



**JUDO BLACK BELT SOUTH AFRICA ASSOCIATION
MUDANSHA SYLLABUS
(UNDER BLACK BELT)**

Kukyū (7th Class Yellow Belt)

GENERAL REQUIREMENTS FOR KUYU

1-APPLICANT MUST BE A MINIMUM AGE OF 7-9 YEARS OLD & SENIORS

- 2-APPLICANT MUST HAVE EXCELLENT ATTENDANCE IN ALL CLASSES, WORKOUTS, CLINICS AND SEMINARS IS REQUIRED.
- 3-APPLICANT MUST HAVE A FUNCTIONAL, WORKING KNOWLEDGE OF THE JAPANESE TERMINOLOGY USED IN JUDO.
- 4-APPLICANT MUST HAVE A WORKING, FUNCTIONAL KNOWLEDGE OF THE HISTORY OF KODOKAN JUDO.
- 5-APPLICANT MUST BE CURRENTLY CERTIFIED OR ACCREDITED IN CPR WITH A VALID, RECOGNIZED AGENCY.
- 6-APPLICANT MUST HAVE ACTIVELY STUDIED AND TRAINED FOR A MINIMUM PERIOD OF TIME OF ONE (1) YEAR. (THIS IS A MINIMUM-NOT STANDARD TIME IN GRADE.)
- 7-APPLICANT MUST DEMONSTRATE SKILLFUL JUDO IN BOTH STANDING AND GROUND FIGHTING DURING RANDORI.
- 8-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN A MINIMUM OF TEN (10) PROMOTION POINTS OR WIN THE PROMOTION BY BATSUGAN (SEE EXPLANATION BELOW).
- 9-APPLICANT MUST KNOW BOTH THE JAPANESE AND ENGLISH TERMINOLOGY FOR ALL THE TECHNIQUES HE OR SHE IS REQUIRED TO DEMONSTRATE AS WELL AS KNOW THE REQUIRED JAPANESE TERMINOLOGY AS USED IN JUDO AND LISTED IN THIS SYLLABUS.

PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)

- 1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO GOKYU. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:
 - 2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.
 - 1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.
 - ½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.
- 2-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE YONKYU).
- 3-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE YONKYU).

TIME IN GRADE SCALE

10 promotion points earned	1 years' time in grade as Jūnikyū
7 promotion points earned	1 ½ years' time in grade as Jūnikyū
5 promotion points earned	2 years' time in grade as Jūnikyū
3 promotion points earned	2 ½ years' time in grade as Jūnikyū
2 or less promotion points earned	3 years' time in grade as Jūnikyū

NAGE WAZA (THROWING TECHNIQUES)



GOALS-EXCELLENT FUNCTIONAL SKILL AND UNDERSTANDING OF THROWING TECHNIQUES. APPLICANT MUST HAVE A GOOD, FUNCTIONAL UNDERSTANDING AND ABILITY AT GRIP FIGHTING AND DEMONSTRATE EFFECTIVE, FUNCTIONAL AND REALISTIC GRIPPING SKILLS WHEN DEMONSTRATING THE FOLLOWING TECHNIQUES LISTED.

APPLICANT MUST DEMONSTRATE AND UNDERSTAND CONCEPT OF:

KUZUSHI - UNBALANCE or BALANCE BREAKING

TSUKURI - FIT IN or ENTRY

KAKE - EXECUTE TECHNIQUE

DEMONSTRATION OF NAGE WAZA (THROWING TECHNIQUES)

1-APPLICANT SELECTS AND DEMONSTRATES **EIGHT (8)** TECHNIQUES FROM THE DAI IKKYO.

Dai-ikkyo (group 1)							
<u>De-ashi-harai</u>	<u>Hiza-guruma</u>	<u>Sasae-tsurikomi-ashi</u>	<u>Uki-goshi</u>	<u>Osoto-gari</u>	<u>O-goshi</u>	<u>Ouchi-gari</u>	<u>Seoi-nage</u>

RENRAKU WAZA/ CONTINUATION OR COMBINATION TECHNIQUES

GOAL-DEMONSTRATE A REALISTIC CONTINUATION OR COMBINATION OF ONE THROWING SKILL TO ANOTHER.

1-DEMONSTRATE A FOOT THROW TO ANY OTHER THROW.

2-DEMONSTRATE A FORWARD THROW TO ANY OTHER THROW.

RENRAKU WAZA/ CONTINUATION OR COMBINATION TRANSITION FROM STANDING TO GROUND FIGHTING TECHNIQUES

GOAL-DEMONSTRATE REALISTIC TRANSITION FROM A THROW TO GROUND FIGHTING.

1-DEMONSTRATE ANY THROW TO ANY OSAEKOMI WAZA.

2-DEMONSTRATE ANY THROW TO ANY KANSETSU WAZA. (SENIORS ONLY)

3-DEMONSTRATE ANY THROW TO ANY SHIME WAZA. (SENIORS ONLY)



RENRAKU WAZA/CONTINUATION OR COMBINATION TECHNIQUES FROM ONE GROUND FIGHTING SKILL TO ANOTHER GROUND FIGHTING SKILL

GOAL-DEMONSTRATE HOW TO LINK ONE GROUND FIGHTING SKILL TO ANOTHER, KEEPING CONTROL OF OPPONENT.

- 1-DEMONSTRATE MUNE GATAME TO ANY OTHER OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY OTHER OSAEKOMI WAZA.
- 3-DEMONSTRATE A REALISTIC AND FUNCTIONAL CONTINUATION OF 3 OR MORE OSAEKOMI WAZA.
- 4-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY KANSETSU WAZA (PIN TO ARMLOCK). **(SENIORS ONLY)**
- 4-DEMONSTRATE ANY KANSETSU WAZA TO ANY OSAEKOMI WAZA (ARMLOCK TO PIN). **(SENIORS ONLY)**
- 5-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY SHIME WAZA (PIN TO CHOKE). **(SENIORS ONLY)**

FUSEGI / DEFENSE AND KAESHI WAZA/COUNTER TECHNIQUES FOR NAGE WAZA (THROWING TECHNIQUES)

GOAL-DEMONSTRATE REALISTIC DEFENSIVE SKILLS AND COUNTER ATTACKS.

- 1-DEMONSTRATE HIP BLOCK AND CUT-AWAY AGAINST ANY THROW (TAISABAKI).

KATAME WAZA (GRAPPLING TECHNIQUES)

THE KATAME WAZA OF KODOKAN JUDO ARE THE GROUND FIGHTING OR GRAPPLING TECHNIQUES AND SKILLS.

OSA EKOMI WAZA/IMMOBILIZATION (HOLDING OR PINNING) TECHNIQUES

GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.

APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.

- 1-MUNE GATAME/CHEST HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 2-KESA GATAME/SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 3-KATA GATAME/SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 4-YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 5-KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 6-TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) (AND NOGARE KATA) ESCAPE FORM

GENERAL NEWAZA SKILLS

GENERAL SKILLS AT NEWAZA/GROUND FIGHTING POSITION, BREAKDOWNS, TURNOVERS, OFFENSE AND DEFENSE WHEN OPPONENT IS POSITIONED ON HANDS AND KNEES, PRONE (OR LYING ON THE FRONT) OR SUPINE (POSITIONED ON THE BUTTOCKS OR BACKSIDE).

GOALS-STUDENT MUST POSSESS EXCELLENT FUNCTIONAL ABILITY AT CONTROLLING OPPONENT'S POSITION TO APPLY PINS OR SUBMISSION TECHNIQUES. DEMONSTRATE EXCELLENT ABILITY AT LEG CONTROL, HIP CONTROL AND HAND CONTROL AND HOW THESE SKILLS CONTROL AN OPPONENT. EFFECTIVE JUDO (IN THIS CASE, GROUND FIGHTING) IS A SERIES OF CONTROLLING POSITIONS THAT ULTIMATELY LEADS TO DEFEATING HIM.

IMPORTANT- (WHEN DEMONSTRATING ALL BREAKDOWNS, GUARD PASSES OR GUARD SWEEPS, APPLICANT MUST IMMEDIATELY AND EFFECTIVELY MOVE INTO ANY PIN, CHOKE OR ARMLOCK OF HIS CHOICE.)



DEMONSTRATION OF BREAKDOWNS OR TURNOVERS WHEN OPPONENT IS ON ALL FOURS OR PRONE AND LYING FLAT ON FRONT

1-DEMONSTRATE THREE (3) BREAKDOWNS OR TURNOVERS TO PLACE OPPONENT ON HIS/HER BACK FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

APPLICANT IS POSITIONED ON HIS/HER BUTTOCKS OR BACKSIDE IN A SUPINE POSITION (NEWAZA OR "GUARD")

1-DEMONSTRATE AT LEAST THREE (3) METHODS OF SWEEPING, ROLLING OR TURNING OPPONENT OVER OR ONTO HIS/HER BACK TO CONTROL FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

IF APPLICANT IS POSITIONED BETWEEN HIS/HER OPPONENT'S LEGS WHO IS IN A POSITION SEATED ON HIS/HER BUTTOCKS OR BACK (NEWAZA OR COMMONLY CALLED THE "GUARD").

1-DEMONSTRATE AT LEAST THREE (3) METHODS TO CONTROL OPPONENT'S LEG(S) TO GET PAST HIS/HER LEGS OR GUARD TO INITIATE OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

KANSETSU WAZA/JOINT OR ARMLOCK TECHNIQUES (Seniors Only)

GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.

1-**UDEHISHIGI JUJI GATAME** (JUJI GATAME)/CROSS-BODY ARMLOCK

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF JUJI GATAME.

2-**WAKI GATAME**/ARMPIT LOCK

APPLICANT MUST DEMONSTRATE THE BASIC APPLICATION OF WAKI GATAME.

3-**UDE GATAME**/ARM LOCK (STRAIGHT ARMLOCK)

1-DEMONSTRATE THE BASIC FIGURE-4 VARIATION.

2-DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.

SHIME WAZA/STRANGLING AND CHOKING TECHNIQUES (Seniors Only)

GOAL-HAVE FUNCTIONAL SKILL IN STRANGLES AND CHOKES, KNOW THE IMPORTANCE OF SAFETY WHEN USING CHOKES AND ABILITY TO USE POSITION TO SET UP THE STRANGLE OR CHOKE.

APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST ONE (1) FUNCTIONAL VARIATION OF EACH.

1-**HADAKA JIME**/NAKED CHOKE (SQUARE GRIP)

2-**HADAKA JIME**/FIGURE 4 VERSION NAKED STRANGLE

3-**JUJI JIME**/CROSS CHOKE FROM BOTTOM

4-**JUJI JIME**/CROSS CHOKE FROM TOP

ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1-NAMI (NORMAL) POSITION. 2-GYAKU (REVERSE) POSITION. 3-KATA (HALF AND HALF OR CROSSED) POSITION.

5-**OKURI ERI JIME**/SLIDING LAPEL CHOKE (BASIC APPLICATION)

6-**KATA HA JIME**/SINGLE WING CHOKE (BASIC APPLICATION)

8-**SANKAKU JIME** /TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)



Osaekome-Waza: Holding technique



Kesa-gatame
Scarf hold



Mune-gatame
Chest hold



Yoko-Shiho-gatame
Side four quarters hold



Tate-shiho-gatame
Lengthwise four quarters hold



Kami-shiho-gatame
Upper four quarters hold



Kata-gatame
Side Control Hold / Shoulder Hold / Side Choke

Fundamental Skills Ne-Waza:



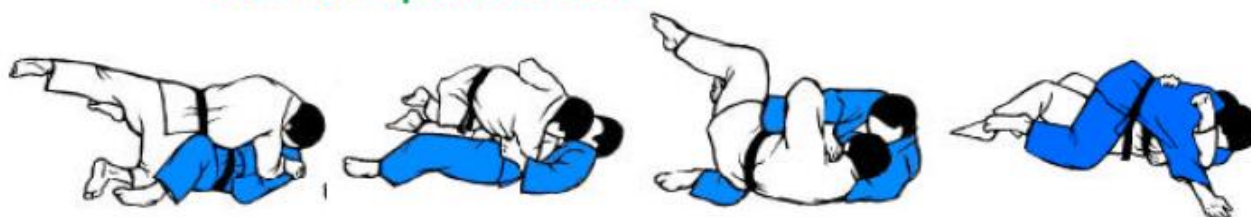
Escape from Kesa-gatame using "bridge-and-roll"



Escape into Kesa-gatame from between Uke's legs



Escape into Yoko-shiho-gatame from between Uke's legs
Side four quarters hold



Turn over from underneath Uke into Tate-shiho-gatame



Escape Tate-Shiho-Gatame : using "clamping action"
Lengthwise four quarters hold



Turnover into Mune-gatame: (Uke "on all" fours)
Chest hold



Shime-Waza: Chocking Techniques

(SENIORS ONLY)



Nami-juji-jime
Normal cross strangle



Gyaku-juji-jime
Reverse cross strangle



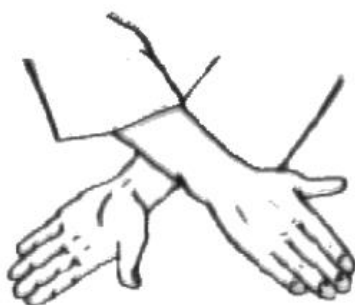
Gyaku-juji-jime – uki on top (between Tori's legs)

Reverse cross strangle

Nami-juji-jime uke underneath (between Tori's legs)

Normal cross strangle

Kata-juji-jime Half cross strangle



NAMI-JUJI-JIME



GYAKU-JUJI-JIME



KATA-JUJI-JIME



Sangaku-jime
Triangle choke



Kensetsu-Waza:
Arm locks Techniques



Ude-gatame
Arm lock



Waki-gatame
Armpit arm lock



Ude-garami from Kuzure-kesa-gatame
Entangled armlock from Broken scarf hold

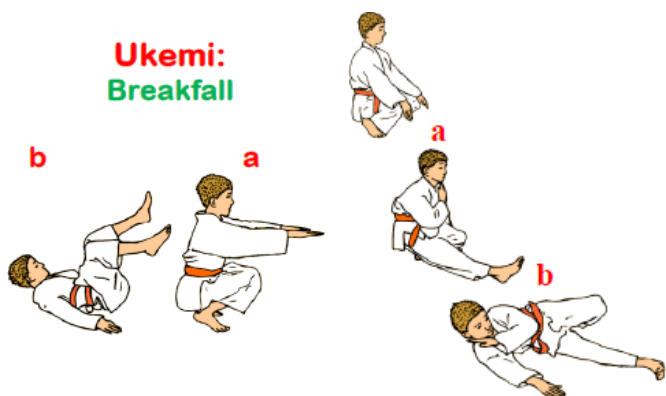


Juji-gatame “sit back entry”
Cross armlock



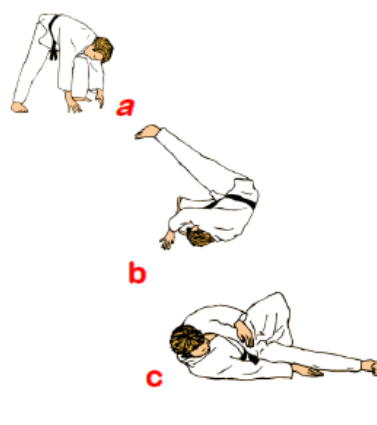
Juji-gatame “roll over entry”
Cross armlock

Ukemi:
Breakfall



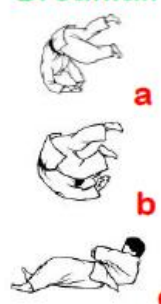
Ushiro-Ukemi
Backward breakfall

Yoko-Ukemi
Side breakfall

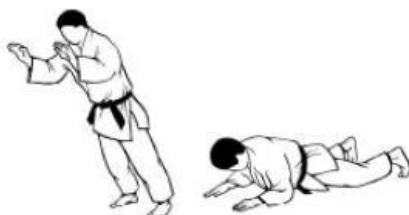


Mae Mawari Ukemi (1)
Front rolling breakfall

Breakfall



Mae Mawari Ukemi (2)
Front rolling breakfall



Mae Ukemi
Front breakfall



JAPANESE GENERAL KNOWLEDGE

1. Who was the founder of Judo? – Dr. Jigoro Kano
2. What was the name of the school he founded? – The Kodokan
3. What was the date of the founding of Judo? – 1882
4. What was unarmed combat called in Japan before Judo? – Jujitsu
5. How long had unarmed combat been practiced in Japan? – About 600 – 1,000 years
6. What are the three parts of unarmed combat in English and Japanese?
 - 6.1. Throwing Techniques – Nage Waza
 - 6.2. Grappling Techniques – Katame Waza
 - 6.3. Striking Techniques – Atemi Waza
7. What are the three parts of a Judo throw in English and Japanese?
 - 7.1. Off-balance – Kuzushi
 - 7.2. Entry – Tsukuri
 - 7.3. Execution – Kake
8. What are the Freestyle Judo Ritoru Tatsu Fight Club senior belt ranks in order, by color?

White,
Yellow,
Orange,
Green,
Blue
Brown (1-3),
Black (Shodan)



JAPANESE VOCABULARY

	English	Japanese
1.	Attention!	Kiyotsuke!
2.	Bow	Rei
3.	Begin!	Hajime!
4.	Stop!	Matte!
5.	Practice Hall for Judo	Dojo
6.	Teacher	Sensei
7.	Sitting on Knees	Seiza
8.	Sitting Crossed Legged	Anza
9.	Following Foot Walking	Tsugi Ashi
10.	Normal Walking	Ayumi Ashi
11.	Judo Uniform	Judogi/Gi
12.	Judo practitioner or player	Judoka
13.	Person performing the Technique	Tori
14.	Person receiving the Technique	Uke
15.	Left	Hidari
16.	Right	Migi
17.	Falling Methods or ways	Ukemi
18.	Falling methods to the rear	Koho Ukemi
19.	Forward rolling falling	Zempo Kaiten Ukemi
20.	Free Practice	Randori
21.	Formal pre-arranged practice	Kata
22.	Tournament	Shiai
23.	(Straw, Japanese) Judo mats	Tatami
24.	Hold-Down! (referee's call)	Osae Komi!
25.	Hold-Down Broken! (referee's call)	Toketa!
26.	One Point! (referee's award)	Ippon!
27.	Almost Ippon! (referee's award, ½ point)	Waza Ari!
28.	Near Waza Ari! (referee's award, 1/3 point)	Yuko!
29.	Near Yuko! (referee's award, 1/4 point)	Koka!
30.	That is all! (referee's call)	Sore made!
31.	Yes!	Hai!
32.	No!	Iie!
33.	Please!	Onegai Shimasu