning of all the Japanese terminology used in this section.
- Explain the meaning of the Japanese word:
  - Hiki-wake
- Give two examples of grips against the contest rules for negative or safety reasons.

---

| <b>JAPANESE</b> | <b>ENGLISH DESCRIPTION</b> |
|-----------------|----------------------------|
| Osoto-gari      | Major Outer Reaping Throw  |
| Seoi-otoshi     | Shoulder Drop Throw        |
| Hiki-wake       | Draw (a drawn contest)     |

**BRITISH JUDO ASSOCIATION  
MON GRADE PROMOTION SYLLABUS**

**9<sup>TH</sup> MON – 10<sup>TH</sup> MON**

**ORANGE BELT 3 TABS TO GREEN BELT 1 TAB**

(Age Recommendation 11-15yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Harai-goshi
- Uchi-mata

**KAN-SETSU-WAZA:**

- Ude-gatame
- Waki-gatame

*Kansetsu-waza is a requirement for this grade, and the demonstrations must be controlled, with particular attention paid to the safety of Uke.*

**From this grade onwards, Kansetsu-waza must not be applied to the point of submission; it must be taught so that the judoka understands and is aware of the application.**

**RANDORI:**

- Demonstration of Randori with a cooperative partner.

*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.*

*During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters. The duration of the Randori will be approximately three minutes.*

**PERSONAL CHOICE**

- Demonstrate four techniques individually and then as a series of combinations and counters.

*The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.*

*The judoka must select techniques suitable for advanced combinations and counters. Demonstrate them as a combination, a counter, and a transition into Ne-waza.*

**SUPPLEMENTARY KNOWLEDGE**

- Explain the meaning of all the Japanese terminology used in this section.

---

| <b>JAPANESE</b> | <b>ENGLISH DESCRIPTION</b>       |
|-----------------|----------------------------------|
| Harai-goshi     | Sweeping Hip                     |
| Kan-setsu-waza  | Joint Techniques                 |
| Uchi-mata       | Inner Thigh                      |
| Ude-gatame      | Straight Armlock                 |
| Waki-gatame     | Armlock applied with the armpit. |

## **10<sup>TH</sup> MON – 11<sup>TH</sup> MON**

### **GREEN BELT 1 TAB TO GREEN BELT 2 TABS**

(Age Recommendation 11-15yrs)

#### **FUNDAMENTAL SKILLS**

##### **TACHI-WAZA:**

- Hiza-guruma
- Sasae-tsuri-komi-ashi

##### **KAN-SETSU-WAZA:**

- Juji-gatame
  - Sit back entry
  - Rollover entry
- Hiza-gatame

#### **PERFORMANCE SKILLS**

##### **TACHI-WAZA:**

- Kouchi-gari into Morote-seoi-nage
- Tai-otoshi countered by Kosoto-gake or Kosoto-gari

##### **NE-WAZA:**

- Move into Yoko-shiho-gatame from between Uke's legs.
- Turnover from underneath Uke into Tate-shiho-gatame

##### **RANDORI:**

- Demonstration of Randori with a cooperative partner.

*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.*

*During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters.*

#### **PERSONAL CHOICE**

- Demonstrate four techniques individually and then as a series of combinations and counters.

*The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.*

*The judoka must select techniques suitable for advanced combinations and counters. Demonstrate them as a combination, a counter, and a transition into Ne-waza.*

#### **SUPPLEMENTARY KNOWLEDGE**

- Explain the meaning of all the Japanese terminology used in this section.

---

| <b>JAPANESE</b>       | <b>ENGLISH DESCRIPTION</b>    |
|-----------------------|-------------------------------|
| Hiza-gatame           | Armlock applied with the knee |
| Hiza-guruma           | Knee Wheel                    |
| Juji-gatame           | Cross Armlock                 |
| Kan-setsu-waza        | Joint Techniques              |
| Sasae-tsuri-komi-ashi | Propping Drawing Ankle        |

**BRITISH JUDO ASSOCIATION  
MON GRADE PROMOTION SYLLABUS**

**11<sup>TH</sup> MON – 12<sup>TH</sup> MON**

**GREEN BELT 2 TAB TO GREEN BELT 3 TABS**

(Age Recommendation 11-15yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Hane-goshi
- Okuri-ashi-barai
- Morote-eri-seoi-nage

**KAN-SETSU-WAZA:**

- Juji-gatame
  - Entry over the shoulder
  - Entry from beneath

**RANDORI:**

- Demonstration of Randori with a cooperative partner.

*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.*

*During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters.*

**PERSONAL CHOICE**

- Demonstrate four techniques individually and then as a series of combinations and counters.

*The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.*

*The judoka must select techniques suitable for advanced combinations and counters. Demonstrate them as a combination, a counter, and a transition into Ne-waza.*

**SUPPLEMENTARY KNOWLEDGE**

- Explain the meaning of all the Japanese terminology used in this section.

---

| <b>JAPANESE</b>      | <b>ENGLISH DESCRIPTION</b> |
|----------------------|----------------------------|
| Hane-goshi           | Spring Hip                 |
| Juji-gatame          | Cross Armlock              |
| Morote-eri-seoi-nage | Two-Handed Lapel Shoulder  |
| Okuri-ashi-barai     | Foot Sweep                 |

**BRITISH JUDO ASSOCIATION  
MON GRADE PROMOTION SYLLABUS**

**12<sup>TH</sup> MON – 13<sup>TH</sup> MON**

**GREEN BELT 3 TABS TO BLUE BELT 1 TAB**

(Age Recommendation 11-15yrs)

**FUNDAMENTAL SKILLS**

**TACHI-WAZA:**

- Tani-otoshi
- Yoko-guruma

**KAN-SETSU-WAZA:**

- Ude-garami

**PERFORMANCE SKILLS**

**NE-WAZA:**

- Ude-garami from Kuzure-kesa-gatame

**RANDORI:**

- Demonstrate attacking and defending with a cooperative partner.

*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.*

*During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters.*

**PERSONAL CHOICE**

- Demonstrate four techniques individually and then as a series of combinations and counters.

*The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.*

*The judoka must select techniques suitable for advanced combinations and counters. At this stage, the judoka should exhibit an understanding of judo principles and the ability to adapt to diverse opponents and situations.*

*Combinations and counters can be either Tachi-waza, Ne-waza (transitions) or a combination of both.*

**SUPPLEMENTARY KNOWLEDGE**

- Explain the meaning of all the Japanese terminology used in this section.

---

| <b>JAPANESE</b>    | <b>ENGLISH DESCRIPTION</b> |
|--------------------|----------------------------|
| Kuzure-kesa-gatame | Modified Scarf Hold        |
| Tani-otoshi        | Valley Drop Throw          |
| Ude-garami         | Entangled Armlock          |
| Yoko-guruma        | Side Wheel Throw           |

## 13<sup>TH</sup> MON – 14<sup>TH</sup> MON

### BLUE BELT 1 TAB TO BLUE BELT 2 TABS

(Age Recommendation 11-15yrs)

#### FUNDAMENTAL SKILLS

##### TACHI-WAZA:

- Tomoe-nage
- Yoko-tomoe-nage

##### SHIME-WAZA:

- Okuri-eri-jime
- Kata-juji-jime
- Nami-juji-jime
- Gyaku-juji-jime

#### PERFORMANCE SKILLS

##### SHIME-WAZA:

- Nami-juji-jime – Uke underneath (between Tori's legs)
- Gyaku-juji-jime – Uke on top (between Tori's legs)
- Okuri-eri-jime – Uke attempts a Seoi-otoshi (or other) dropping attack.

***Shime-waza must be demonstrated in a controlled manner, giving special attention to the safety of Uke.***

##### RANDORI:

- Demonstrate attacking and defending with a cooperative partner.

*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori. During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters.*

#### PERSONAL CHOICE

- Demonstrate four techniques individually and then as a series of combinations and counters.

*The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.*

*The judoka must select techniques suitable for advanced combinations and counters. At this stage, the judoka should exhibit an understanding of judo principles and the ability to adapt to diverse opponents and situations. Combinations and counters can be either Tachi-waza, Ne-waza (transitions) or a combination of both.*

#### SUPPLEMENTARY KNOWLEDGE

- Explain the meaning of all the Japanese terminology used in this section.

---

| JAPANESE        | ENGLISH DESCRIPTION     |
|-----------------|-------------------------|
| Gyaku-juji-jime | Reverse Cross Strangle  |
| Kata-juji-jime  | Half Cross Strangle     |
| Nami-juji-jime  | Normal Cross Strangle   |
| Okuri-eri-jime  | Sliding Collar Strangle |
| Seoi-otoshi     | Shoulder Drop           |
| Tomoe-nage      | Circle Throw            |
| Yoko-tomoe-nage | Side Circle Throw       |

## 14<sup>TH</sup> MON – 15<sup>TH</sup> MON

### BLUE BELT 2 TABS TO BLUE BELT 3 TABS

(Age Recommendation 11-15yrs)

#### FUNDAMENTAL SKILLS

##### TACHI-WAZA:

- Uki-waza
- Soto-maki-komi

##### SHIME-WAZA:

- Koshi-jime
- Kata-te-jime

#### PERFORMANCE SKILLS

##### SHIME-WAZA:

- Koshi-jime - Uke has attempted a "dropping attack."
- Kata-te-jime - Uke in "all fours" position

***Shime-waza must be demonstrated in a controlled manner, giving special attention to the safety of Uke.***

##### RANDORI:

- Demonstrate attacking and defending with a cooperative partner.

*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.*

*During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters.*

#### PERSONAL CHOICE

- Demonstrate four techniques individually and then as a series of combinations and counters.

*The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.*

*The judoka must select techniques suitable for advanced combinations and counters. At this stage, the judoka should exhibit an understanding of judo principles and the ability to adapt to diverse opponents and situations. Combinations and counters can be either Tachi-waza, Ne-waza (transitions) or a combination of both.*

#### SUPPLEMENTARY KNOWLEDGE

- Explain the meaning of all the Japanese terminology used in this section.

---

| JAPANESE       | ENGLISH DESCRIPTION    |
|----------------|------------------------|
| Kata-te-jime   | Strangle with One Hand |
| Koshi-jime     | Strangle using the hip |
| Shime-waza     | Strangle Techniques    |
| Soto-maki-komi | Outside Winding        |
| Uki-waza       | Floating Throw         |

## **15<sup>TH</sup> MON – 16<sup>TH</sup> MON**

### **BLUE BELT 3 TABS TO BROWN BELT 1 TAB**

(Age Recommendation 13-15yrs)

#### **FUNDAMENTAL SKILLS**

##### **TACHI-WAZA:**

- Uki-otoshi
- Koshi-guruma
- Ura-nage \*

***When demonstrating Ura-nage, it is crucial to prioritise safety. Completing the complete throw is not necessary; instead, focus on showcasing the technique's effectiveness. To enhance safety measures, consider using a landing mat during the demonstration.***

##### **SHIME-WAZA:**

- Kata-ha-jime

***Shime-waza must be demonstrated in a controlled manner, giving special attention to the safety of Uke.***

#### **PERFORMANCE SKILLS**

##### **TACHI-WAZA:**

- Counter Koshi-guruma with Ura-nage \*

##### **SHIME-WAZA:**

- Kata-ha-jime – Uke in an "all fours" position

##### **RANDORI:**

- Demonstrate attacking and defending with a cooperative partner.

*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.*

*During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters.*

#### **PERSONAL CHOICE**

- Demonstrate four techniques individually and then as a series of combinations and counters.

*The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.*

*The judoka must select techniques suitable for advanced combinations and counters. At this stage, the judoka should exhibit an understanding of judo principles and the ability to adapt to diverse opponents and situations. Combinations and counters can be either Tachi-waza, Ne-waza (transitions) or a combination of both.*

#### **SUPPLEMENTARY KNOWLEDGE**

- Explain the meaning of all the Japanese terminology used in this section.

---

| <b>JAPANESE</b> | <b>ENGLISH DESCRIPTION</b> |
|-----------------|----------------------------|
| Kata-ha-jime    | Single Collar Strangle     |
| Koshi-guruma    | Hip Wheel Throw            |
| Uki-otoshi      | Floating Drop              |
| Ura-nage        | Rear Throw                 |



## **16<sup>TH</sup> MON – 17<sup>TH</sup> MON**

### **BROWN BELT 1 TAB TO BROWN BELT 2 TABS**

(Age Recommendation 13-15yrs)

#### **FUNDAMENTAL SKILLS**

##### **TACHI-WAZA:**

- Ushiro-goshi
- Sumi-gaeshi
- Yoko-gake

##### **SHIME-WAZA:**

- Hadaka-jime

***Shime-waza must be demonstrated in a controlled manner, giving special attention to the safety of Uke.***

#### **PERFORMANCE SKILLS**

##### **TACHI-WAZA:**

- Sumi-gaeshi as a combination with Uchi-mata
- Ushiro-goshi as a counter to Harai-goshi

##### **SHIME-WAZA:**

- Hadaka-jime – Uke in a face-down prone position

##### **RANDORI:**

- Demonstrate attacking and defending with a cooperative partner.

*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.*

*During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters.*

#### **PERSONAL CHOICE**

- Demonstrate four techniques individually and then as a series of combinations and counters.

*The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.*

*The judoka must select techniques suitable for advanced combinations and counters. At this stage, the judoka should exhibit an understanding of judo principles and the ability to adapt to diverse opponents and situations.*

*Combinations and counters can be either Tachi-waza, Ne-waza (transitions) or a combination of both.*

#### **SUPPLEMENTARY KNOWLEDGE**

- Explain the meaning of all the Japanese terminology used in this section.

---

| <b>JAPANESE</b> | <b>ENGLISH DESCRIPTION</b> |
|-----------------|----------------------------|
| Hadaka-jime     | Naked Strangle             |
| Sumi-gaeshi     | Corner Throw               |
| Ushiro-goshi    | Rear Hip Throw             |
| Yoko-gake       | Side Hook Throw            |

## **17<sup>TH</sup> MON – 18<sup>TH</sup> MON**

### **BROWN BELT 2 TABS TO BROWN BELT 3 TABS** (Age Recommendation 13-15yrs)

#### **FUNDAMENTAL SKILLS**

##### **TACHI-WAZA:**

- Sode-tsuru-komi-goshi
- Ko-uchi-gake-maki-komi

##### **SHIME-WAZA:**

- San-gaku-jime

***Shime-waza must be demonstrated in a controlled manner, giving special attention to the safety of Uke.***

#### **PERFORMANCE SKILLS**

##### **TACHI-WAZA:**

- Demonstrate any two variations of Sumi-gaeshi

##### **NE-WAZA:**

- San-gaku-gatame – complex entry
- San-gaku-jime – complex entry
- San-gaku-osae-gatame – turnover and hold

##### **RANDORI:**

- Demonstrate attacking and defending with a cooperative partner.

*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.*

*During the Randori, the judoka must demonstrate knowledge of basic performance skills, e.g., combinations and counters.*

#### **PERSONAL CHOICE**

- Demonstrate four techniques individually and then as a series of combinations and counters.

*The judoka must showcase their techniques in a realistic, practical setting, illustrating attacking opportunities utilising the best grip and, where appropriate, using appropriate movement patterns.*

*The judoka must select techniques suitable for advanced combinations and counters. At this stage, the judoka should exhibit an understanding of judo principles and the ability to adapt to diverse opponents and situations.*

*Combinations and counters can be either Tachi-waza, Ne-waza (transitions) or a combination of both.*

**or**

- Demonstrate one set of the Nage-no-kata or the Katame-no-kata.\*

***\* Candidates who have attained a BJA Junior Referee Award or a BJA Kata Award may, if they wish, exempt themselves from this section.***

#### **SUPPLEMENTARY KNOWLEDGE**

- Explain the meaning of all the Japanese terminology used in this section.
  - Give three examples of any of the penalties in the competition rules.
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**BRITISH JUDO ASSOCIATION**  
**MON GRADE PROMOTION SYLLABUS**

| <b>JAPANESE</b>        | <b>ENGLISH DESCRIPTION</b>        |
|------------------------|-----------------------------------|
| Kata                   | Forms                             |
| Katame-no-kata         | Grappling Forms                   |
| Ko-uchi-gake-maki-komi | Minor Inner Hook Thigh Winding    |
| Nage-no-kata           | Throwing Forms                    |
| San-gaku-gatame        | Triangular Hold Down              |
| San-gaku-jime          | Triangular Strangle               |
| San-gaku-osae-gatame   | Triangular Strangle and Hold Down |
| Sode-tsuri-komi-goshi  | Sleeve Lift Pull Hip Throw        |
| Sumi-gaeshi            | Corner Throw                      |

**BRITISH JUDO ASSOCIATION  
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**APPENDIX 1 – TERMINOLOGY**

| <b>JAPANESE</b>          | <b>ENGLISH DESCRIPTION</b>                               |
|--------------------------|----------------------------------------------------------|
| De-ashi-barai            | Advanced Foot Sweep Throw                                |
| Dojo                     | Judo Practice Hall                                       |
| Gyaku-juji-jime          | Reverse Cross Strangle                                   |
| Hadaka-jime              | Naked Strangle                                           |
| Hajime                   | Begin - Referee's Command to Start a Judo Contest        |
| Hane-goshi               | Spring Hip Throw                                         |
| Hansoku-make             | Disqualification                                         |
| Harai-goshi              | Sweeping Hip Throw                                       |
| Hiki-wake                | Referee's Announcement of a Draw at the end of a Contest |
| Hiza-guruma              | Knee Wheel Throw                                         |
| Ippon                    | Complete Point                                           |
| Ippon-seoi-nage          | One Arm Shoulder Throw                                   |
| Judogi                   | Judo Uniform                                             |
| Judoka                   | Judo Player                                              |
| Juji-gatame              | Cross Armlock                                            |
| Kaeshi-waza              | Counter Techniques                                       |
| Kami-shiho-gatame        | Upper Four Quarters Hold                                 |
| Kata-ha-jime             | Single Collar Strangle                                   |
| Kata-te-jime             | Strangle With One Hand                                   |
| Kesa-gatame              | Scarf Hold                                               |
| Koshi-guruma             | Hip Wheel Throw                                          |
| Ko-soto-gake             | Minor Outer Hook Throw                                   |
| Ko-soto-gari             | Minor Outer Reaping Throw                                |
| Ko-uchi-gake-maki-komi   | Minor Inner Hook Thigh Winding Throw                     |
| Ko-uchi-gari             | Minor Inner Reaping Throw                                |
| Ko-uchi-gake             | Minor Inner Hook Throw                                   |
| Kumi-kata                | Engagement Position                                      |
| Kuzure-kami-shiho-gatame | Broken Upper Four Quarters Hold                          |
| Kuzure-kesa-gatame       | Broken Scarf Hold                                        |
| Kuzure-tate-shiho-gatame | Broken Lengthwise Four Quarters Hold                     |
| Mae mawari ukemi         | Forward Rolling Breakfall                                |
| Morote-eri-seoi-nage     | Two Handed Lapel Shoulder Throw                          |
| Morote-seoi-nage         | Two Handed Shoulder Throw                                |
| Mune-gatame              | Chest Hold                                               |
| Nage-komi                | Repetitive Throwing                                      |
| Nami-juji-jime           | Normal Cross Strangle                                    |
| Ne-waza                  | Groundwork Techniques                                    |
| Obi                      | Belt                                                     |
| O-goshi                  | Major Hip Throw                                          |

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|                        |                                                         |
|------------------------|---------------------------------------------------------|
| Okuri-ashi-barai       | Double Foot Sweep Throw                                 |
| Okuri-eri-jime         | Sliding Collar Strangle                                 |
| Osae-komi              | Hold Down                                               |
| Osae-komi-waza         | Holding Techniques                                      |
| O-soto-otoshi          | Major Outer Drop Throw                                  |
| O-uchi-gari            | Major Inner Reaping Throw                               |
| Randori                | Free Practice                                           |
| Rei                    | Bow                                                     |
| Renraku-waza           | Combination Techniques in the Opposite Direction        |
| Renzoku-waza           | Combination Techniques in the Same or Similar Direction |
| San-gaku-jime          | Triangular Strangle                                     |
| San-gaku-osae-gatame   | Triangular Strangle and Hold Down                       |
| Sasae-tsuri-komi-ashi  | Propping Drawing Ankle Throw                            |
| Seoi-otoshi            | Shoulder Drop Throw                                     |
| Shido                  | Light Penalty (Minor Infringement)                      |
| Sode-tsuri-komi-goshi  | Sleeve Lift Pull Hip Throw                              |
| Soto-maki-komi         | Outside Winding Throw                                   |
| Sumi-gaeshi            | Corner Throw                                            |
| Tachi-rei              | Standing Bow                                            |
| Tachi-waza             | Standing Techniques                                     |
| Tai-otoshi             | Hand Throw Body Drop Throw                              |
| Tani-otoshi            | Valley Drop Throw                                       |
| Tate-shiho-gatame      | Lengthwise Four Quarters Hold                           |
| Toketa                 | Hold Broken                                             |
| Tomoe-nage             | Circle Throw                                            |
| Tori                   | The Offensive or Attacking Judoka                       |
| Tsuri-komi-goshi       | Drawing Hip Throw                                       |
| Uchi-mata              | Inner Thigh Throw                                       |
| Ude-garami             | Entangled Armlock                                       |
| Ude-gatame             | Arm Lock                                                |
| Uke                    | The Defensive or Defending Judoka                       |
| Uki-goshi              | Floating Hip Throw                                      |
| Uki-otoshi             | Floating Drop Throw                                     |
| Uki-waza               | Floating Throw                                          |
| Ura-nage               | Rear Throw                                              |
| Ushiro Ukemi           | Rear Breakfall                                          |
| Ushiro-goshi           | Rear Hip Throw                                          |
| Waza-ari               | Almost a Full Point                                     |
| Waza-ari-awasete-ippon | Complete Point from Two Waza-Ari                        |
| Yoko Ukemi             | Side Breakfall                                          |
| Yoko-gake              | Side Hook Throw                                         |

**BRITISH JUDO ASSOCIATION**  
**MON GRADE PROMOTION SYLLABUS**

|                   |                         |
|-------------------|-------------------------|
| Yoko-guruma       | Side Wheel Throw        |
| Yoko-shiho-gatame | Side Four Quarters Hold |
| Yoko-tomoe-nage   | Side Circle Throw       |
| Za-rei            | Kneeling Bow            |
| Zori              | Judo Footwear           |

**NOTE:** The English description of the Japanese is not the literal translation.