



JUDO BLACK BELT SOUTH AFRICA ASSOCIATION

YUDANSHA SYLLABUS

SHODAN (1st Grade Black Belt)

Earning a black belt in judo is similar to earning a bachelor's degree from a university. This Shodan Syllabus is designed so that the person who earns the rank of Shodan has a solid foundation and can further his skills and abilities in judo. Shodan means "Initial Grade, Step or Level" and this syllabus reflects that. It normally takes anywhere from 4 (at a minimum) to 6 years of hard work to achieve the rank of Shodan. When earning the rank of Shodan, one is a "*Yudansha*" or "graded" judoka and is entitled to wear the black belt. Anyone who has not achieved the rank of Shodan is considered a "Mudansha" or "ungraded" judoka. As stated before, one should consider earning the Shodan as the same as earning a bachelor's degree from a university. In a judo sense, advancing through the black belt ranks is equivalent to further advancing one's education in a college or university.

GENERAL REQUIREMENTS FOR SHODAN

- 1-APPLICANT MUST BE A MINIMUM AGE OF 16 YEARS OLD.
- 2-APPLICANT MUST BE A CURRENT AAU MEMBER AND PASS THE AAU BACKGROUND CHECK.
- 3-APPLICANT MUST HAVE EXCELLENT ATTENDANCE IN ALL CLASSES, WORKOUTS, CLINICS AND SEMINARS IS REQUIRED.
- 4-APPLICANT MUST HAVE A FUNCTIONAL, WORKING KNOWLEDGE OF THE JAPANESE TERMINOLOGY USED IN JUDO.
- 5-APPLICANT MUST HAVE A WORKING, FUNCTIONAL KNOWLEDGE OF THE HISTORY OF KODOKAN JUDO.
- 6-APPLICANT MUST BE CURRENTLY CERTIFIED OR ACCREDITED IN CPR WITH A VALID, RECOGNIZED AGENCY.
- 7-APPLICANT MUST HAVE A MINIMUM TIME IN GRADE AS IKKYU OF ONE (1) YEAR. (THIS IS A MINIMUM-NOT STANDARD TIME IN GRADE.)
- 8-APPLICANT MUST ASSIST A SENIOR COACH IN TEACHING OR COACHING DUTIES.
- 9-APPLICANT MUST DEMONSTRATE SKILLFUL JUDO IN BOTH STANDING AND GROUND FIGHTING DURING RANDORI.
- 10-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).
- 11-IF THE APPLICANT IS NOT A COMPETITIVE ATHLETE, HE MUST HAVE ACTIVELY TRAINED AS A JUDO REFEREE AND HAVE EARNED A REFEREE'S ACCREDITATION IN THE AMATEUR ATHLETIC UNION (AAU) OR OTHER VALID ORGANIZATION.
- 12-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.

Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBBA requirements
This JBBSA is inline and compiled from the IJBBA Grading Syllabus and Requirements compiled by IJBBA Director Steve Scott and amended to suit the JBBSAA Requirements.

No Text within this syllabus to be amended or changed without the permission of the persons quoted



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 IKKYU. 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 SHODAN).

TIME IN GRADE SCALE

10 promotion points earned	1 years' time in grade as Ikkyu
7 promotion points earned	2 years' time in grade as Ikkyu
5 promotion points earned	3 years' time in grade as Ikkyu
3 promotion points earned	4 years' time in grade as Ikkyu
2 or less promotion points earned	5 years' time in grade as Ikkyu

IMPORTANT:

- 1-IT IS ESSENTIAL AND FUNDAMENTALLY IMPORTANT THAT WHEN DEMONSTRATING ALL TECHNICAL SKILLS FOR ANY AND ALL RANK PROMOTIONS, THE APPLICANT MUST DEMONSTRATE ALL TECHNIQUES IN A FUNCTIONAL, REALISTIC AND DYNAMIC MANNER, AND WHEN APPLICABLE (AS, FOR EXAMPLE, IN THE DEMONSTRATION OF THROWING TECHNIQUES) IN A MOVING AND REALISTIC MANNER.
- 2-BASED ON A SCALE OF 1 (BEING THE LOWEST) UP TO AND INCLUDING 10 (BEING THE BEST), THE APPLICANT MUST DEMONSTRATE A SKILL LEVEL OF AT LEAST A "7." THIS IS IF THE APPLICANT IS TAKING A TEST AND BEING EXAMINED BY SENIOR COACHES FOR RANK PROMOTION, BUT IS IMPORTANT FOR THE APPLICANT TO DEMONSTRATE THIS LEVEL OF SKILL ON A REGULAR BASIS.

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/ENTRY
KAKE	EXECUTE TECHNIQUE



Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBBA requirements
This JBBSA is inline and compiled from the IJBBA Grading Syllabus and Requirements compiled by IJBBA Director Steve Scott and amended to suit the JBBSAA Requirements.

No Text within this syllabus to be amended or changed without the permission of the persons quoted



DEMONSTRATION OF NAGE WAZA (THROWING TECHNIQUES)

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

Dai-ikkyo (group 1)

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

2-APPLICANT SELECTS AND DEMONSTRATES EIGHT (8) TECHNIQUES FROM THE DAI NIKYO.

Dai-nikyo (group 2)

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

Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBBA requirements
This JBBSA is inline and compiled from the IJBBA Grading Syllabus and Requirements compiled by IJBBA Director Steve Scott and amended to suit the JBBSAA Requirements.

No Text within this syllabus to be amended or changed without the permission of the persons quoted



3-APPLICANT SELECTS AND DEMONSTRATES EIGHT (8) TECHNIQUES FROM THE DAI SANKYO.

Dai-sankyo (group 3)

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

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

Dai-gokyo (group 5)

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

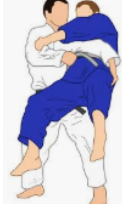
Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBBA requirements
This JBBSA is inline and compiled from the IJBBA Grading Syllabus and Requirements compiled by IJBBA Director Steve Scott and amended to suit the JBBSAA Requirements.

No Text within this syllabus to be amended or changed without the permission of the persons quoted



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



Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBBA requirements
This JBBSA is inline and compiled from the IJBBA Grading Syllabus and Requirements compiled by IJBBA Director Steve
Scott and amended to suit the JBBSAA Requirements.

No Text within this syllabus to be amended or changed without the permission of the persons quoted



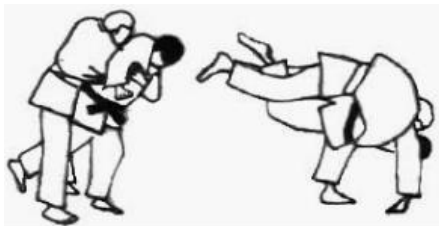
- HIKKOMI GAESHI - PULLING COUNTER THROW



- 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

Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBBA requirements
This JBBSA is inline and compiled from the IJBBA Grading Syllabus and Requirements compiled by IJBBA Director Steve
Scott and amended to suit the JBBSAA Requirements.

No Text within this syllabus to be amended or changed without the permission of the persons quoted



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).

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.

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.

Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBBA requirements
This JBBSA is inline and compiled from the IJBBA Grading Syllabus and Requirements compiled by IJBBA Director Steve
Scott and amended to suit the JBBSAA Requirements.

No Text within this syllabus to be amended or changed without the permission of the persons quoted



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/GROUNDFIGHTING 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, GROUNDFIGHTING) 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.

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 TWO (2) FUNCTIONAL APPLICATIONS OF JUJI GATAME.

- 2-UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)

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

Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBBA requirements
This JBBSA is inline and compiled from the IJBBA Grading Syllabus and Requirements compiled by IJBBA Director Steve Scott and amended to suit the JBBSAA Requirements.

No Text within this syllabus to be amended or changed without the permission of the persons quoted



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.

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.

KATA/DEMONSTRATION OF TECHNIQUE

Goal-Demonstrate functional skill in selected Kodokan Judo Kata.

DEMONSTRATE ENTIRE **NAGE NO KATA** (FORM OF THROWING) AS TORI PERFORMING TECHNIQUES ON APPLICANT’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

Goal-Every activity has its own terminology that helps everyone understand the concepts, theories and actual application of that particular activity. Judo is no different. Japanese terminology is useful in understanding the underlying and foundational concepts and theories of Kodokan Judo. Additionally, the Japanese terminology is used as the common language of judo all over the world. It is essential to understand as much of the Japanese terminology as possible to have a real comprehension of Kodokan Judo. Understanding the history of Kodokan Judo is essential to a more complete comprehension of judo as a method of physical education, sport, self-defense and recreational activity. One must know and appreciate the history of any activity or subject to have a good understanding of how and why that activity thrives. Kodokan Judo is no different.

APPLICANT MUST KNOW THE FOLLOWING TERMINOLOGY.

Important: Applicant must know both the English and Japanese names for all the techniques required for all ranks. This is especially true for the rank of Shodan. The following are not in alphabetical order.

KODOKAN JUDO-The correct name for what is commonly called judo. Kodokan means “School to learn the way” and Judo means “flexible, yielding, adaptable or gentle way or philosophy.” Judo is often called the “gentle way” but the word “ju” means more than simply “gentle” when referring to what is known as judo. Ju means adaptable, functional or having the ability to use your strength to its most efficient abilities and using your opponent’s strength against him. Judo is far from gentle in its theory and application. It is functional and adaptable.



KUZUSHI-CONTROLLING THE OPPONENT'S BALANCE. UNBALANCING THE OPPONENT.
TSUKURI-THE PREPATORY ACTION OF THE THROWER OR FITTING INTO THE TECHNIQUE.
KAKE-EXECUTING THE TECHNIQUE.
KATA –STRUCTURE OR FORM. ONE OF THE 3 PRIMARY ASPECTS OF JUDO TRAINING. THE WORD KATA ALSO MEANS “SHOULDER.” THERE ARE SEVERAL STANDRDIZED KATA (FORMAL EXERCISES) OF KODOKAN JUDO.
Nage no Kata-Forms of Throwing Ju no Kata-Form of Gentleness
Katame no Kata-Forms of Grappling Kime no Kata-Form of Decision
Koshiki no Kata-Form of Antiquity Itsutsu no Kata-Form of Five
Goshin-ho (or Goshin-jutsu)-Self-Defense Exercises
RANDORI-FREE PRACTICE. ONE OF THE 3 PRIMARY ASPECTS OF KODOKAN JUDO TRAINING.
SHIAI-TESTING YOURSELF IN A REAL SITUATION OR COMPETITION. ONE OF THE 3 PRIMARY ASPECTS OF JUDO TRAINING.
SHOBU-CONTEST OR MATCH
DOJO-PRACTICE HALL OR PLACE TO TRAIN OR STUDY KODOKAN JUDO.
JUDOKA-JUDO PRACTITIONER
SHIAIJO-CONTEST AREA
TATAMI-THE MAT USED IN JUDO.
KACHI-TO WIN

MAKE-TO LOSE
KUMI KATA-NORMAL GRIP. THIS IS THE BASIC GRIP USED IN KODOKAN JUDO.
TORI-THE JUDOKA APPLYING THE TECHNIQUE.
UKE-THE JUDOKA RECEIVING THE TECHNIQUE.
SENSEI-A PHRASE THAT IS USED TO DENOTE SOMEONE AS AN “HONORED TEACHER” OR “COACH.”
FUSEGI-DEFENSE
KAESHI WAZA-COUNTER TECHNIQUE
KIAI-A SPIRIT SHOUT
MIGI-RIGHT
HIDARI-LEFT
MATTE (OR MATE)-MEANS “PAUSE” AND IS THE VERBAL COMMAND BY THE REFEREE IN A JUDO MATCH TO STOP THE ACTION.
MAITTA-A PHRASE USED BY A DEFEATED JUDOKA TO EXPRESS DEFEAT. ROUGHLY TRANSLATES TO “I’M BEATEN.”
WAZA-TECHNIQUE
WAZA-ARI-MEANS “ALMOST A TECHNIQUE” AND IS USED BY THE REFEREE IN JUDO MATCHES TO DENOTE A SCORE OF LESS THAN IPPON (FULL POINT).

Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBBA requirements
This JBBSA is inline and compiled from the IJBBA Grading Syllabus and Requirements compiled by IJBBA Director
Steve Scott and amended to suit the JBBSAA Requirements.

No Text within this syllabus to be amended or changed without the permission of the persons quoted



HAPPO NO KUZUSHI-THE “EIGHT DIRECTIONS OF UNBALANCING” AN OPPONENT INITIALLY DEVELOPED BY PROF. JIGORO KANO, FOUNDER OF KODOKAN JUDO.
NAGE WAZA-THROWING TECHNIQUES. THE WORD “NAGE” MEANS TO “THROW” AND IMPLIES THAT THE OPPONENT’S BODY IS THROWN OVER OF BY THE ATTACKER’S BODY.
TE WAZA-HAND TECHNIQUES IN THROWING.
ASHI WAZA-FOOT OR LEG TECHNIQUES IN THROWING.
KOSHI WAZA-HIP TECHNIQUES IN THROWING.
TACHI WAZA-THROWING TECHNIQUES APPLIED IN A STANDING POSITION.
SUTEMI WAZA-SACRIFICE TECHNIQUES IN THROWING. SUTEMI WAZA IS FURTHER DIVIDED INTO MASUTEMI WAZA (BACK SACRIFICE TECHNIQUES) AND YOKO SUTEMI WAZA (SIDE SACRIFICE TECHNIQUES).
KATAME WAZA-GRAPPLING TECHNIQUES. KATAME ACTUALLY MEANS TO “LOCK INTO PLACE” OR “CONTROL,” BUT IN THIS SENSE, MEANS THE MORE GENERIC TERM OF GRAPPLING OR GROUND FIGHTING.
NEWAZA-A GENERIC TERM FOR ALL GROUND GRAPPLING. THE WORD “NE” REFERS TO LYING DOWN OR RECLINING, GENERALLY ON THE BACK OR BACK SIDE. WAZA MEANS “TECHNIQUE.” GROUND FIGHTING OR GROUND FIGHTING TECHNIQUES IN JUDO ARE OFTEN CALLED NEWAZA.

OSAEKOMI WAZA-HOLDING TECHNIQUES. OSAEKOMI MEANS TO “IMMOBILIZE” OR TO HOLD, PIN OR PRESS THE OPPONENT DOWN TO THE MAT.
SHIME WAZA-STRANGLING OR CHOKING TECHNIQUES. ACTUALLY, “SHIME” MEANS “TO SQUEEZE TOGETHER” AND REFERS TO THE ACTION OF SQUEEZING THE OPPONENT’S NECK, THROAT OR BODY TO DEPRIVE HIM OF OXYGEN OR ADEQUATE BLOOD FLOW.
KANSETSU WAZA-JOINT TECHNIQUES (IN KODOKAN JUDO, THIS REFERS TO ARMLOCKS.)
ATEMI WAZA-STRIKING TECHNIQUES
RENRAKU WAZA-COMBINATION OR CONNECTING TECHNIQUES
MAKIKOMI-WINDING ACTION WHEN THROWING AN OPPONENT
JUDOGI-JUDO UNIFORM. IT IS PROPER TO USE THE ENTIRE TERM “JUDOGI” AND NOT SIMPLY “GI.”
UWAGI-JUDO JACKET
OBI-JUDO BELT
ZUBON-JUDO PANTS
ZORI-SANDALS OR FOOTWEAR WHEN OFF OF THE MAT.
SODE-SLEEVE
JUDOKA-PERSON WHO DOES JUDO.

Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBB requirements
This JBBSA is inline and compiled from the IJBB Grading Syllabus and Requirements compiled by IJBB Director
Steve Scott and amended to suit the JBBSAA Requirements.

No Text within this syllabus to be amended or changed without the permission of the persons quoted



TORI-PERSON PERFORMING THE TECHNIQUE.
UKE-PERSON HAVING THE TECHNIQUE PERFORMED ON HIM.
UKEMI-THE METHOD OF FALLING SAFELY USED IN JUDO; OFTEN CALLED BREAKFALLS.
TOKUI WAZA-THE WORD TOKUI MEANS “PROFICIENT” AND THIS IS A PHRASE TO REFER TO A JUDOKA’S FAVORITE OR PREFERRED TECHNIQUE.
KIYOTSUKE-MEANS ‘ATTENTION” AND IS USED TO CALL STUDENTS TO ATTENTION WHEN BOWING IN OR OUT OF JUDO PRACTICE.
REI-ETIQUETTE-BOW (RITSU REI-STANDING BOW) (ZAREI-KNEELING BOW)
HARAI-SWEEPING ACTION
O-MAJOR
KO-MINOR
SOTO-OUTER
UCHI-INNER
DAN-GRADE OR STEP IN THE BLACK BELT RANKS.
KYU-CLASS OR DEGREE IN THE RANKS UNDER BLACK BELT.
THE APPLICANT MUST HAVE A GOOD KNOWLEDGE OF THE JAPANESE TERMINOLOGY FOR EACH OF THE RANKS USED IN KODOKAN JUDO.

Shihan-Title reserved for Prof. Jigoro Kano, the founder of Kodokan Judo. Shihan means “past master.”
Judan-10 Grade
Kudan-9 Grade
Hachidan-8 Grade
Shichidan-7 Grade
Rokudan-6 Grade
Godan-5 Grade
Yondan-4 Grade
Sandan-3 Grade
Nidan-2 Grade
Shodan-1 Grade (actually means “initial grade.”)
Ikkyu-1 Class
Nikyu-2 Class
Sankyu-3 Class
Yonkyu-4 Class
Gokyu-5 Class
Rokkyu-6 Class

Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBBA requirements
This JBBSA is inline and compiled from the IJBBA Grading Syllabus and Requirements compiled by IJBBA Director
Steve Scott and amended to suit the JBBSAA Requirements.

No Text within this syllabus to be amended or changed without the permission of the persons quoted



BASIC KODOKAN JUDO HISTORY AND PHILOSOPHY

Prof. Jigoro Kano founded Kodokan Judo in 1882 in Tokyo, Japan. Prof. Kano studied various forms of Jujutsu (primarily Tenshin Shinyo-ryu and Kito-ryu forms of jujutsu) starting in 1877.

From these sources, he developed the theories and practical application of Kodokan Judo. Judo became an Olympic sport in 1964 for men and in 1988 for women and is practiced worldwide.

Kodokan Judo, as expressed by Prof. Jigoro Kano, is “The principle of the maximum-efficient use of mind and body. In studying judo, it is essential to train the body and to cultivate the mind through the methods of attack and defense. Thereby, perfecting oneself and contributing to the welfare of the world.” Prof. Kano summarized the above by using the slogans “Maximum efficiency with minimum effort” and “Mutual welfare and benefit.” These two slogans define the two primary goals of the theory and philosophy of Kodokan Judo.

There are many good resources to find out more information on the history of judo and everyone is encouraged to learn more about the history and philosophy of Kodokan Judo.



List of all Arm bars and Arm Locks Techniques:

- Gyaku Juji Gatame
- Ashi Gatame
- Kannuki Gatame (or see this drawing)
- Hiza Gatame (a drawing and another)
- Ude Hishigi Ashi Gatame (Leg Lock)
- Ude Hishigi Hara Gatame (Stomach Lock)
- Ude Hishigi Hiza Gatame (Knee Lock)
- Ude Hishigi Juji Gatame (Cross Lock)
- Ude Hishigi Te Gatame (Hand Lock)
- Ude Hishigi Waki Gatame (Armpit Lock)
- Ude Hishigi Ude Gatame (Straight Arm Lock)
- Ude Hishigi Sankaku Gatame (Triangular Lock)
- Ude Garami (Bent Arm Lock)

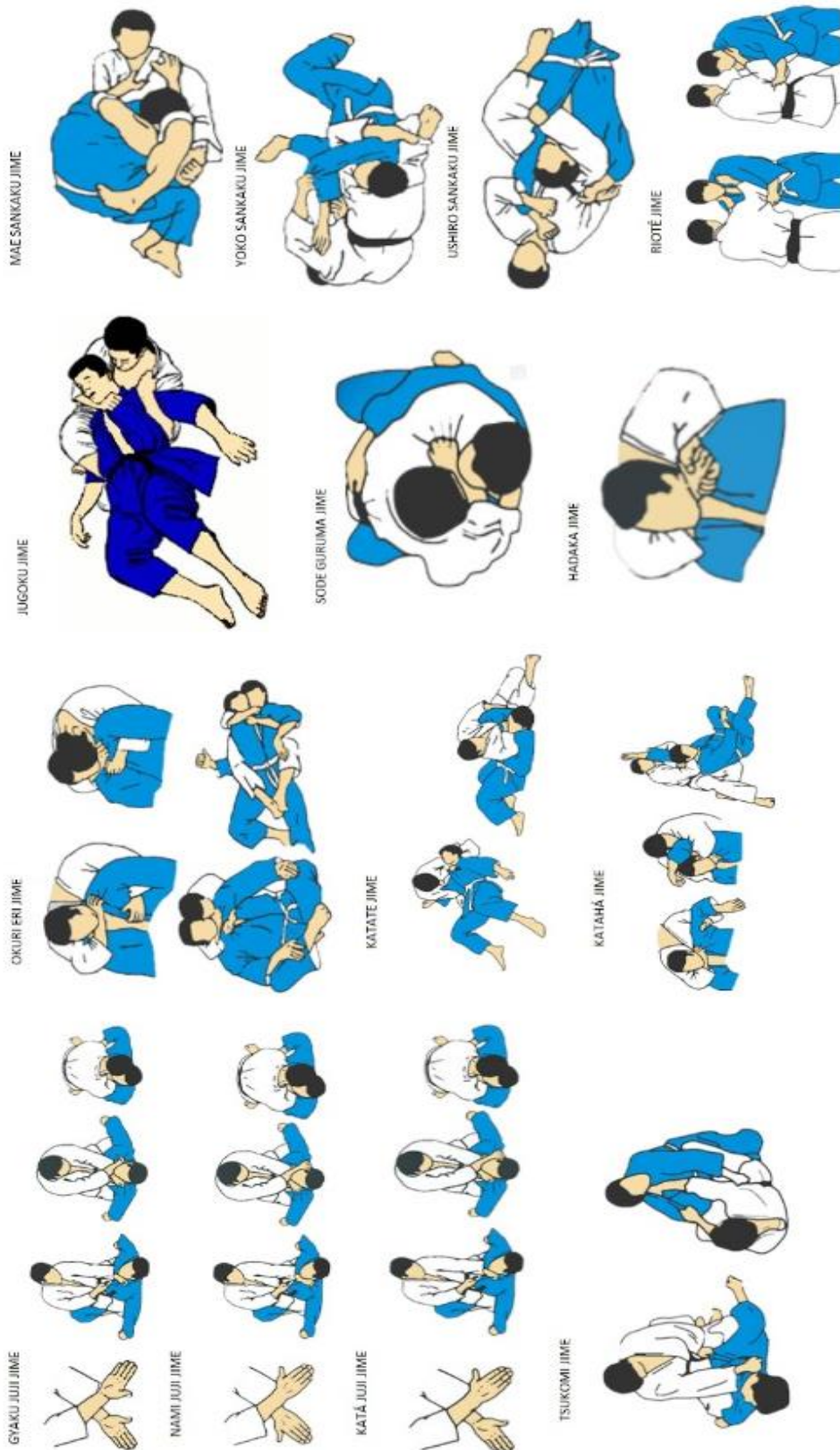
Shime-Waza (Choking Techniques) is one of the groups of Katamewaza

The execution of choke is in practice a subtle art because of the potential danger for the opponent. There are three fundamental manners for chokes: compression of the neck-veins which restricts the flow of blood and oxygen to the brain, compression of the trachea, and compression of the chest and the lungs which prevents breathing.

- Gyaku Juji Jime (Reverse Cross Choke)
- Nami Juji Jime (Normal Cross Choke)
- Kata Juji Jime (Half Cross Choke)
- Hadaka Jime (Rear Naked Choke)
- Kata Ha Jime (Single Wing Choke)
- Kata Te Jime (One hand Choke)
- Okuri Eri Jime (Sliding Lapel Choke)
- Ryo Te Jime (Two Handed Choke)
- Sankaku Jime (Triangle Choke)
- Sode Guruma Jime (Sleeve Wheel Choke)
- Tsukkomi Jime (Thrust Choke)

Compiled by Alwyn Grobbelaar Yondan 4 Degree Black Belt for the JBBSAA in line with the IJBBA requirements
This JBBSA is inline and compiled from the IJBBA Grading Syllabus and Requirements compiled by IJBBA
Director Steve Scott and amended to suit the JBBSAA Requirements.

No Text within this syllabus to be amended or changed without the permission of the persons quoted





JU-SHIME

4.



5.



6.



67

KATA-HA JIME



Variations



68



HADA KA JIME

Détail is



Variations



69

SANKAKU JIME / ASHI-GATAME JIME



Variations



71



Ude hishigi juji gatame	Ude gatame	Ude garami
Hiza gatame	Te gatame	Kannuki gatame
Ashi garami *	Waki gatame	Sankaku ude hishigi
Hara gatame	Ude hishigi ashi gatame	Kesa garami (Kesa ashi gatame)



Judo Techniques



1. Hon Kesa Gatame



2. Kuzure Kesa Gatame



3. Kuzure Yoko Shiho



4. Makura Kesa Gatame



5. Kuzure Kami Shio Gatame



6. Kami Shio Gatame



10. Kata Gatame



7. Ushiro Kesa Gatame



8. Yoko Shiho Gatame



9. Tate Shiho Gatame