



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

### **IKKYU (1<sup>st</sup> Class Brown Belt)**

#### **GENERAL REQUIREMENTS FOR IKKYU**

- 1-APPLICANT MUST BE A MINIMUM AGE OF 14 YEARS OLD.
- 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 A MINIMUM TIME IN GRADE AS YONKYU 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 YONKYU. 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.

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  - 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OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE IKKYU).

Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBBA requirements  
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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 IKKYU).

### ***TIME IN GRADE SCALE***

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

### ***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***

***TSUKURI/FIT IN***

***KAKE/EXECUTE TECHNIQUE***

### ***DEMONSTRATON OF NAGE WAZA (THROWING TECHNIQUES)***

1-APPLICANT SELECTS AND DEMONSTRATES **FIVE (5)** TECHNIQUES FROM THE DAI IKKYU.

Dai- <u>ikk</u> yo (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>



2-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI NIKYO.

Dai-nikyo (group 2)							
Kosoto-gari	Kouchi-gari	Koshi-guruma	Tsuriko-mi-goshi	Okuri-ashi-harai	Tai-otoshi	Harai-goshi	Uchi-mata

3-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI SANKYO.

Dai-sankyo (group 3)							
Kosoto-gake	Tsurigoshi	Yoko-otoshi	Ashi-guruma	Hane-goshi	Harai-tsuriko-mi-ashi	Tomoe-nage	Kata-guruma

4-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI YONKYO.

Dai-yonkyo (group 4)							
Sumi-gaeshi	Tani-otoshi	Hane-makikomi	Sukui-nage	Utsuri-goshi	O-guruma	Soto-makikomi	Uki-otoshi



5-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE DAI GOKYO.

Dai-gokyo (group 5)							
<u>Osoto-guruma</u>	<u>Uki-waza</u>	<u>Yoko-wakare</u>	<u>Yoko-guruma</u>	<u>Ushiro-goshi</u>	<u>Ura-nage</u>	<u>Sumi-otoshi</u>	<u>Yoko-gake</u>

6-APPLICANT SELECTS AND DEMONSTRATES FIVE (5) TECHNIQUES FROM THE HABUKARETA WAZA.

- OBI OTOSHI - BELT DROP



- SEOI OTOSHI - SHOULDER DROP



- YAMA ARASHI - MOUNTAIN STORM







- O SOTO OTOSHI - MAJOR OUTER DROP



- DAKI WAKARE - HOLDING SEPARATION THROW



- HIKKOMI GAESHI - PULLING COUNTER THROW



- TAWARA GAESHI - BALE COUNTER THROW



- UCHI MAKIKOMI - INNER WINDING THROW





7-APPLICANT SELECTS AND DEMONSTRATES **FIVE (5)** TECHNIQUES FROM THE SHINMEISHO NO WAZA.

- MOROTE GARI - BOTH HANDS REAP
- KUCHIKI DAOSHI (OR TAOSHI) - DEAD TREE DROP
- KIBISU GAESHI - HEEL COUNTER THROW (*Grab the inside/outside heel and push back (Ko-Uchi) )*
- UCHI MATA SUKASHI - INNER THIGH AVOIDANCE THROW (*Evade and hand throw*)
- ***DAKI AGE*** - ***HOLDING LIFTING THROW (Pick up till shoulder height \_Illegal)***
- TSUBAME GAESHI - SWALLOW FLIGHT COUNTER THROW
- KO USHI GAESHI - MINOR INNER THROW COUNTER (*when attacked K/U evade and twist & throw )*
- O UCHI GAESHI - MAJOR INNER THROW COUNTER (*Clip his attacking foot or the other foot*)
- O SOTO GAESHI - MAJOR OUTER THROW COUNTER (*Counter with the same throw*)
- HARAI GOSHI GAESHI - SWEEPING HIP THROW COUNTER (*like utsuru goshi, but sweep the standing leg*)
- HANE GOSHI GAESHI - SPRINGING HIP THROW COUNTER (*Pick up, Twist and sweep the standing leg*)
- ***KANI BASAMI*** - ***CRAB SCISSORS THROW***
- O SOTO MAKIKOMI - MAJOR OUTER WINDING THROW
- ***KAWAZU GAKE*** - ***LEG ENTWINING THROW (Grab uke's neck hook from the inside and fall with)***
- SODE TSURIKOMI GOSHI - SLEEVE LIFTING PULLING HIP THROW
- IPPON SEOI NAGE - ONE ARM SHOULDER THROW

### **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 FORWARD THROW TO ANY OSAEKOMI WAZA.

2-DEMONSTRATE ANY FORWARD THROW TO ANY KANSETSU WAZA.

3-DEMONSTRATE ANY FORWARD THROW TO ANY SHIME WAZA.

3-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY OSAEKOMI WAZA.

4-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY KANSETSU WAZA.

5-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY SHIME WAZA.

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).

4-DEMONSTRATE ANY KANSETSU WAZA TO ANY OSAEKOMI WAZA (ARMLOCK TO PIN).

5-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY SHIME WAZA (PIN TO CHOKE).

6-DEMONSTRATE ANY SHIME WAZA TO ANY OSAEKOMI WAZA (CHOKE TO PIN).

7-DEMONSTRATE ANY KANSETSU WAZA TO ANY SHIME WAZA (ARMLOCK TO CHOKE).

8-DEMONSTRATE ANY SHIME WAZA TO ANY KANSETSU WAZA (CHOKE TO ARMLOCK).

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### ***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).
- 2-DEMONSTRATE HOP-AROUND DEFENSE AGAINST ANY THROW (TAISABAKI).
- 3-DEMONSTRATE HOW TO BLOCK FORWARD THROW AND USE A KAESHI WAZA (COUNTER ATTACK).
- 4-DEMONSTRATE "SUKASHI" AVOIDANCE OF A FORWARD THROW AND COUNTER ATTACK.

### **KATAME WAZA (GRAPPLING TECHNIQUES)**

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

OSAEKOMI 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 SEVEN (7) BREAKDOWNS OR TURNOVERS TO PLACE OPPONENT ON HIS/HER BACK FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

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

1-DEMONSTRATE AT LEAST SEVEN (7) 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 FIVE (5) 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**

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 FOUR (4) FUNCTIONAL APPLICATIONS OF JUJI GATAME.

2-UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)

A-BASIC FROM TOP IN THE "UP" POSITION.

B-BASIC FROM TOP IN THE "DOWN" POSITION.

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.

3-WAKI GATAME/ARMPIT LOCK

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

4-UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)

1-DEMONSTRATE THE BASIC FIGURE-4 VARIATION.

2-DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.

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

APPLICANT MUST DEMONSTRATE AT LEAST ONE (1) NOGARE KATA (DEFENSE FORM) FOR EACH OF THE FOUR CORE KANSETSU WAZA OF JUJI GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME.

## **SHIME WAZA/STRANGLING AND CHOKING TECHNIQUES**

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.

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- 5-OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)
- 6-KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)
- 7-KATA JIME/SHOULDER CHOKE
- 8-SANKAKU JIME /TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)

APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY TWO SHIME WAZA OF HIS/HER CHOICE.

### OSA EKOMI WAZA:



HON KESA GATAME



MAKURA KESA GATAME



KUZURE KESA GATAME



USHIRO KESA GATAME



TATE SHIHO GATAME



KUZURE TATE SHIHO GATAME



YOKO SHIHO GATAME



KUZURE YOKO SHIHO GATAME



KAMI SHIHO GATAME



KUZURE KAMI SHIHO GATAME



KATA GATAME



SANKAKU GATAME



## KANZETZU WAZA:

UDE GATAME



JUJI GATAME



UDE GARAMI



HIZÁ GATAME



WAKI GATAME



HARA GATAME





## SHIME WAZA:

### SHIME WAZA



KATA JUJI JIME



NAMI JUJI JIME



GIAKU JUJI JIME



KATA HA JIME



HADAKA JIME

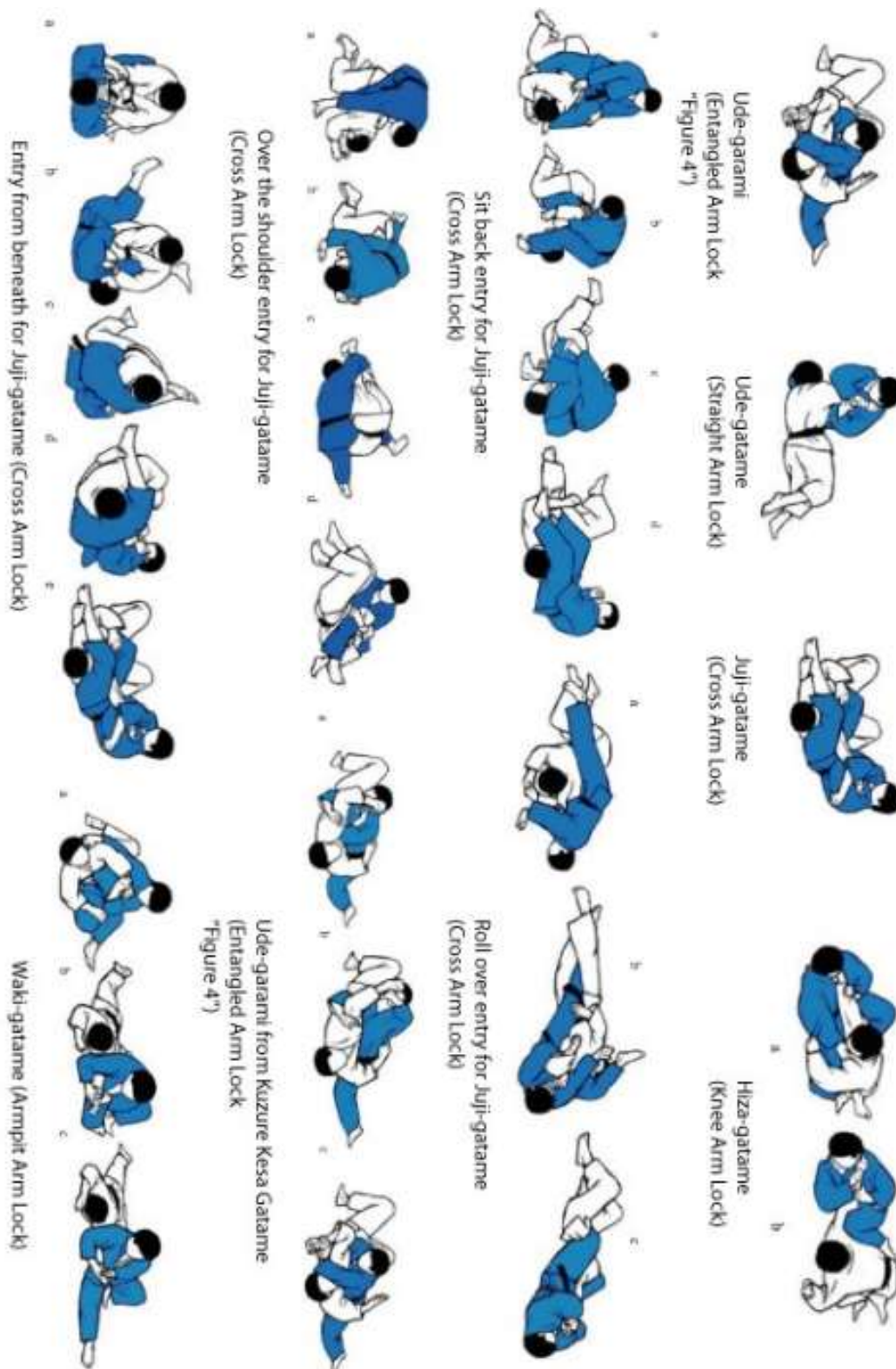


OKURI ERI JIME

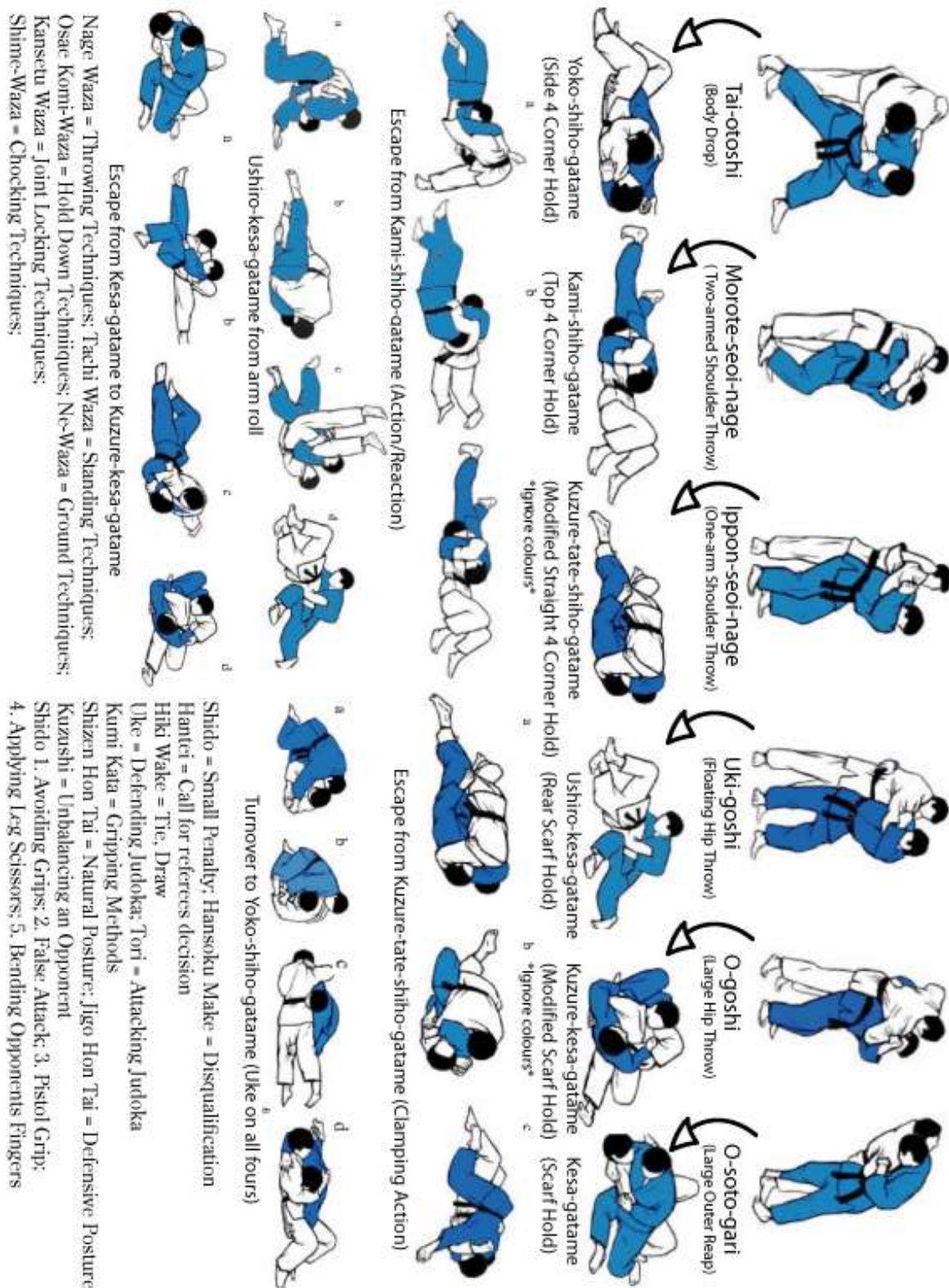


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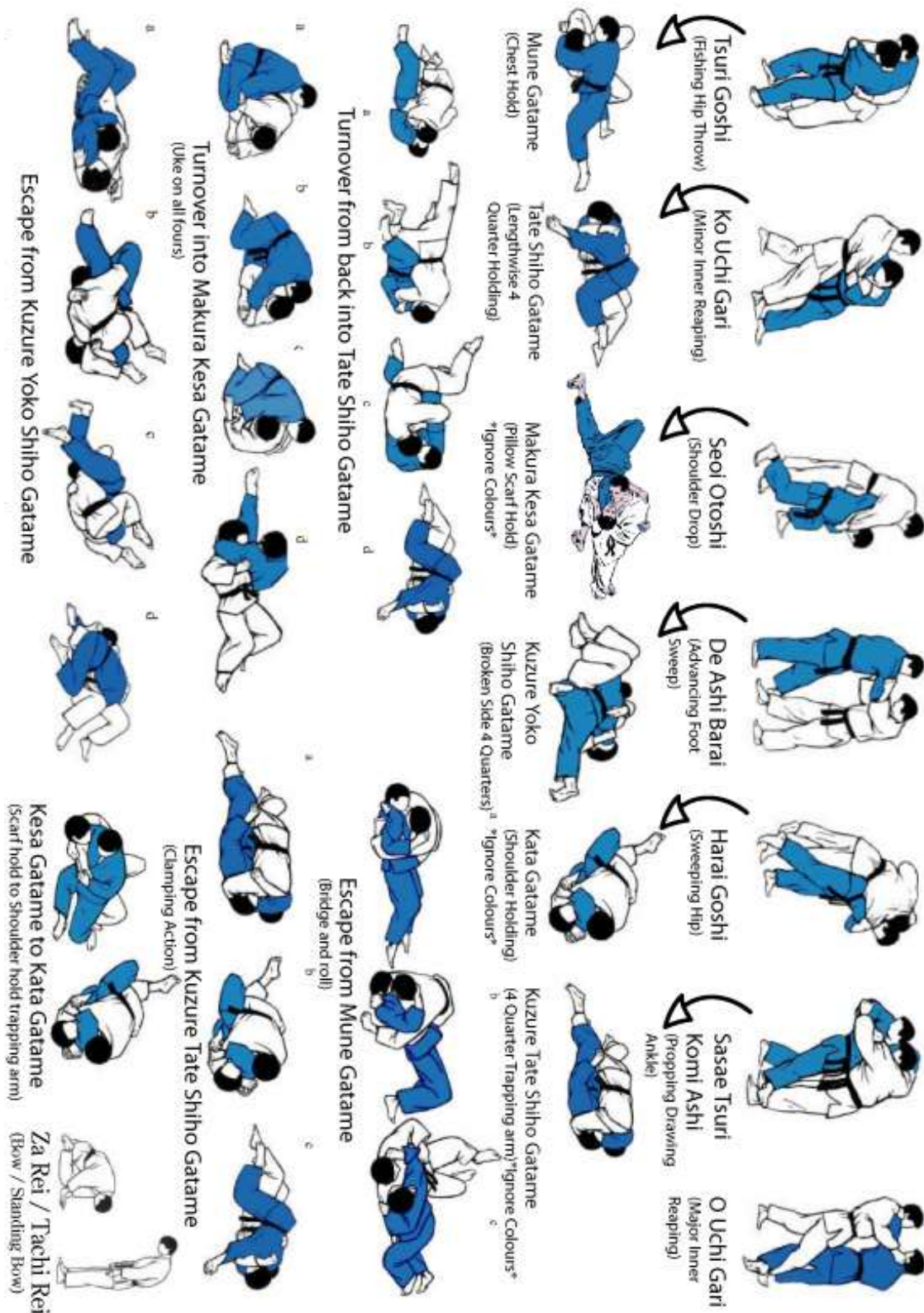














## GENERAL KNOWLEDGE

1. What are the ordinal numbers between and including 11 and 20, in Japanese?

11. Ju ichi
12. Ju ni
13. Ju san
14. Ju shi/Ju yon
15. Ju go
16. Ju roku
17. Ju nana/Ju sichi
18. Ju hachi
19. Ju kyu
20. Niju

## JAPANESE VOCABULARY

	English	Japanese
1.	Methods of resuscitation used in Judo	Katsu/Kappo
2.	Illegal act of entwining the leg of an opponent	Kawazu Gake
3.	Contest area	Shiai-jo
4.	Referee	Shimpan
5.	To float or floating	Uki
6.	Lift	Tsuri
7.	Pull	Komi
8.	Lift-pull action	Tsurikomi
9.	Defense (to an attack)	Bogyo
10.	Escape (from a pin)	Fusegi
11.	Entry methods into matwork	Hairi Kata
12.	Body	Tai
13.	Thigh	Mata
14.	Rear, behind (as in throwing and pinning)	Ushiro
15.	Reverse side, back	Ura
16.	Pivoting or turning the body	Tai Sabaki
17.	Single handed	Katate
18.	Double handed	Ryote
19.	Both hands	Morote
20.	Avoiding or evasive action	Sukashi



21.	Decision or decisiveness (as in thinking fast)	Kime
22.	To drop	Otoshi