



JUDO BLACK BELT SOUTH AFRICA ASSOCIATION

YUDANSHA SYLLABUS

SANDAN (3rd Grade Black Belt)

The rank of Sandan is considered an advanced rank, and as such, the judoka must possess an excellent skill level and excellent ethical behavior as well as participate fully in IFJA or FJSOA activities, clinics, tournaments and other events. In addition to fulfilling the requirements for Shodan and Nidan, the judoka must meet the following general requirements.

- 1-Minimum age requirement is 21 years old.
- 2-Applicant must be a current member of the FJSOA and pass the FJSOA background check.
- 3-Applicant must be a certified FJSOA Judo Coach and possess a current CPR certification from a recognized agency.
- 4-Minimum time in grade from Nidan to Sandan is three (3) years. Normal time in grade is 3 to 5 years.
- 5-Applicant must be an accredited FJSOA Judo Referee and actively referee in local and regional judo FJSOA tournaments.
- 6-Meet and fulfill all previous rank requirements.

TECHNICAL REQUIREMENTS

GOAL-APPLICANTS FOR THE RANK OF SANDAN MUST DEMONSTRATE AN ADVANCED LEVEL OF TECHNICAL, THEORETICAL AND FUNCTIONAL SKILL IN ALL PHASES OF JUDO. THE APPLICANT MUST BE ABLE TO DEMONSTRATE ALL TECHNICAL SKILLS IN A FUNCTIONAL, DYNAMIC AND MOVING MANNER.

- 1-Applicant must demonstrate all the skills required for Shodan with excellent skill (on a scale of 1 to 10 with 10 being the best, the applicant should demonstrate skill at the “10” level).



NAGE WAZA (THROWING TECHNIQUES)

1-APPLICANT MUST DEMONSTRATE ALL TECHNIQUES FROM THE DAI IKKYO, DAI NIKYO, DAI SANKYO, DAI YONKYO, DAI GOKYO, HABUKARETA WAZA AND **TEN (10)** TECHNIQUES OF THE APPLICANT'S CHOICE FROM THE SHINMEISHO NO WAZA.

Dai-ikkyo (group 1)

De-ashi-harai	Hiza-guruma	Sasae-tsuri-komi-ashi	Uki-goshi	Osoto-gari	O-goshi	Ouchi-gari	Seoi-nage

Dai-nikyo (group 2)

Kosoto-gari	Kouchi-gari	Koshi-guruma	Tsurikomi-goshi	Okuri-ashi-harai	Tai-otoshi	Harai-goshi	Uchi-mata

Dai-sankyo (group 3)

Kosoto-gake	Tsurigoshi	Yoko-otoshi	Ashi-guruma	Hane-goshi	Harai-tsuri-komi-ashi	Tomoe-nage	Kata-guruma

Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBBA requirements
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Dai-yonkyo (group 4)

Sumi-gaeshi	Tani-otoshi	Hane-makikomi	Sukui-nage	Utsuri-goshi	O-guruma	Soto-makikomi	Uki-otoshi

Dai-gokyo (group 5)

Osoto-guruma	Uki-waza	Yoko-wakare	Yoko-guruma	Ushiro-goshi	Ura-nage	Sumi-otoshi	Yoko-gake

DEMONSTRATE ALL THE TECHNIQUES OF THE *HABUKARETA WAZA*

- OBI OTOSHI - BELT DROP



- SEOI OTOSHI - SHOULDER DROP



- YAMA ARASHI - MOUNTAIN STORM

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- O SOTO OTOSHI - MAJOR OUTER DROP



- DAKI WAKARE - HOLDING SEPARATION THROW



- HIKKOMI GAESHI - PULLING COUNTER THROW



- TAWARA GAESHI - BALE COUNTER THROW

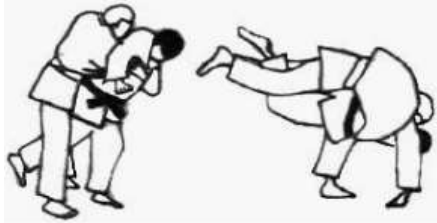


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- UCHI MAKIKOMI - INNER WINDING THROW



SHINMEISHO NO WAZA

DEMONSTRATE **TEN (10)** TECHNIQUES OF THE APPLICANT'S CHOICE 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

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KATAME WAZA (GRAPPLING TECHNIQUES)

GOAL-APPLICANTS FOR THE RANK OF SANDAN MUST DEMONSTRATE AN ADVANCED DEGREE OF TECHNICAL, THEORETICAL AND FUNCTIONAL SKILL IN ALL PHASES OF GROUND FIGHTING. THE APPLICANT HAS THE FREEDOM TO DEMONSTRATE HIS OR HER PERSONAL APPROACH AND APPLICATION OF ALL TECHNIQUES DEMONSTRATED. INNOVATIVE, DYNAMIC THINKING IS ENCOURAGED, BUT ALL SKILLS MUST BE FUNCTIONAL AND REALISTIC.

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-APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF **OSAEKOMI WAZA**.
- 2-MUNE GATAME/CHEST HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 3-KESA GATAME/SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 4-KATA GATAME/SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 5-YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 6-KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 7-TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) (AND NOGARE KATA) ESCAPE FORM
- 8-UKI GATAME/STRADDLE HOLD AND NOGARE KATA (ESCAPE FORM)
- 9-SANAKU GATAME/TRIANGLE PIN AND NOGARE KATA (ESCAPE FORM)
- 10-APPLICANT MUST DEMONSTRATE AT LEAST TWO (2) FUNCTIONAL HAIRI KATA (ENTRY FORM) FOR EACH OF THE ABOVE LISTED TECHNIQUES.

GENERAL NEWAZA SKILLS

- 1-APPLICANT MUST DEMONSTRATE FUNCTIONAL AND REALISTIC APPLICATIONS OF ALL HAIRI KATA (ENTRY FORMS OR BREAKDOWNS, TURNOVERS, GUARD SWEEP OR GUARD PASSES). IN DOING THIS, APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF NEWAZA.
- 2-APPLICANT MUST DEMONSTRATE TEN (10) BREAKDOWNS OR TURNOVERS (HAIRI KATA-ENTRY FORMS) WHEN OPPONENT IS POSITIONED ON HANDS AND KNEES (ALL FOURS) OR LYING ON HIS FRONT SIDE AND IMMEDIATELY TRANSITION INTO AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA OF THE APPLICANT'S CHOICE.
- 3-APPLICANT MUST DEMONSTRATE AT LEAST TEN (10) HAIRI KATA (ENTRY FORMS) WHEN ON THE BUTTOCK OR BACK WITH THE OPPONENT BETWEEN THE ATTACKER'S LEGS AND IMMEDIATELY TRANSITION INTO AN OSEKOMI WAZA, KANSETSU WAZE OR SHIME WAZA OF THE APPLICANT'S CHOICE.

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4-APPLICANT MUST DEMONSTRATE AT LEAST TEN (10) KAIRI KATA (ENTRY FORMS) WHEN POSITIONED BETWEEN THE OPPONENT'S LEGS WITH THE OPPONENT POSITIONED ON HIS BUTTOCKS OR BACK AND TRANSITION IMMEDIATELY INTO AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

KANSETSU WAZA (ARM JOINT 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.

5-APPLICANT MUST DEMONSTRATE HARA GATAME (BELLY APPLICATION OF STRAIGHT ARMLOCK).

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

SHIME WAZA (STRANGLING OR CHOKING TECHNIQUES)

APPLICANT MUST DEMONSTRATE A SOUND AND FUNCTIONAL KNOWLEDGE AND SKILL AT ALL PHASES OF SHIME WAZA.

APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST TWO (2) FUNCTIONAL VARIATIONS OF EACH AND DEMONSTRATE AT LEAST TWO (2) HAIRI KATA (ENTRY FORMS) FOR EACH OF THE FOLLOWING TECHNIQUES.

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)

7-KATA JIME/SHOULDER CHOKE

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

9-SANKAKU JIME/TRIANGLE CHOKE (FROM TOP WITH OPPONENT ON ALL FOURS OR FLAT)

10-JIGOKU JIME/HELL STRANGLE FROM ANY POSITION APPLICANT CHOOSES.

APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY FOUR (4) SHIME WAZA OF HIS/HER CHOICE.

KATA/DEMONSTRATION OF TECHNIQUE

Goal-Demonstrate functional skill in selected Kodokan Judo Kata.

DEMONSTRATE ENTIRE KATAME NO KATA (FORM OF GRAPPLING) OR KATA OF APPLICANT'S CHOICE AS TORI PERFORMING TECHNIQUES ON TORI'S FAVORITE SIDE (RIGHT OR LEFT).

Kata is structured learning. It is considered a form of training in the same way randori (free practice) and shiai (contest) are. If an applicant is a "non-competitor" and has less than 2 promotion points, the demonstration of kata may substitute for promotion points earned in contest.

TERMINOLOGY AND HISTORY OF KODOKAN JUDO

THE APPLICANT IS EXPECTED TO CONTINUE IN HIS/HER STUDY AND KNOWLEDGE OF KODOKAN JUDO TERMINOLOGY AND HISTORY AND THE JAPANESE MARTIAL ARTS IN GENERAL, ESPECIALLY AS TO HOW THESE JAPANESE MARTIAL ARTS HAVE INFLUENCED KODOKAN JUDO.



PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)

1-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 SHODAN).

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 NIDAN).

4-ONE (1) POINT FOR EACH YEAR APPLICANT IS A CERTIFIED FJSAA JUDO COACH.

5-ONE (1) POINT FOR EACH YEAR APPLICANT IS AN ACCREDITED FJSAA JUDO REFEREE.

TIME IN GRADE SCALE

10 promotion points earned	3 years' time in grade as Nidan
7 promotion points earned	4 years' time in grade as Nidan
5 promotion points earned	5 years' time in grade as Nidan
3 promotion points earned	6 years' time in grade as Nidan
2 or less promotion points earned	7 years' time in grade as Nidan